



# PRE-NATAL OPEN HOUSE

December 9, 2020

# Welcome!



# Welcome & Introductions

- TORONTO WESTERN FAMILY HEALTH TEAM
- Obstetrical Care Program
- Bathurst and Garrison Creek Sites

# Toronto Western Family Medicine OB Team



Amita Singwi



Azadeh Moaveni



Jennifer Sy



Sarah Reid



Lucie Pivnick



Natasha  
Mirchandani



Sabrina Akhtar



Lauren Payne



Jeff Bloom



Nitai Gelber

# Your Family Medicine Delivery Team



**Lucie Pivnick**  
TWH



**Amita Singwi**  
Toronto Western Hospital



**Azi Moaveni**  
Toronto Western Hospital



**Batya Grundland**  
Women's College Hospital



**Betty Chen**  
Women's College Hospital



**Carrie Schram**  
Women's College Hospital



**Charissa Chen**  
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**Diana Hsiang**  
Women's College Hospital



**Nitai Gelber**  
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**Jeff Bloom**  
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**Jonah  
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Women's College Hospital



**Karen Lee**  
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**Karen Wong**  
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**Lauren Payne**  
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**Melissa Nutik**  
Mount Sinai Hospital



**Michelle Levy**  
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**Nat Morson**  
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**Natasha  
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**Sabrina Akhtar**  
Toronto Western Hospital



**Sabrina Kolker**  
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**Sakina Walji**  
Mount Sinai Hospital



**Sarah Reid**  
Toronto Western Hospital



**Susie Kim**  
Women's College Hospital



**Tuhina Biswas**  
Women's College Hospital



# Your Family Medicine Delivery Team



**Anne Biringer**  
Mount Sinai Hospital



**Audrey Karlinsky**  
Mount Sinai Hospital



**Harvey Kaplovitch**  
Mount Sinai Hospital



**Luke Bearss**  
Mount Sinai Hospital



**Milena Forte**  
Mount Sinai Hospital



**Yoel Abells**  
Mount Sinai Hospital



**Kristina Powles**  
Mount Sinai Hospital

# Phone Numbers



- Mount Sinai Hospital Tour is now ONLINE:  
<https://www.mountsinai.on.ca/patients/having-a-baby-at-mount-sinai>
- For Mount Sinai Hospital Labour Floor
  - ▣ **416 586 4800 x 4511**
  - ▣ **416 586 4800 x 3210 (Triage)**
- Family Medicine Resident On-Call
  - ▣ **416 586 4800 x 5133**

# Parking

- **Murray Street**
- **\$22/day**



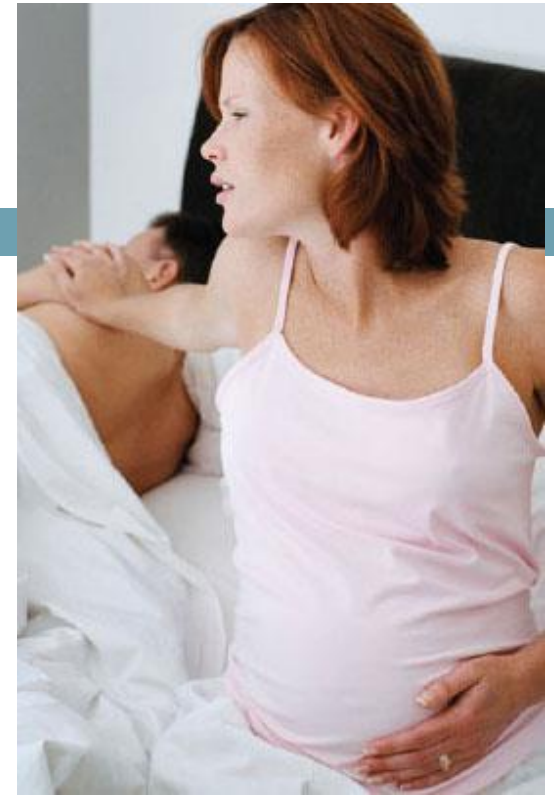


# When To Come To Hospital



# Labour “4-1-1”

- Contractions are
  - ▣ **STRONG**
  - ▣ Every 4 minutes
  - ▣ Each last 1 minute
  - ▣ ... for 1 hour



# “GBS” Status

- Group B Streptococcus
- A very common bacteria
  - ▣ If present during vaginal birth → risk to baby
- If **POSITIVE** = antibiotics should be started at the **beginning of labour**



# Water Breaks



Clear fluid –  
looks like clear  
soup



Meconium-stained  
fluid – looks like  
pea soup

# If your water breaks +/- labour...

□ **Come to Mount Sinai Hospital, 15<sup>th</sup> Floor**

□ **Family Medicine Resident On-Call**

▣ **416 586 4800 x 5133**



□ **For Mount Sinai Hospital Labour Floor**

▣ **416 586 4800 x 4511**

▣ **416 586 4800 x 3210 (Triage)**







Take  
**UNIVERSITY  
AVE.**  
**Elevators** –  
Not Murray  
St. Elevators



Mount Sinai Labour & Delivery – TRIAGE UNIT

Triage - 15<sup>th</sup> Floor

# Admitting

- Right on Labour & Delivery Floor – 15<sup>th</sup> floor





Mount Sinai Labour & Delivery – TRIAGE UNIT

Triage - 15<sup>th</sup> Floor



Mount Sinai Labour & Delivery

Labour Rooms - 15<sup>th</sup> Floor



# Pain Management



# At home...

- Walking
- Positions
- Shower
- Warm bath (if waters intact)
- Massage
- Ice
- Breathing



# In hospital...

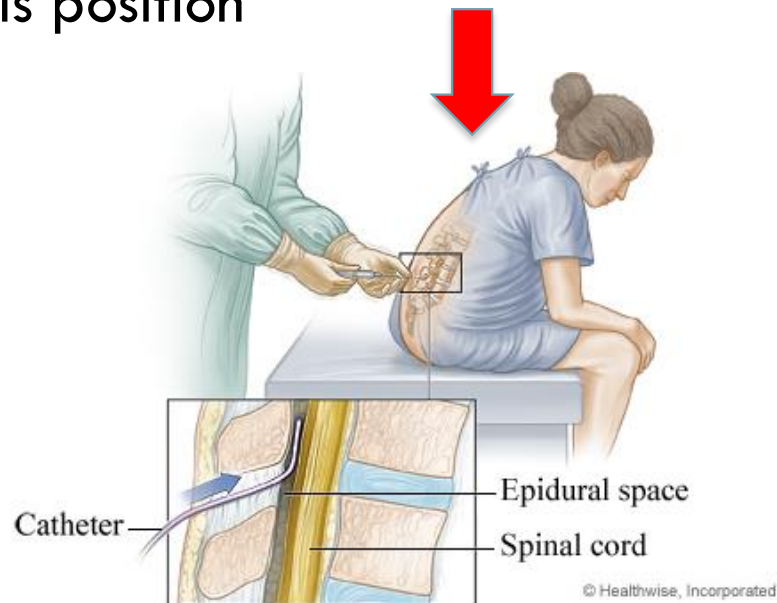
- Early labour – **morphine** to take the edge off
- During delivery – **nitrous oxide** – “laughing gas”



# In hospital...

## □ Epidural anesthesia

- ▣ Takes 15-30 min. for Anesthesiologist to arrive \*
- ▣ Another 15 min. to work – 85-90% work 1<sup>st</sup> time
- ▣ Only “too late” for epidural if **delivery within minutes** or can't hold this position



# Epidural Anesthesia

- ▣ 85% of women in Ontario deliver with an epidural

- MAJOR risks = RARE



- 1/150,000 risk of infection, paralysis, blood clot, disability or death

- MINOR risks = COMMON

- Low blood pressure
  - Baby heart rate drops briefly
  - Temporary motor paralysis
  - Still feel pain at the end stage of labour
  - The first epidural doesn't work; 10-15% need an adjustment



