

Information to our families, clients and families concerning Coronavirus

Dear families and clients of 9punkt9

By now the Coronavirus has a great impact on all of us. Herewith we would like to inform you about the changes we had to make in our practise work, we also request you to make specific arrangements

Pregnant women, parturients, new borns and children are not part of the high-risk group.

The infection the symptoms coughing, and fever often do not cause any complications, in some extent even without great symptoms.

The main goal of the crucial actions of the government is to avoid infections for the women and the midwives, they want to avoid that many people will fall ill at the same time and that the infected, vulnerable patients will suffer from complications and overburden our health system

Midwives and people who are not part of a high-risk group the Coronavirus are affected indirectly. Why?

- Keeping strictly to the rules will slow down the infections and too many emergencies will not have to be treated at the same time in the hospitals.
- The available beds of the birth ward will have to be used for other emergencies. Midwives will be transferred to other wards to attend to other patients.
- The extra time for the care of isolation and hygiene as well as for the infected parturient will need more personnel.
- Midwives in the hospitals have a higher risk of infection because they are in a direct contact with infected patients. If this happens, they will have to go into quarantine and self-isolation.

After the birth women want to go home as soon as possible because of the very strict visiting rules in the hospital. According to the instructions of some hospitals, women and new born babies without complications can only give birth ambulant. Mothers and babies will be attended to by midwives at home in order to relieve the birth assistants.

The 9punkt9 team can master the extra volume of work well. However, we will have to support our colleges who do not have a network like we have and who are self-employed.

The midwife association of Bern has installed a taskforce to coordinate the support and networking

The self-employed midwives also are exposed to a high-risk infection factor, they cannot isolate themselves. They are responsible for the shift from the residential to the ambulant primary health care.

By complying to the government recommendations, you support directly our Health System. Please read in addition the changes which had to be made concerning our practice and the home visits.

We thank you for your support. Your 9punkt9 Team

Changes for our practise and home calls

It is very well possible that our midwives and clients will fall ill from the Coronavirus in the next weeks. This means that we or you will have to go into a self-quarantine or self-isolation.

The aim is to slow down the extension of the virus and to keep up the practise.

The goal of the next few weeks

- For our clients, for ourselves as well as for all people working in health care, any contamination and distribution of the Coronavirus must be avoided.
- We want to avoid, that we must go into self-quarantine several times and will not be able to keep up the practice.
- It is our goal to relieve the pressure of the hospitals and the people working in the health care system as well as to take care of pregnant women and parturients.
- It is our goal to show solidarity towards vulnerable groups which must be protected.
- **We want to remain calm and cool headed and be on hand for our customers. Please use our hotline 031 381 9901 or contact your 9punkt9 midwife**

Basic principles for contact with our clients

As a matter of principle every personnel contact must be avoided. Direct contact should be restricted to maximum 15 minutes. In order to avoid the distribution of the virus, these two policies have proved to be the most effective.

Personnel contacts with the clients must be reduced absolutely and are only allowed when an examination is mandatory.

Consultations by telephone or skype don't have to be cut short, prescribed time can be used as usual.

We will furthermore offer a high-quality care service

This does not mean that we will provide less service, however in just in a different way, in an extraordinary way. Pregnant women, parturients, childbed care, fathers und new-borns will be looked after and attended by our team.

Because of the timesaving travel time we can take care of more clients which enables us, to relieve our colleges and to coordinate personnel absences.

Examinations, where clinical examinations are not mandatory, and should be performed by telephone or skype

- pregnancy consultation
- individual prenatal preparation
- child bed consultation without complications
- breastfeeding
- consultations of development and education issues as well as the daily routine of the infant
- support of difficult daily life situations of the new born child, also in connection with self-isolation

Mandatory clinical examinations should be limited to 15 minutes. All other consultations should be by telephone

Pregnancy checks and medical examinations

- Definition of position of the baby, blood pressure measurement, urine check, smear etc.

Childbed

- Uterus- and blood checks (if process is physiological, it can be described, woman can palpate herself)
- Consultation and support with breast feeding, galactostasia, breast inflammation etc. (here also much can be discussed by skype)
- Evaluation of icterus, taking of blood samples, screening of the newly born and screening of pulseoxymetry of baby

Material and medicine needed by the women will be deposited in the mailboxes

Home birth: (because persons are less exposed to germs in the domestic environment and less personal contacts, the home birth generally is a smaller risk)

- a minimum of body contact if possible
- comply to the above-mentioned safety precautions,
Fathers who comply to the safety precautions can attend the birth

Herewith we request you:

- Install skype, this will enable us the consultations
- For all women who are due till the end of May: please organize an infant scale or a kitchen scale (up to 5 kilos) so you can check the baby weight yourself and we do not have to use ours.
- In case of emergencies pharmacies will be open, baby milk and sanitary towels will always be available. We have a reserve of puerperal material.

Procedure for pregnant women, parturients, new born children

Hotline 031 381 99 01 oder kontakt@9punkt9.ch

Attention: premise is that the midwife does not have

- has any Symptoms / COVID-19
- had any unprotected contact to persons with symptoms or confirmed COVID 19
- the midwife was infected herself and the isolation time is over

The corona virus is already infectious before the symptoms appear and can be transferred by people who were already infected by the virus. It is imperative that the midwife as well as the clients comply.

