How to Care for Your Perinatal Patients during COVID-19

The COVID-19 pandemic continues to affect communities across the United States including Santa Barbara and San Luis Obispo Counties. We know that conducting prenatal and postpartum care visits during the current public health crisis can be challenging due to COVID-19 community transmission, staffing, and other concerns. However, DHCS is recommending continuing perinatal care during this pandemic period.

Below are some tips that you can use in your practice to care for your patients during this unusual time:

- **Curbside Visits:**
  - Prenatal checks for BP, flu and Tdap immunizations, fetal heart rate monitoring and counseling.
  - Postpartum checks for BP, depression screening, and reproductive counseling.

- **Multidisciplinary Approach:**
  - Use of doulas or community health workers as part of the case management team.
  - Use WIC partnership and referral assistance to access WIC foods.

- **Education:**
  - Use of short educational video snippets for patients while waiting for the provider in the exam room or wall posters on the importance of immunizations during pregnancy.
  - Share real life testimonials to reinforce the importance of immunizations during pregnancy.

If you would like more information about perinatal care guidelines during Covid-19, you can visit the following websites:

- **ACOG:** [https://www.acog.org/topics/covid-19](https://www.acog.org/topics/covid-19)

You can also contact CenCal Health’s Population Health team at qualityimprovement@cencalhealth.org.

Thank you,
CenCal Health