# Epidural Anesthesia: Headache

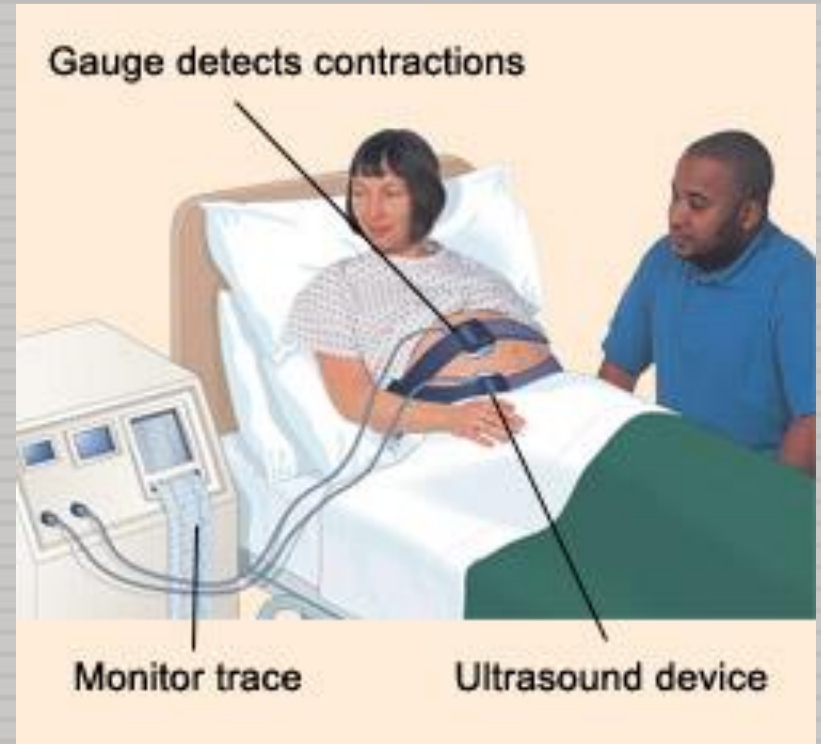
- ▣ MINOR Risk: “Post Dural Puncture Headache”
  - Dural Puncture **1/200** → 75% will get a headache
    - Approximately **1/400 risk**
  - Severe headache within 2-3 days of epidural
  - 50% will be treated with rest, lying down, fluids and simple meds
  - May need special treatments by Anesthesiologist



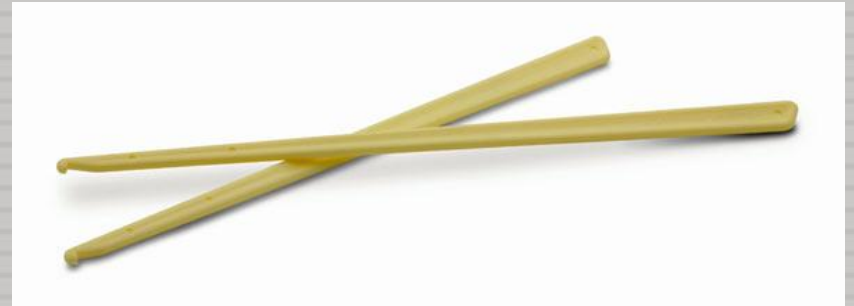




# Potential Interventions



## External Fetal Monitoring



## Artificial Rupture of Membranes

i.e. Breaking your water

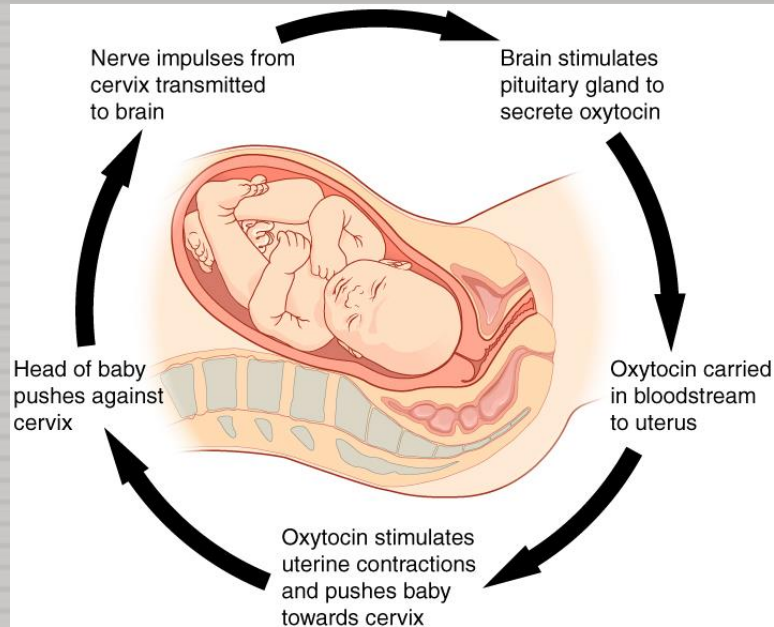


Electrode

Internal fetal monitoring



## Fetal Scalp Clip



Brain stimulates  
pituitary gland to  
secrete oxytocin

Oxytocin carried  
in bloodstream  
to uterus

Oxytocin stimulates uterine contractions and pushes baby towards cervix

Head of baby  
pushes against  
cervix

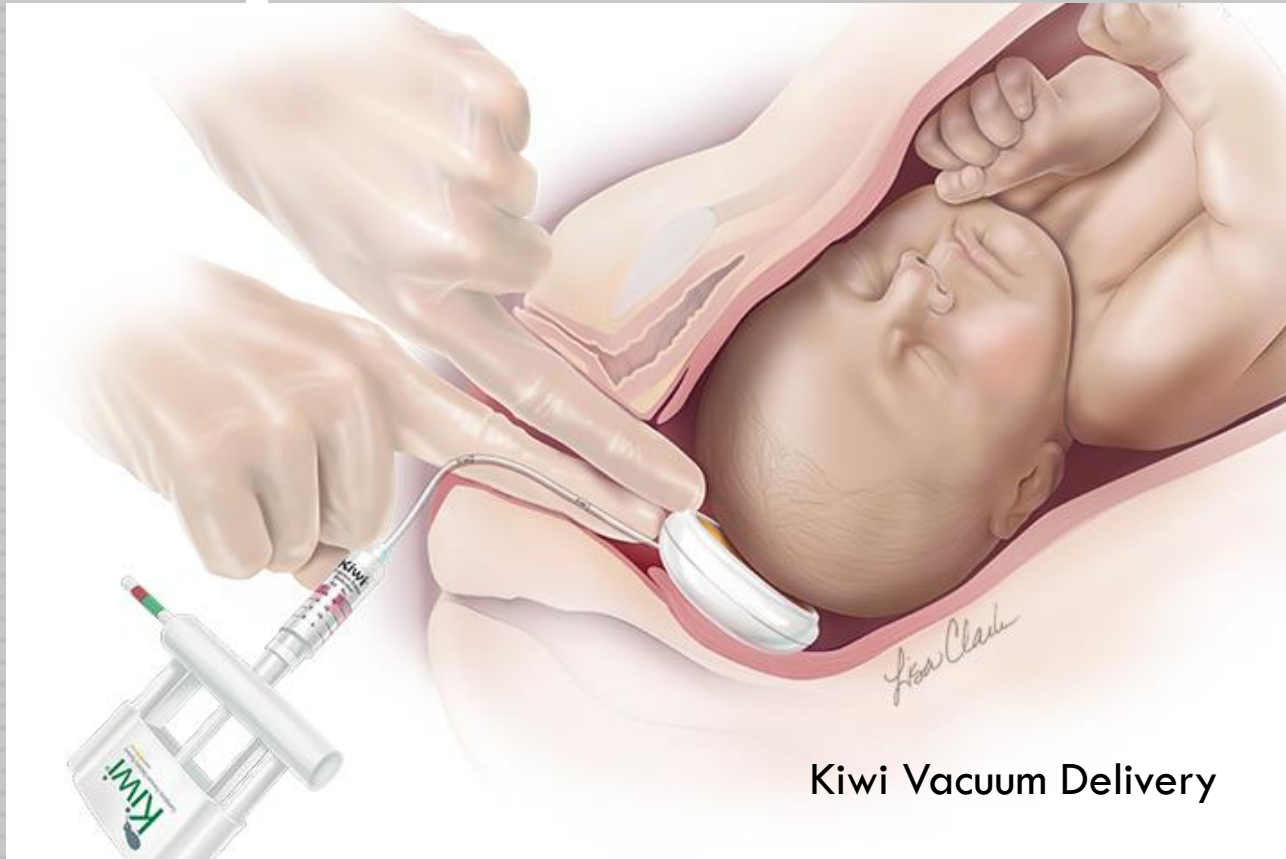


## Oxytocin - - - “Pitocin™” - - - “The Drip”





# Assisted Delivery



## Vacuum & Forceps Delivery

## Cesarean section



The surgeon reaches into the abdominal incision and lifts the baby's head as an assistant pushes down on the upper uterus

ADAM.

