



Mothers with COVID-19 and Their Newborn Infants

A Joint Position Statement on Shared Decision-Making

Chicago, IL May 11

As the Covid-19 pandemic continues to shape all our lives, those who provide care to pregnant patients, their families, and newborns face a challenging task. We are entrusted with the responsibility of formulating new policies for childbirth and newborn care in the midst of a dynamic public health crisis. So how do you create evidence-based guidelines when the evidence is evolving?

Parents and providers get new data every day and the information we need to make informed decisions is ever-changing. This not only poses significant challenges in creating a safe environment for patients and first line healthcare workers, but also in maintaining the highest standards of ethical and compassionate care at such a potentially vulnerable time for both parents and newborns.

The National Perinatal Association (NPA) and National Association of Neonatal Nurses (NANN) recognize these unique challenges and offer guidance in creating a culture of shared decision-making when providers must deliver the newborn of a COVID-19+ mother or when the mother is a Patient Under Investigation (PUI).

Drawing from the multidisciplinary experience of our organizations, we have created a Joint Position Statement addressing the need to balance evidence-based practices for both infection control and protection of healthcare providers with the established benefit of newborn bonding and breastfeeding in the 4th trimester.

With information changing rapidly as more data is collected, we acknowledge the potential for policy changes based on institutional constraints and regional developments. However, any policy must start with the dignity of the patient at its core and aspire to do no harm as we all navigate these challenging and uncertain times.

Joan Rikli, MBA MSN RN
CPNP NE-BC
President, NANN

Jerasimos Ballas, MD, MPH
President, NPA

Dionne Wilson, CAE
Executive Director, NANN

Kristy Love
Executive Director, NPA

SHARED DECISION-MAKING PROTECTS MOTHERS + INFANTS DURING COVID-19

KEEPING MOTHERS + INFANTS TOGETHER
Means balancing...
Risk of horizontal infection
Risks of separation and trauma

EVIDENCE
We encourage families and clinicians to remain diligent in learning **up-to-date evidence**.

PARTNERSHIP
SHARED DECISION-MAKING
What is the best for this unique dyad?
SEEK PARTICIPATION
HELP EXPLORE OPTIONS
ASSESS PREFERENCES
EACH A DECISION
EVALUATE THE DECISION

TRAUMA-INFORMED
Both parents and providers are confronting significant...
• FEAR
• GRIEF
• UNCERTAINTY

LONGITUDINAL DATA
We need to understand more about outcomes for mothers and infants exposed to COVID-19, with special attention to:
• MENTAL HEALTH
• POSTPARTUM CARE DELIVERY

NEW DATA EMERGE DAILY. NANN AND NPA ENCOURAGE PERINATAL CARE PROVIDERS TO ENGAGE IN CANDID CONVERSATIONS WITH PREGNANT PARENTS PRIOR TO DELIVERY REGARDING RISKS, BENEFITS, LIMITATIONS, AND REALISTIC EXPECTATIONS.

Partnering for patient-centered care when it matters most.
National Association of Neonatal Nurses
National Perinatal Association
nann.org nationalperinatal.org

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Means balancing the risks of...
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• SEPARATION AND TRAUMA

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Position Statement URL: www.nationalperinatal.org/NPAandNANN

The National Association of Neonatal Nurses' (NANN) www.nann.org is the professional voice and home of neonatal nurses, nurse practitioners, and clinical nurse specialists. NANN supports the advancement of the neonatal nursing profession through opportunities for neonatal nurses to influence care for neonates and their families, collaborate with leaders and peers in their field, and gain clinical knowledge to improve daily practice.

The National Perinatal Association www.nationalperinatal.org brings together healthcare providers, parents & caregivers, educators, and service providers - all driven by their desire to support and advocate for at risk babies and families. Our shared purpose is to give voice to the needs of pregnant people, infants, their families, and their healthcare providers so that collectively we can have the greatest positive impact on perinatal care.

CONTACT: Erika Goyer Director of Communications, NPA egoyer@nationalperinatal.org

CONTACT: Molly Anderson Director of Communications, NANN mlanderson@nann.org