

ORIGINAL RESEARCH**Covid-19 pandemic (A Challenge for Pregnant Health Care Workers)
(Care of HCWs in covid19)****¹Ravinder Kaur, ²Priyanka Chaudhary, ³Sukhbeer Kaur Bhangu**¹Lecturer (OBG), ²Associate Professor (MSN), Desh Bhagat University, Mandi Gobindgarh, Punjab, India³RN, Surrey Memorial Hospital, BC Surrey, Canada**Correspondence:**

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Abstract

The term Health Care workers (HCWs) refers to Doctors, Nurses, ANMs, Anganwadi workers and other workers who are at high risk of getting infection. As per the available data from WHO over 1,11,500 Health Care workers globally have lost their lives due to Covid-19. Healthcare worker are in closed contact with large number of infected individuals posing falling risks:-

- High chance of contracting the infection
- Higher morbidity and mortality from COVID infection.

Key Words- Covid-19, Pandemic, HCWs, Infection, Morbidity, Mortality, Contracting.**Impact of covid-19 on pregnant Healthcare workers**

Employee should be sensitive to the fact that pregnant women are often anxious about their own health and protective of their Unborn baby. COVID-19 adversely affects Health Care workers and pregnant woman. HCWs are at significantly higher risk and need special attention. Data with Regard to mortality and morbidity in pregnant Health Care workers in scant. In cautions and thoughtful approach may play an important role in preventing morbidity and mortality among pregnant Health Care workers.

Risk stratification

Risk to pregnant workers varies according to occupation and background comorbidity

Occupation

Some Health Care workers are at high risk like medical, dental, nursing and allied health personal, cleaners, Hospital administrative staff and all personnel who have contact with patients and visitors.

Any other workers in health facilities

Who have high level of contact interaction with the general public and who work in a station where physical distancing is not feasible.

Background co-morbidities

Diabetes, chronic kidney disease, cancer immunocompromised, Chronic liver disease and others.

Warning symptoms in pregnant and care workers

Warning symptoms in pregnant Health Care workers are not different and they must never be ignored like- fever, cough, headache, confusion, chest pain, cyanotic lips, face or fingertips, inability to tolerate oral hydration or prescribed medications, oxygen saturation less than 95 %, obstetrical complaints- such as Preterm contractions, vaginal bleeding and decreased fetal movements.

Antenatal care for pregnant Health Care workers**Antenatal advice**

Vaccination (TT) Tetanus toxoid, COVID Vaccine, avoid unnecessary travelling, limit visitors. Hygiene- infection prevention like wearing mask, social distancing, hand washing and shielding.

General suggestions for pregnant Healthcare workers

Frequent hand washing. Use to alcohol based hand sanitizer, respiratory etiquettes, using tissue, handkerchief, use appropriate PPE, follow social distancing. Pregnant Healthcare workers should limit exposure to patients with confirmed or suspected covid-19 and pregnant women from 28 weeks of gestation or with underlying health conditions at any time during the gestation. Precautionary approach is advice for individual risk assessment and shielding guidance.

Action for health care workers exposed to suspected COVID patient

Isolated in the same ward, should be screened for respiratory symptoms and those who are symptomatic should be tested. Test other patients between day 5 and 14 of exposure or earlier, if symptoms appears, in consultation with infectious disease team. With appropriate PPE observe for any symptom and do testing if symptoms appear, no need to isolation, can continue to perform duty, but without PPE quarantine for 14 days, test between day 5 and 14 or any time when symptoms appear

Covid-19 adversely affects Health Care workers and pregnant woman's, gestation appropriate antenatal care should be provided to all pregnant Healthcare workers. Guidelines for infection control and COVID appropriate behaviour should be strictly followed to minimise exposure. COVID vaccine should be completed, pregnant women should be made aware of the warning signs and symptoms so that appropriate care can be sought at the earliest.

Reference

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