1 day after



1 year after



ADAM.

Cesarean Section - - - “C-Section”



Induction of Labour: Usually after 41 weeks



**Obstetricians**



**Respiratory  
Therapists**



**Pediatricians**



**Nurses**



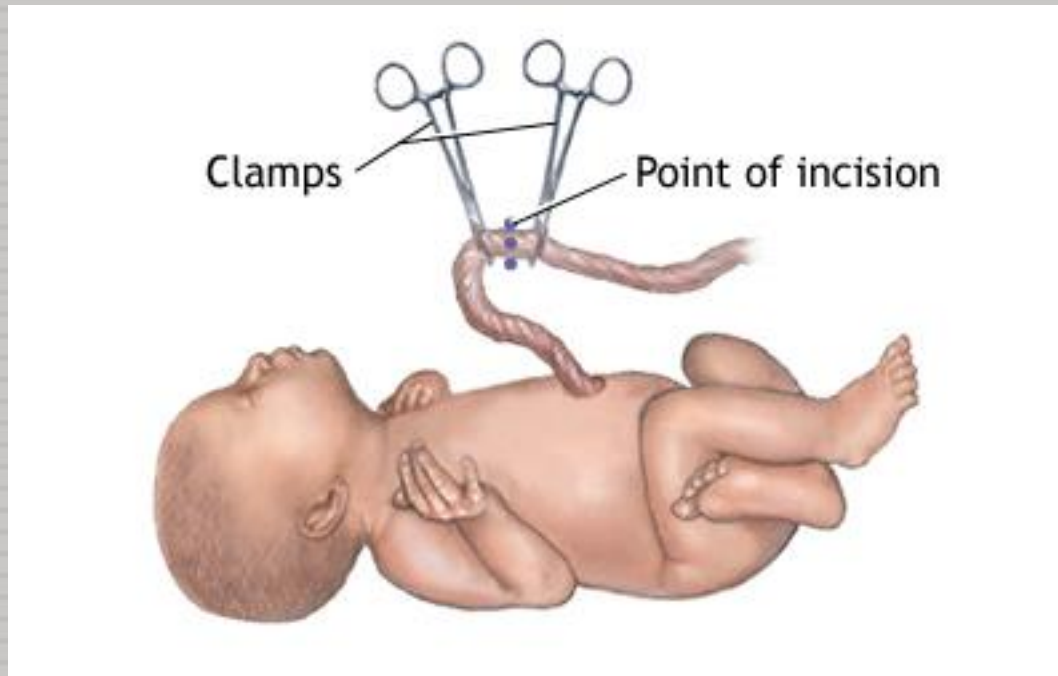
**Anesthesiologists**

**Consultants & Colleagues + Trainees**



# Baby Care





## Delayed Cord Clamping



Skin-To-Skin



## Vitamin K Injection



Breastfeeding

... Within minutes of birth

# Breastfeeding

- ❑ ~~Breastfeeding Classes daily~~ **(not available during COVID-19 Pandemic)**
- ❑ Lactation Consultants
- ❑ Follow-up Appointments at MSH



# Baby's First Blood Tests

- Heel prick test
- 1<sup>st</sup> 24 hours
  - ▣ Jaundice testing
  - ▣ Other rare genetic conditions





# Your Stay In Hospital

- **24 hours** if you had a **normal vaginal delivery** (or *the next a.m. if 24 hours ends up being at night*)
- **48 hours** if you had a **C-section**
- Any reasons to stay longer (i.e. feeding challenges, complications) will be reviewed by your doctors and plans will be made accordingly
- Baby needs a **HEARING TEST** and a **CAR SEAT** before leaving hospital

# Circumcision

- Personal decision
- \$375 if done at Mount Sinai Hospital (before discharge)
- \$220 if done in office by Dr. Bloom (within 1 month)

# COVID-19 and PREGNANCY



# FIRST AND FOREMOST

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- You and your baby's care is the most important thing to us. For this reason we are taking several precautions to make sure you and your baby are **safe and well supported**.
- Here are a few things you will need to know...

# Some Changes to Your Care



- ENTER through the **MURRAY STREET** entrance

# Some Changes to Your Care

- ENTER through the **MURRAY STREET** entrance





# Some Changes to Your Care

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- ENTER through the **MURRAY STREET** entrance
- You will be screened for symptoms of COVID-19 at this entrance *and* upon entering the 15<sup>th</sup> floor.
- Masks must be worn at all times in all common spaces in the hospital.

# Some Changes to Your Care

## □ If I DO NOT have COVID-19 or symptoms?

- ▣ **YOU** may be asked to wear a mask in your room during the labour process depending on risk assessment by your health care provider
- ▣ **ONE** support person is permitted per day during the your stay, who is **NOT** symptomatic and **NOT** COVID-19 positive.
- ▣ The **ONE** support person must remain in the room for the entire duration and wear a mask.
- ▣ The **ONE SAME** support person is allowed one entry and one exit per day and will be rescreened upon entry. While the support person is in the hospital, in and out privileges are not possible (some exceptions may apply).

# Some Changes to Your Care

- **What if I have COVID-19 symptoms at time of admission?**
  - ▣ A support person will be permitted.
  - ▣ Your support person will need to be in **FULL PPE** (we will provide this) at all times.
  - ▣ You will be asked to wear a mask at all times (as much as tolerable) and you will be swabbed for COVID-19.
  - ▣ If you test positive, your support person will need to go home.
  - ▣ Your baby will be tested during your stay using a nasal swab, umbilical cord blood sample and placental swab.
  - ▣ If you are well, your baby will stay in the room with you.
  - ▣ **You can still breastfeed**

# Some Changes To Your Care


## □ What if I am **COVID-19** positive?

- ▣ Call ahead of time, if you can. (Triage: **416 586 4800 x 3210**)
- ▣ Screeners will give you a mask and call triage
- ▣ If your support person lives with you, then they will not be allowed to enter.
- ▣ Once admitted, you can call a non-household member to be with you. They must wear FULL PPE. Support person will be given a tutorial on how to don/doff.

# Some Changes to Your Care

- **What if I develop symptoms similar to COVID-19 while I am in labour?**
  - ▣ Fever is a symptom of COVID-19
  - ▣ If you develop a fever, we usually administer IV fluids. If the fever resolves, no further action. This usually works!
  - ▣ If the fever does not resolve after 30min we need to rule out COVID-19 with a nasal/throat swab for your safety and the safety of others.
  - ▣ If you test positive, your support person will need to go home.



- 
- To date, **NONE** of the COVID swabs we have taken during labour ( ie. for fever ) have come back positive.



# Some Changes to Your Care

## □ Visitor Policy

- Unfortunately, during this time of uncertainty there are **NO VISITORS**
- **NO children** under **16 years** of age will be permitted
- **NO visitors to the post partum floor**
- **NO visitors to the ambulatory clinic**

# Once I go home...

- The usual precautions need to be taken:
  - ▣ Hand hygiene
  - ▣ Social distancing
  - ▣ Wearing a mask
  - ▣ Visitors should be advised to remain outside, maintaining 2 or more metres away from you and baby.
- Sadly, this means grandparents too.



