COVID-19 Management in the NICU

***As of 7/20/20, the AAP does not recommend separation at birth with COVID positive mothers.

- The following guidelines will be followed if separation at delivery is requested

**NICU Staff Attendance at C-sections**

- Designated NICU staff will don appropriate PPE for Contact/Airborne precautions- N95 mask along with gown, gloves and eye protection. (Designated staff include: Physicians, Transport nurses, Consistent Charge Nurses). One staff member will wait outside OR door to ‘catch’ the baby. All other NICU staff assisting will be in the resuscitation room.
- Two PAPRS are available on the North pod for those who have not fit a N95 but are still needing to attend a delivery. PAPR hoods can be disinfected between uses and are not specific to individuals.
- At delivery, the newborn will immediately be placed in a crib that has been covered with a sterile drape. The crib will be rolled out of the room by a Labor and Delivery nurse where a NICU RN will ‘catch’ and transport the baby to the NICU resuscitation room. Once stable, the infant will be transported per neonatologist discretion, in either a transport isolette or an open crib covered with a blanket.
- If the mother refuses isolation for the infant, the infant will be transported to the mother’s room in an open crib covered with blanket. Baby will be handed off to Mother-Baby nurse.

**NICU Staff Attendance at Vaginal Deliveries**

- Designated NICU staff will don appropriate PPE for Contact/Airborne precautions- N95 mask along with gown, gloves and eye protection. (Designated staff include: Physicians, Transport nurses, Consistent Charge Nurses). One staff member will wait outside the patient room to ‘catch’ the baby.
- At delivery, the newborn will immediately be placed in a crib. The crib will be rolled out of the room by a Labor and Delivery nurse where a NICU RN will ‘catch’ and transport the baby to the NICU resuscitation room.
- The infant will be brought via transport isolette or open crib covered in a blanket to the NICU for isolation & observation.

**Admission to the NICU**

- Newborn separation is recommended when the mother is a PUI or COVID-19 positive. NICU is the preferred location for admission at MercyOne Des Moines.
- An infant born to a COVID-19 positive or PUI mother is considered a PUI.

Update 7.30.20
• Infant will be placed in Contact and Droplet Precautions.
  o Infant will be admitted to 4025-26 and surrounding rooms if necessary. Negative airflow will be used with aerosolizing procedures. The area around the designated rooms will be screened off to through traffic.
  o An isolation cart with face shields, surgical masks, gowns, and gloves will be placed outside the room. ANYONE entering the room will need to do don appropriate PPE before entering. A second cart will be available to place dirty shields on prior to cleaning.
  o PUI infants will qualify as 1:1 during admission shift and when only 1 PUI is in unit. At next shift, infant will classify as appropriate acuity number to ensure infant is not paired with non-PUI infants.
  o PUI infants will not be paired with other babies in the unit. Assigned nurse will provide care to PUI infants only. Ratio will depend on the number of PUI in the unit.
• Dad and Mom will not be allowed to visit the baby in the NICU (See criteria for visiting).
• Mothers are encouraged to express breast milk. Expressed breastmilk will be placed in a clean, plastic baggie for transport to the NICU and can be fed to the baby.
• Infant will be bathed as soon as clinically appropriate.
• If the transporter is used to transfer baby to the NICU, the transporter should be cleaned thoroughly with Sani-Wipes.

Criteria for Parents Visiting after COVID positive Mother Discharged

• Symptomatic mom testing + for COVID. Cannot visit until:
  o 10 days from onset of symptoms AND
  o 72 hours fever free AND
  o Symptoms have improved
• Asymptomatic mom testing + for COVID. Cannot visit until:
  o 10 days from positive test collection AND
  o Remains symptom free
  o Positive COVID screen was >10 days and is asymptomatic
    ▪ If mom develops symptoms, she must have two negative COVID screens 24 hours apart prior to returning to the NICU
• Father of baby can visit if:
  o Asymptomatic and has had a negative COVID screen within 48 hours prior to mother’s admission
  o Father is not allowed to visit mother

Criteria for Infant (during hospitalization) if a parent becomes symptomatic

If a parent is symptomatic:
• Baby has not had confirmed contact w/ a COVID + person.
• Baby does not need to be treated as a PUI, isolated or tested for COVID – unless showing symptoms
• The parent should be strongly encouraged, for the safety and wellbeing of her newborn child, to seek medical attention and rule out COVID if deemed appropriate by provider.
• Parents should not visit the NICU while sick.
Criteria for Infant Discharge at 24 hours of age (as of 7/20 not recommended)

- Late Preterm Infants and Infants of Untreated GBS positive mom are not eligible for discharge at 24 hours.
- Physical Assessments WDL
- Bilirubin WDL or physician approval
- Weight loss <10% or physician approval
- Newborn Screen, Hearing Screen, CCHD Screen completed

Discharge of Baby with COVID positive Mother

- Prior to discharge, obtain make, model and expiration date of car seat from parents and verify with updated recall list.
- Discharge teaching should be completed over the phone or IPad. If discharge teaching is unable to be completed while baby is inpatient, teaching should be completed at discharge.
- If possible, father or significant other should pick up baby at discharge.
- Discharge nurse should wear a gown and face shield to meet mom/dad outside the East Tower entrance.
- Mom/Dad will need to wear a mask and must have their ID band to match the baby’s band.
- Discharge teaching and review of discharge paperwork should be completed with mom (or Dad if married) outside the East Tower Entrance. Footprint sheet is only paper required to be signed. Once paperwork is signed, document should be placed in a large envelope and sealed. Document date and time of completed on the outside of the envelope. Leave envelope at front desk and inform staff to keep for 24 hours prior to sending to medical records.
  - Document discharge instructions were reviewed but not signed due to COVID status.
- Discharge nurse must verify car seat was properly installed in vehicle.
- If mom is returning a breast pump, place pump in large plastic bag and deliver to cleaning room.
- Remove and dispose of gown outside prior to entering the building.
- If infant was confirmed positive, room should be closed and empty for one hour prior to cleaning.
  - Leave all equipment in the room for the one hour.

*** It may be helpful to complete teaching and paperwork prior to taking baby to mom. Once completed the nurse can return to the unit for the baby and take baby to the vehicle.

Non-Covid-19 Infants in the NICU

- Two parents are allowed to visit at the same time.
  - Once a parent leaves the hospital, they may not return until the next day.
  - Parents should not be roaming around the hospital
- Grandparents are not allowed in the NICU.
- Parents will wear masks at all times while in the NICU.
  - Please encourage parents to re-use masks and bring back for the next day.