Pregnant women, parturients, new borns and children...

... without contact to persons with symptoms or confirmed COVID-19	... with contact to persons with symptoms or confirmed COVID-19	... with symptoms or confirmed COVID-19	... who have suffered COVID-19 and who have no contact to persons with symptoms or confirmed case of COVID-19
Visit in practice or at home possible	Only visits at home	Only visits at home	Visit in practice or at home possible
Personal contact only for necessary clinical examinations, if possible <15 minutes, all the rest by phone	Personal contact only for necessary clinical examinations, if possible <15 minutes, all the rest by phone	Personal contact only for necessary clinical examinations, if possible <15 minutes, all the rest by phone	Personal contact only for necessary clinical examinations, if possible <15 minutes, all the rest by phone
Only take necessary material into room or apartment	Only take necessary material into apartment	Only take necessary material into apartment	Only take necessary material into room or apartment
Wear gloves during contact	Wear protection mask and gloves during contact	Wear protection mask, glasses, protection clothes and gloves during contact Dress and undress outside of door. Disposable material to be disposed by family.	Wear gloves during contact Attention: the virus can be transferred also by people who themselves are immune!
Desinfect all material afterwards	during contact	Wear gloves during contact	Wear gloves during contact
Baby may stay with mother – breast feeding recommended – visit according to general instructions of FOPH	Self-quarantine / baby may stay with mother – breast feeding recommended	Self-isolation / baby may stay with mother – breastfeeding recommended	Baby may stay with mother – breast feeding recommended – visit according to general instructions of FOPH

All these measures are restrictive, but absolutely necessary. Please follow them. The recommendations are based on instructions of the Swiss Federal Office of Public Health FOPH, the Direction of Health of the Canton of Berne, swiss-noso and WHO.

For midwives / health personnel:

Whenever possible we are working without direct contact to client:

We only work with direct contact to client and baby...

- ...when we ourselves are of good health and do not have any symptoms (cough, fever)
- ...when it cannot be avoided otherwise

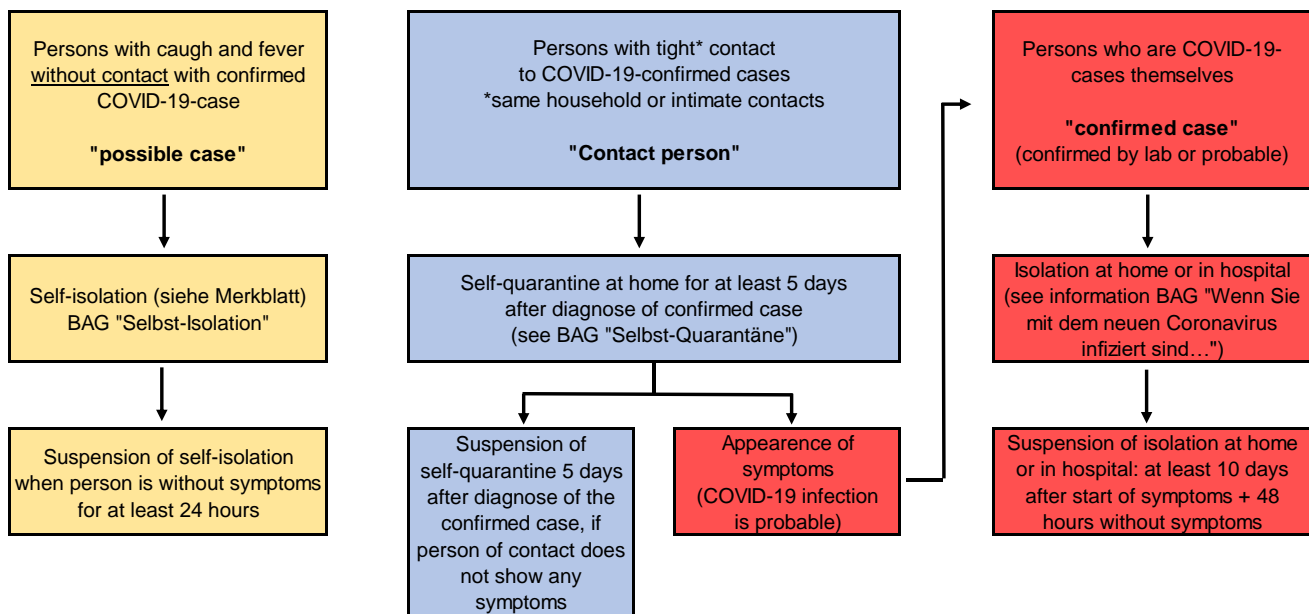
We work from home whenever possible (consultations by phone or Skype, administration work or projects) when...

- --- we ourselves are of good health and we are in self-isolation or self-quarantine
- ... we have light symptoms but feel fine to work a few hours

We do not work, when...

- ... we ourselves are sick (fever, cough or other flew symptoms)

Flowchart COVID-19



The information sheets for «self-isolation» and «self-quarantine» as well as many other useful information can be found on the website of the Swiss Federal Office of Public Health FOPH

<https://www.bag.admin.ch/bag/en/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov.html>

Canton of Bern, only in German:

Kanton Bern https://www.besondere-lage.sites.be.ch/besondere-lage_sites/de/index/corona/index.html#originRequestUrl=www.be.ch/corona

Please also contact us on our website www.9punkt9.ch