HAPPY

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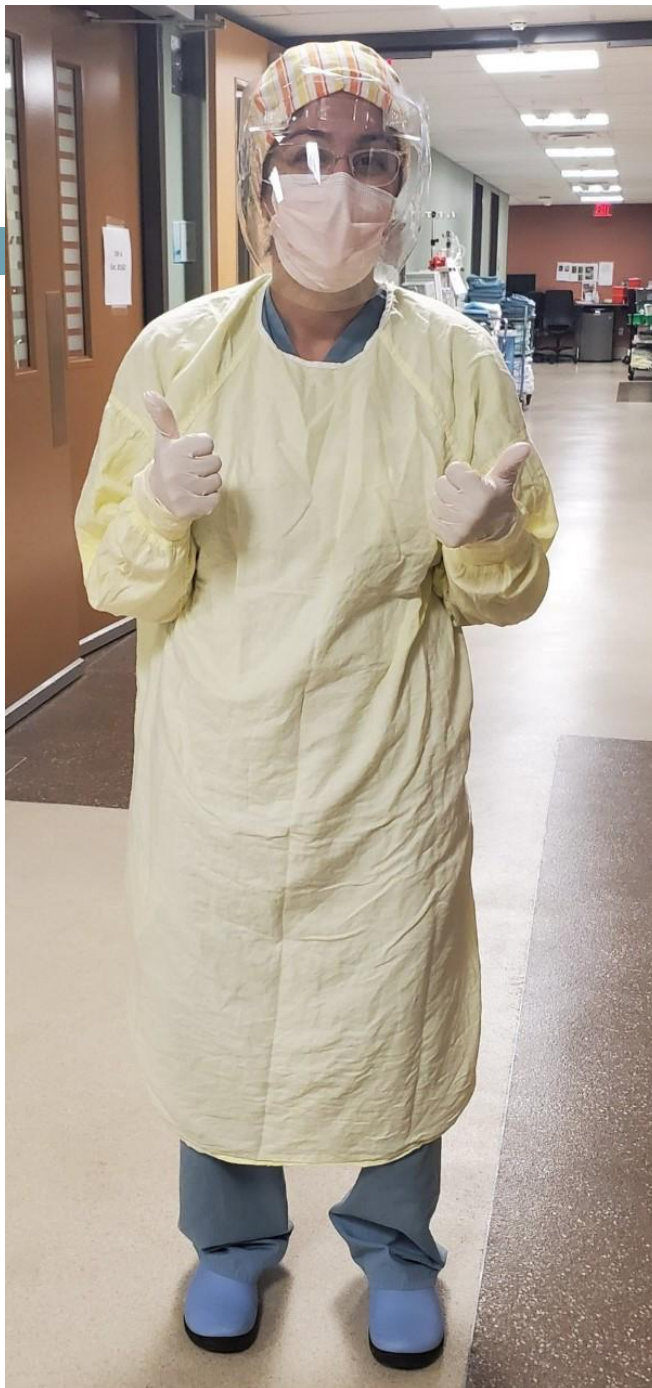
# Extra Supports



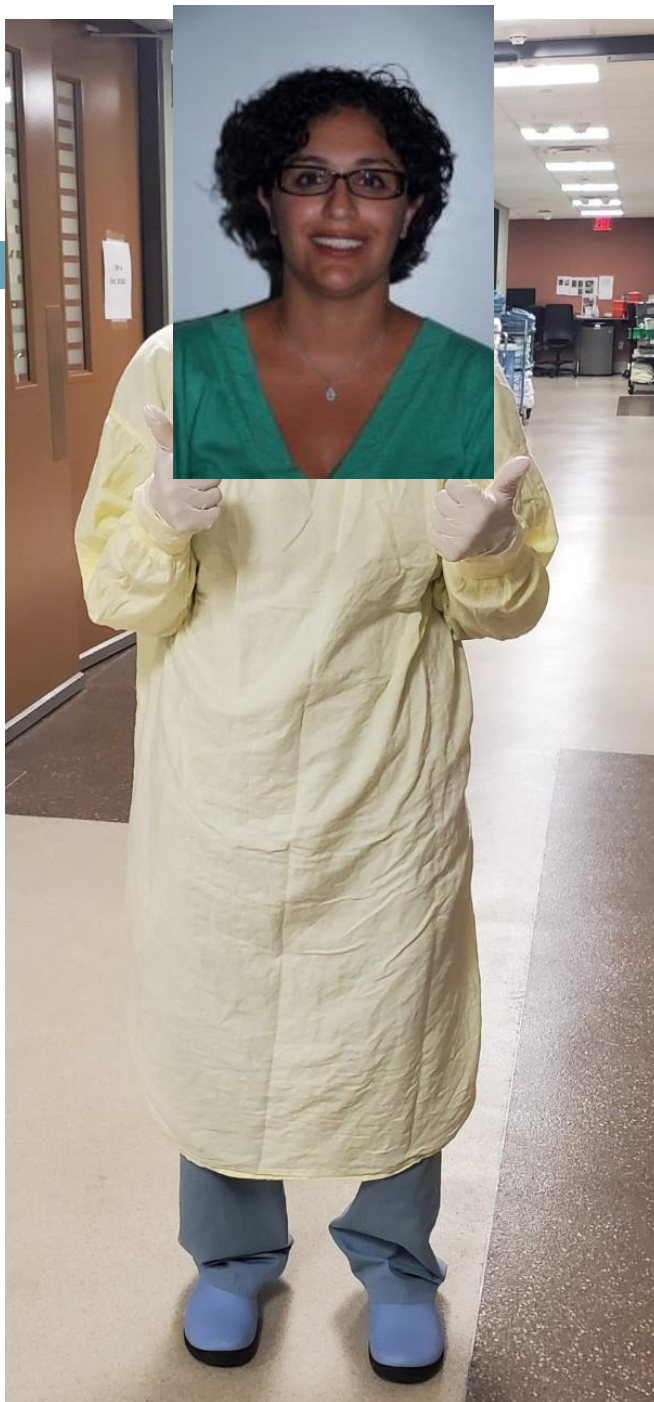
## COVID-19 Support - The Motherhood Map

Send an e-mail to [hello@nataliebrunswick.com](mailto:hello@nataliebrunswick.com)

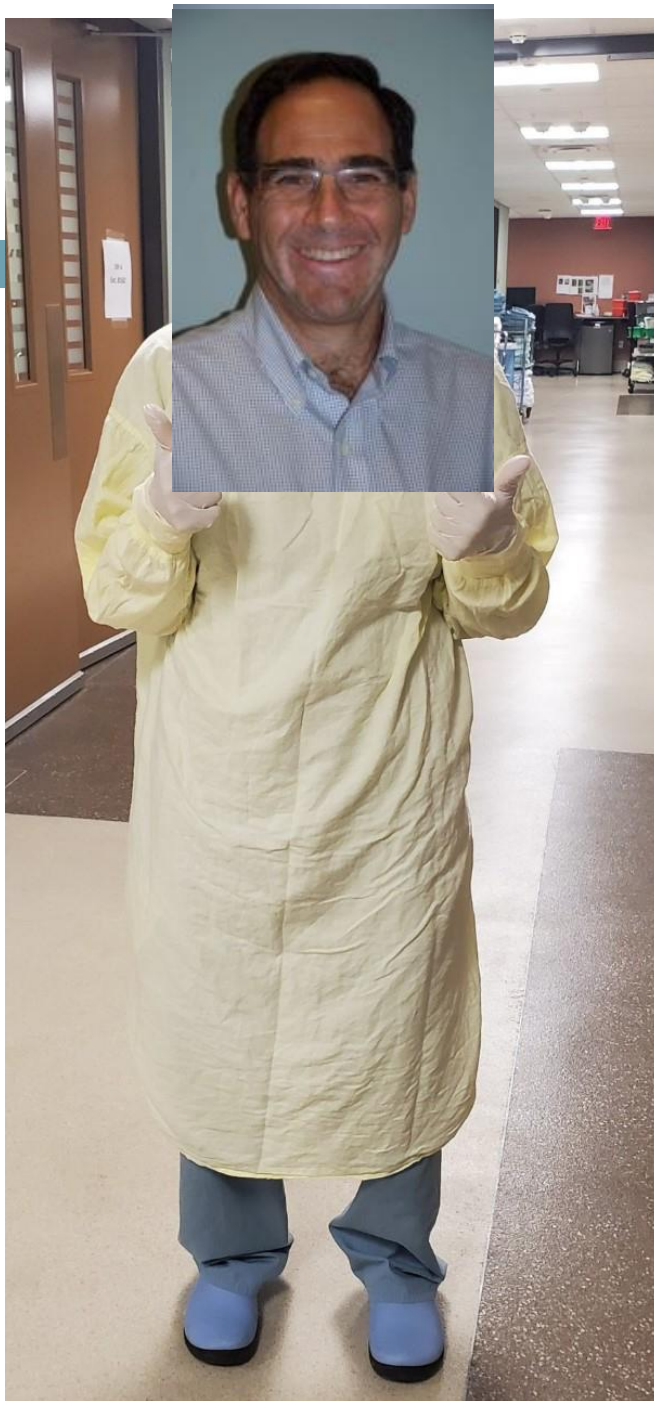




Even though we are  
dressed like this...

