

# Guidance issued for prenatal care in setting of COVID-19

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(HealthDay)—In new guidelines specific to maternal-fetal medicine

practitioners, published online March 19 in the *American Journal of Obstetrics & Gynecology MFM*, recommendations are presented for prenatal care in the setting of the novel coronavirus 2019 (COVID-19) pandemic.

Rupsa C. Boeling, M.D., from Thomas Jefferson University in Philadelphia, and colleagues address the current COVID-19 pandemic for maternal-fetal medicine practitioners, with the goals of reducing patient risk through health care exposure and reducing the public health burden of COVID-19 transmission through the general population.

The recommendations relate to issues including modifications of outpatient obstetrical (prenatal) visits, scheduling of obstetrical [ultrasound](#), and modification of nonstress tests and biophysical profiles. Elective or nonurgent visits should be postponed; each patient should be called to decide on the need for subsequent visits and/or tests. New obstetric intake should be completed remotely or by telehealth unless the patient describes an urgent problem. Laboratory work and/or ultrasounds should be performed at the same time as in-person visits. The routine practice of face-to-face counseling for ultrasounds should be altered. Patients should be instructed to obtain a blood pressure cuff if feasible to minimize other in-patient visits.

"We know that these recommendations won't cover every situation," a coauthor said in a statement. "In areas with a higher COVID-19 incidence more restrictive measures will likely be appropriate. This guidance is changing daily, in fact hourly. Stay tuned."

**More information:** [Abstract/Full Text \(subscription or payment may be required\)](#)

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