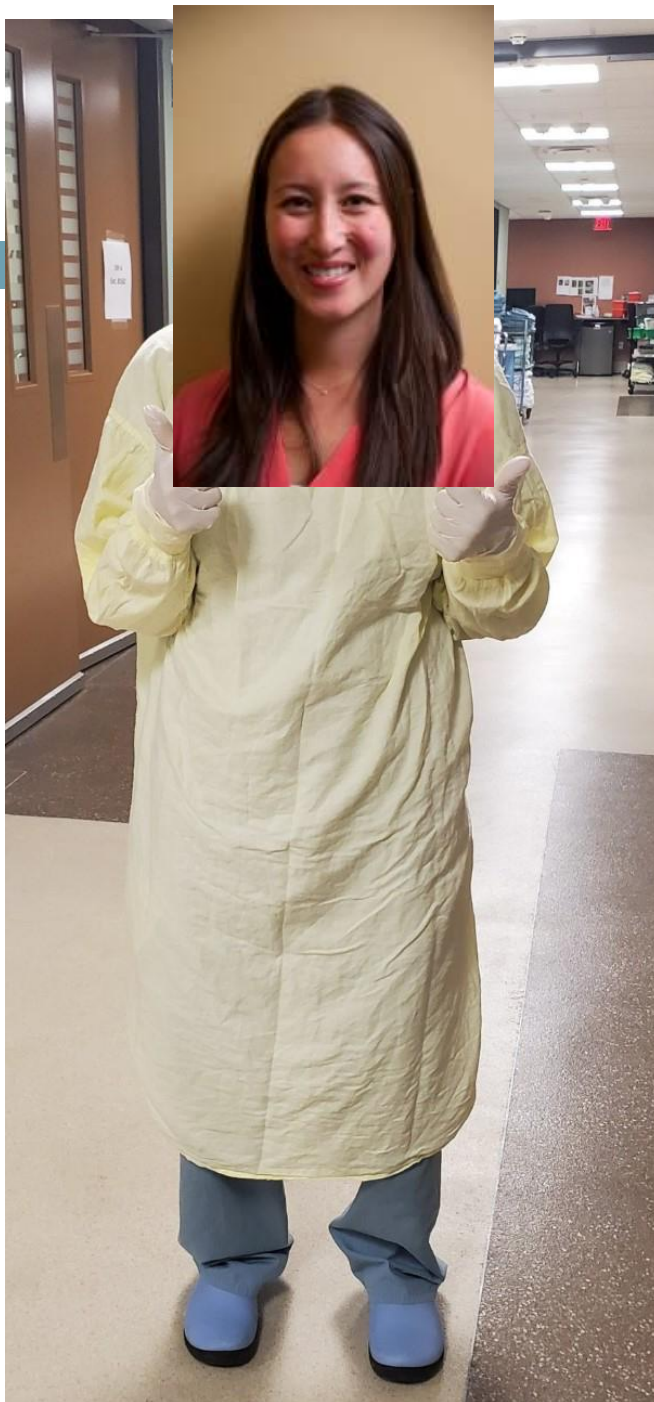


...underneath is the same trusted doctor that you **KNOW** will take care of you and your baby.

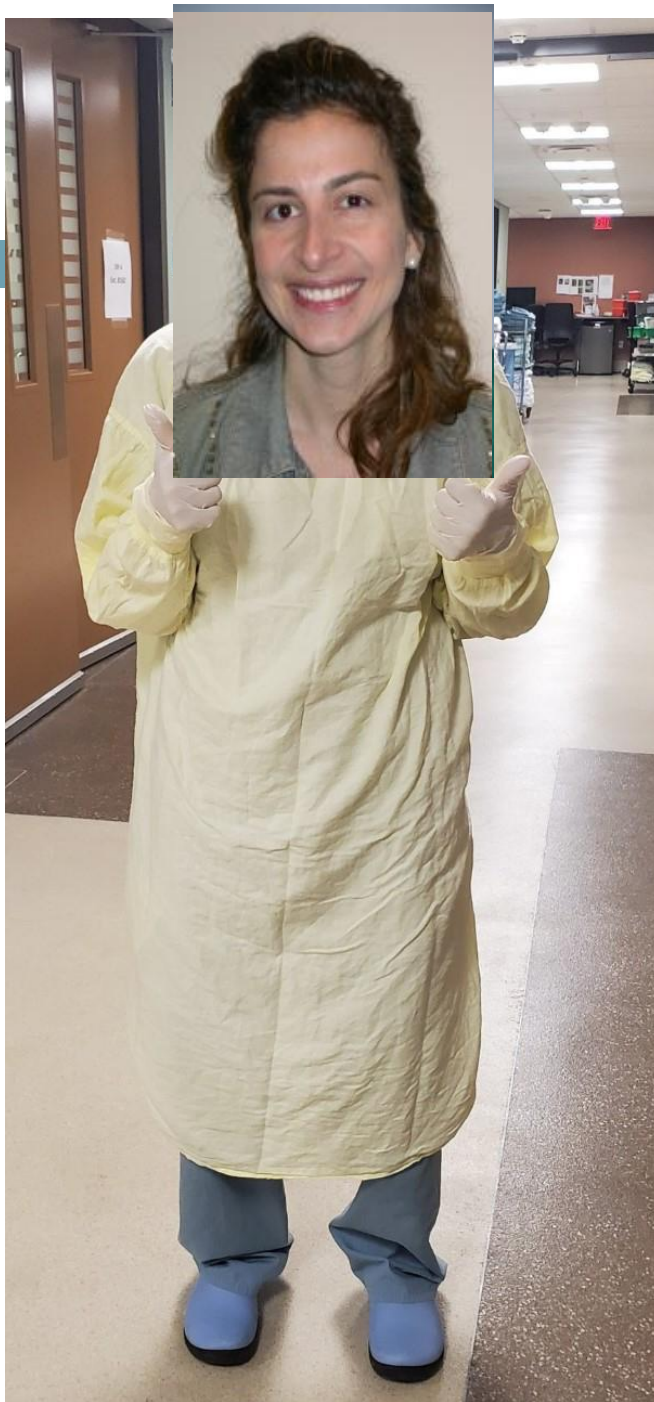


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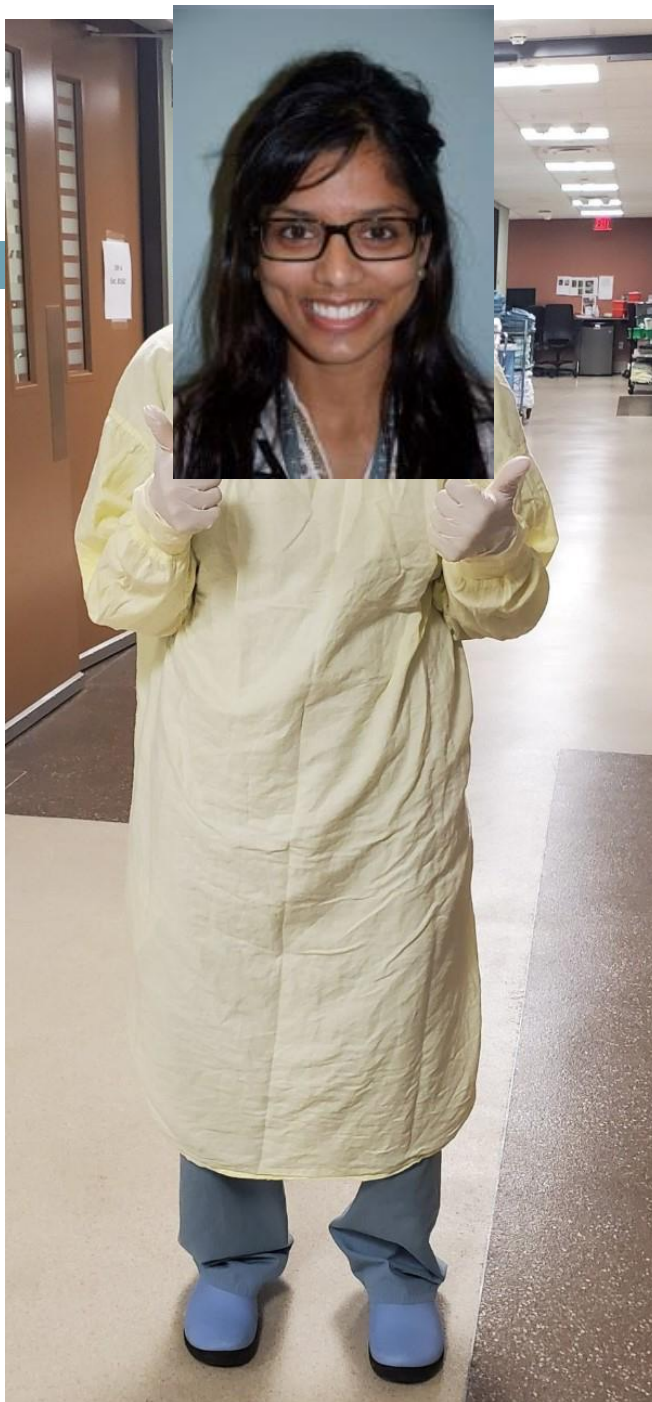




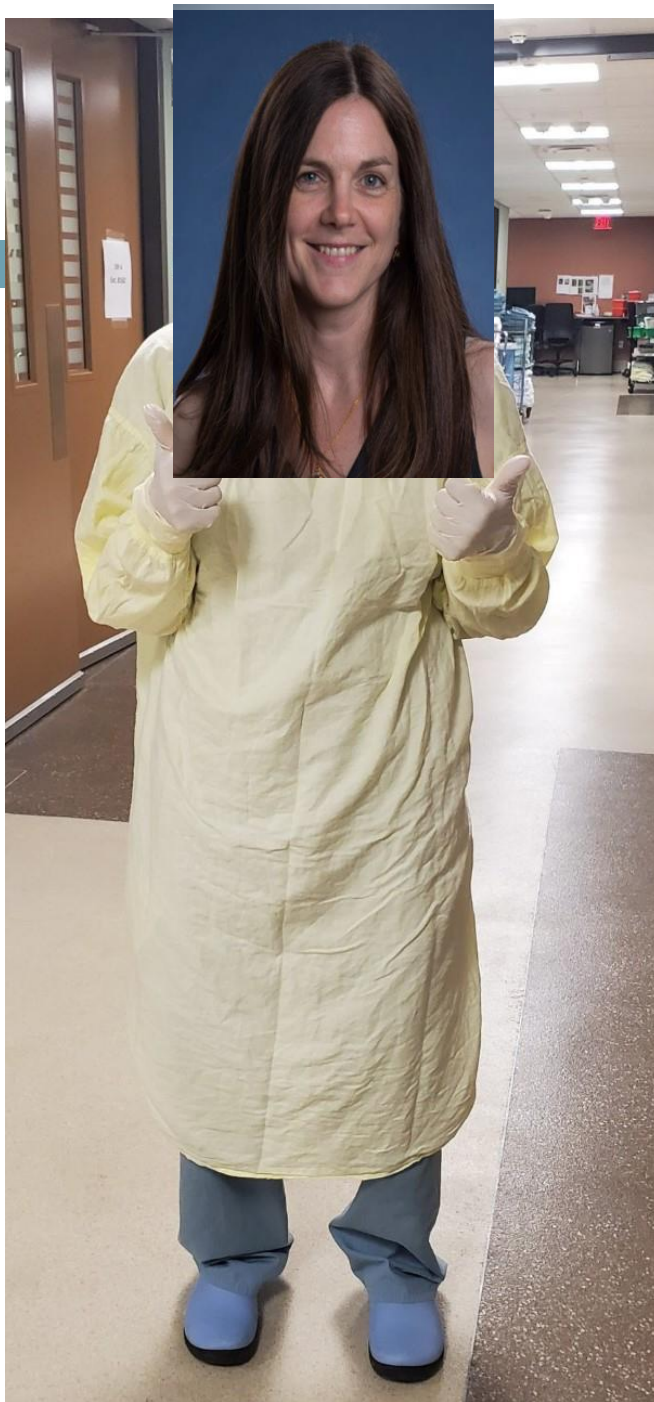
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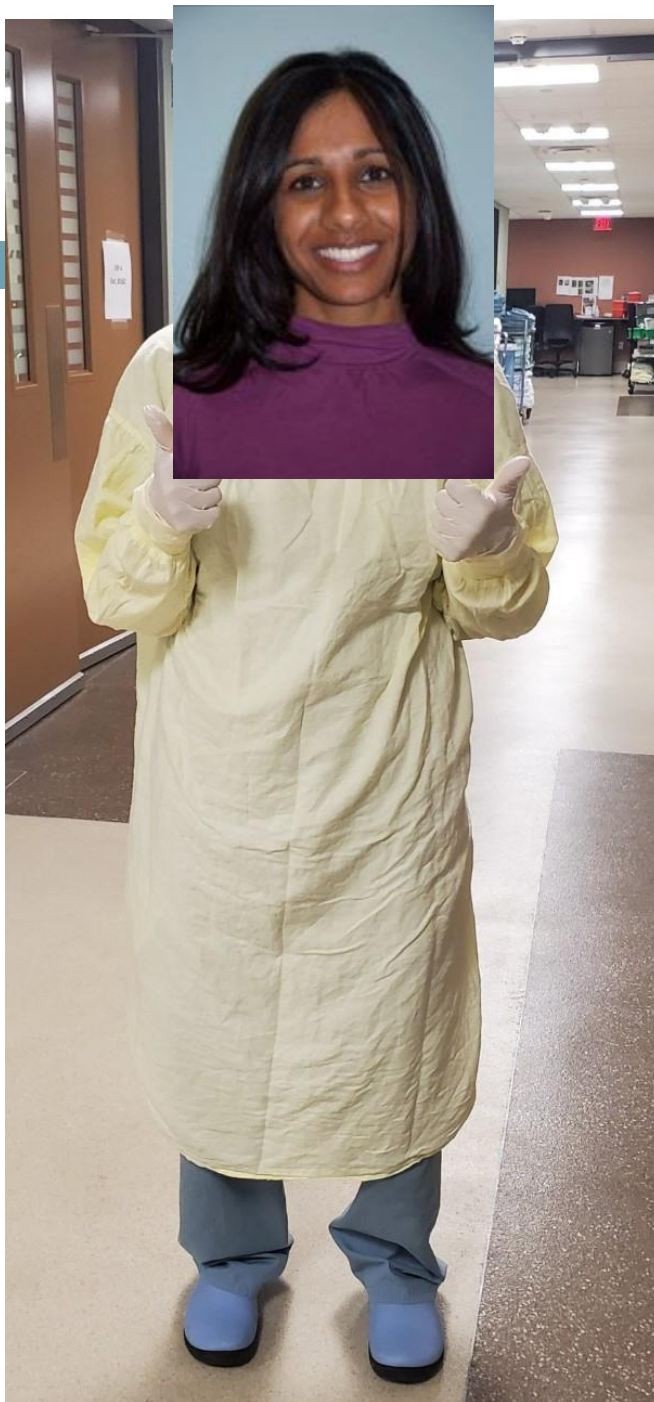


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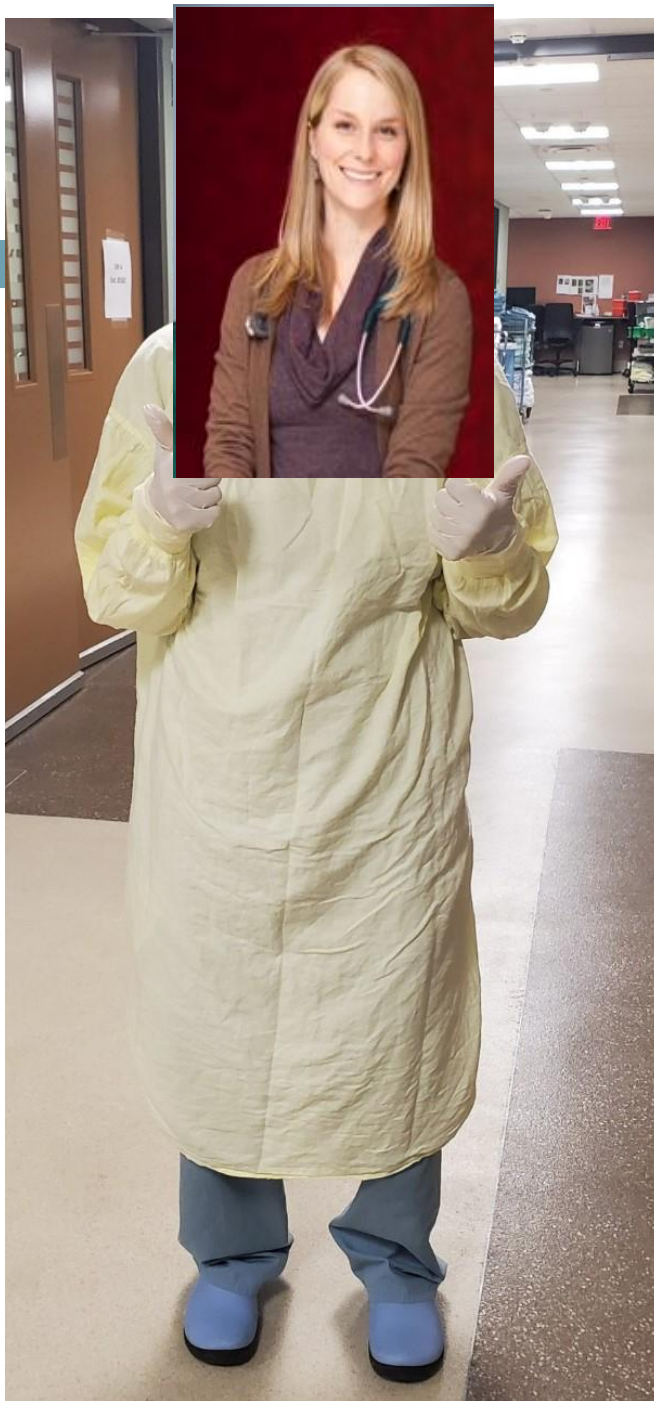


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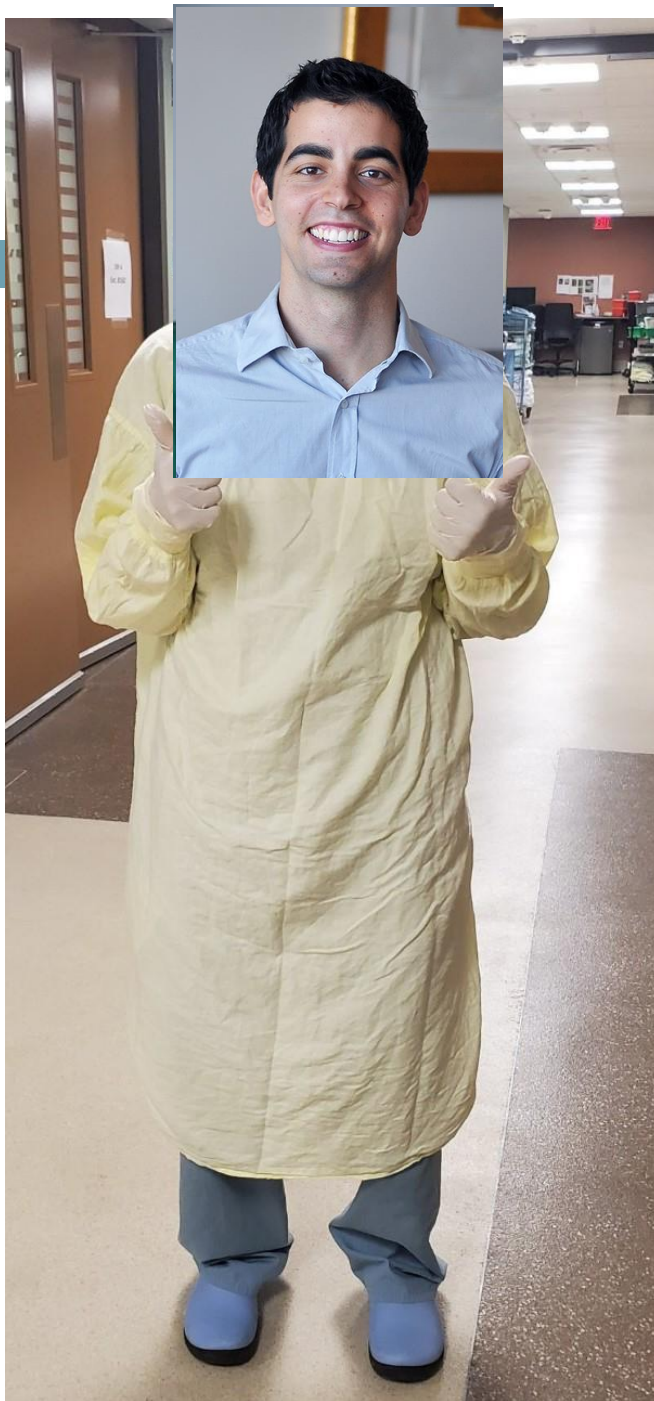




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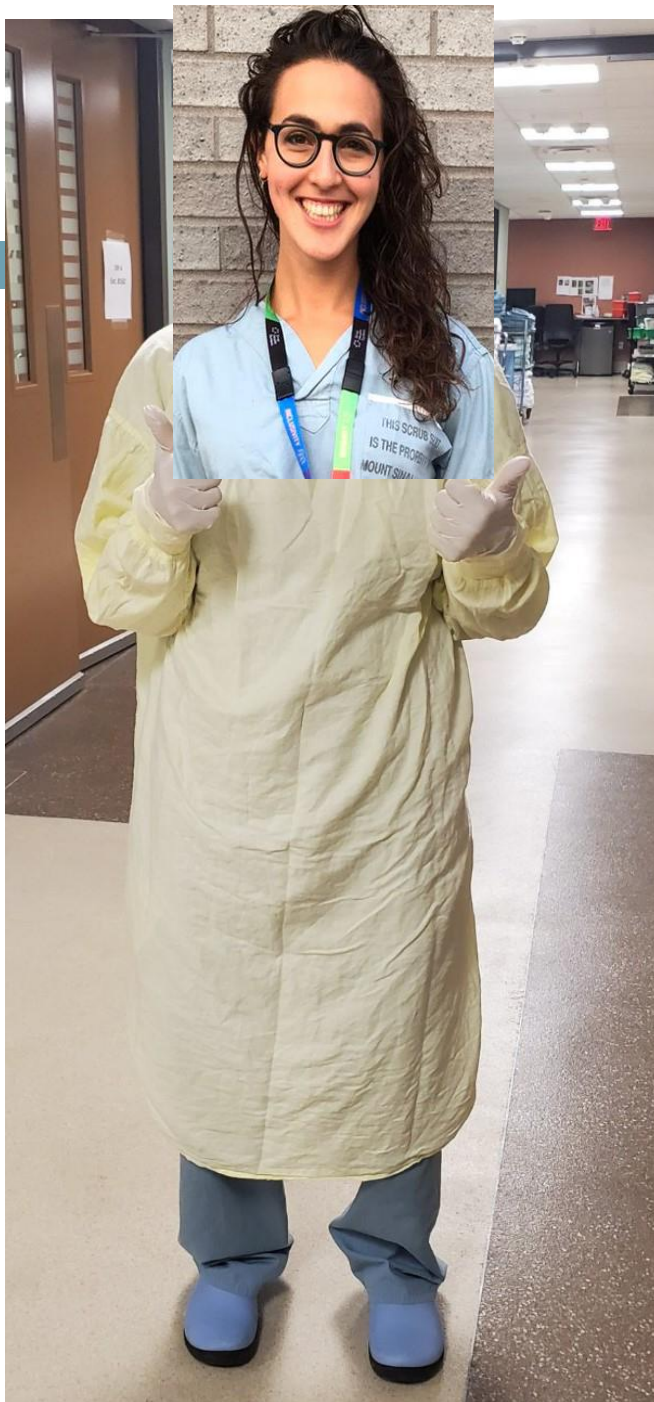


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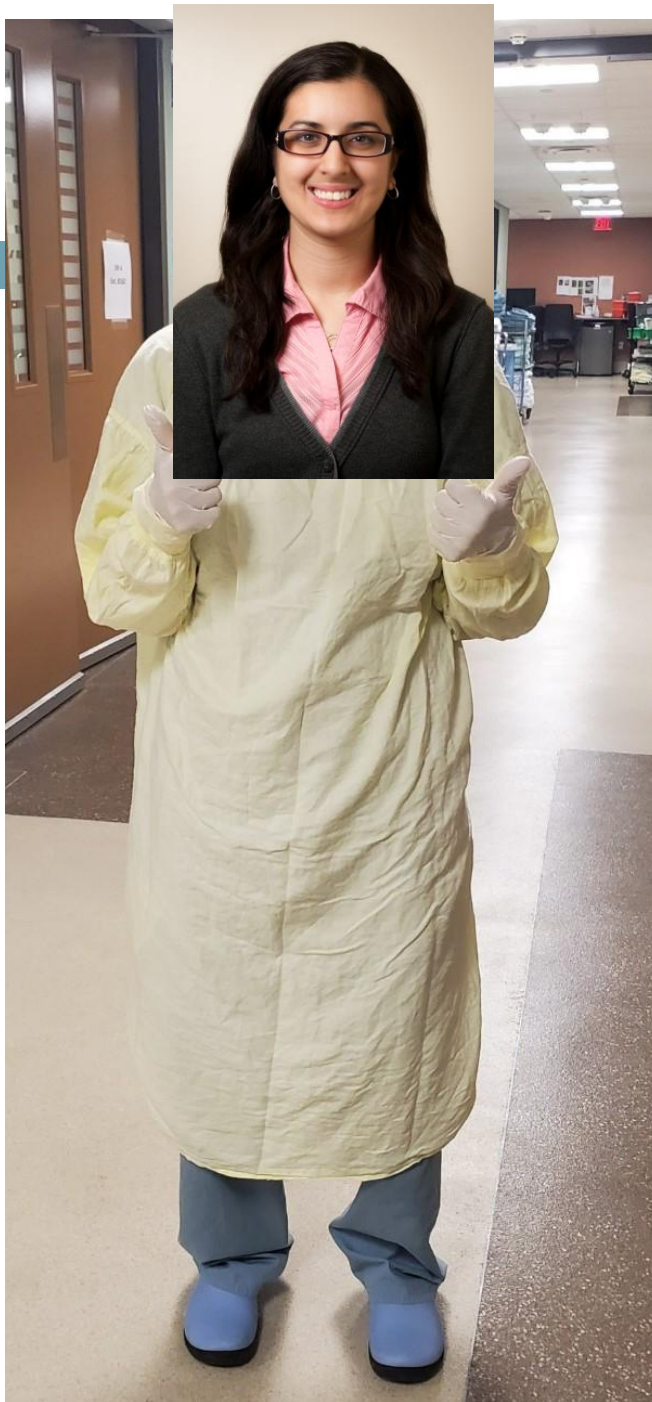


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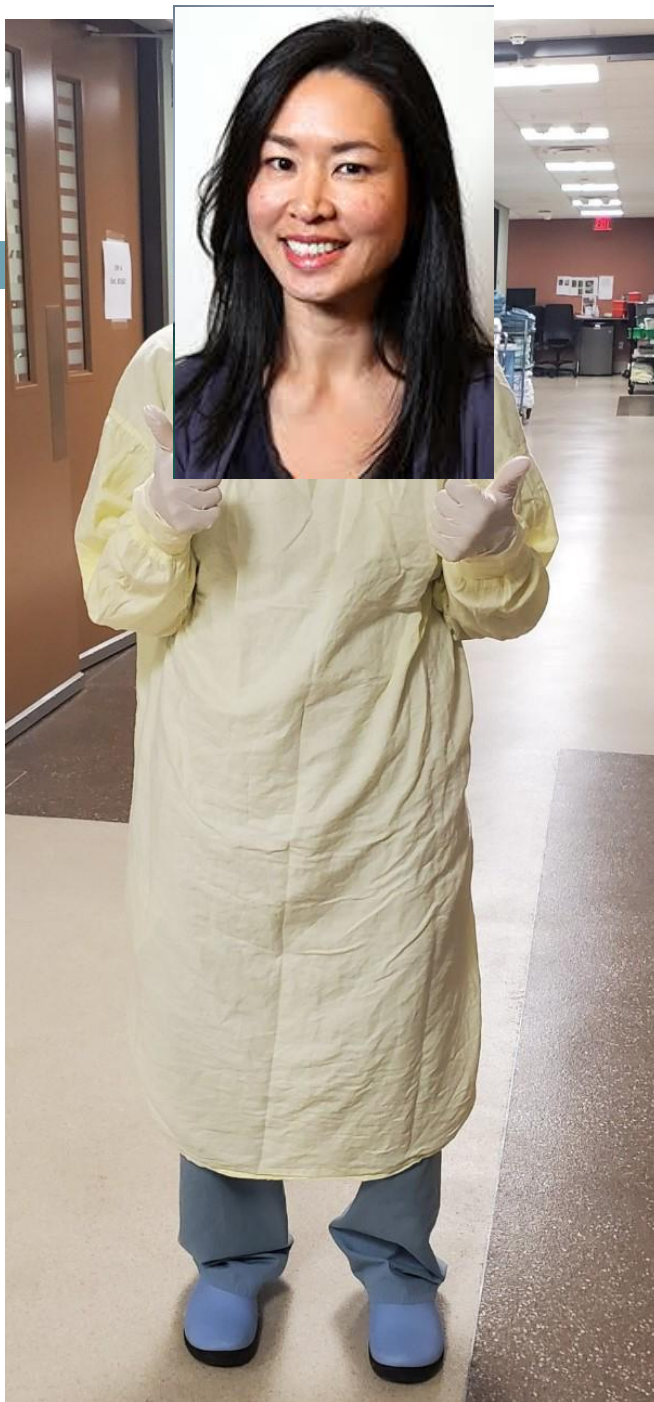


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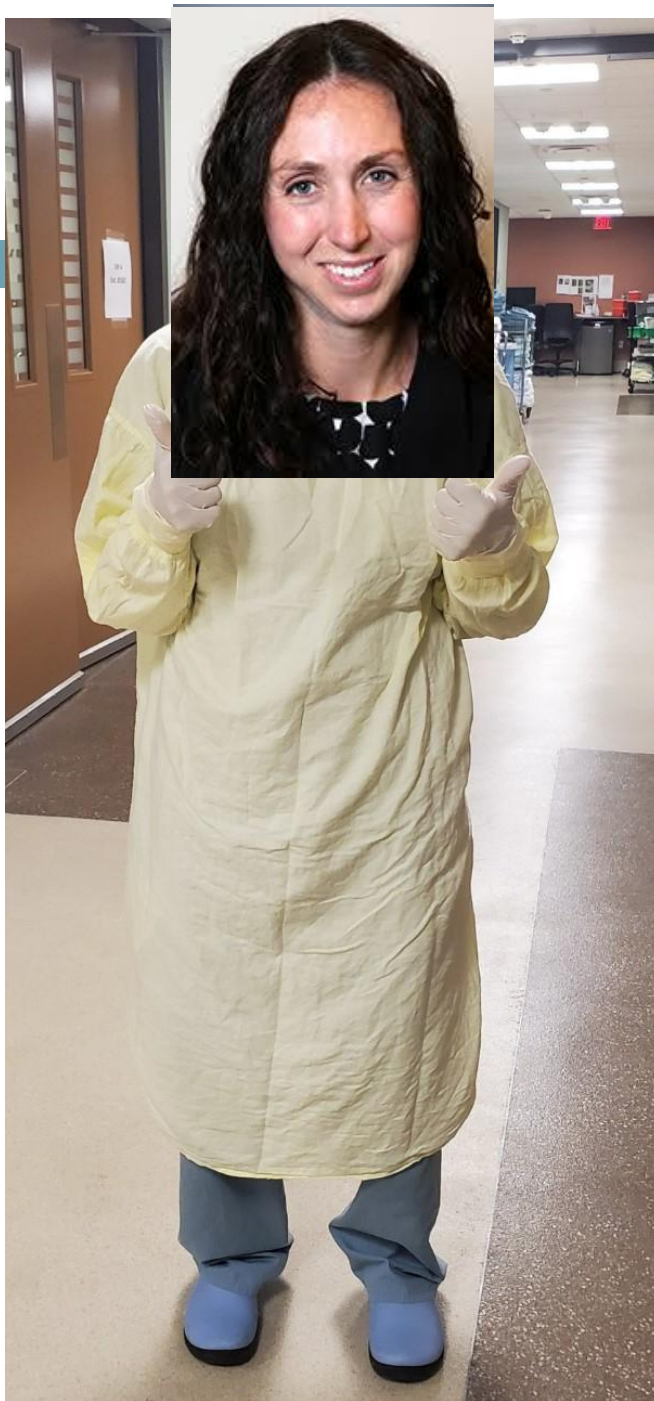


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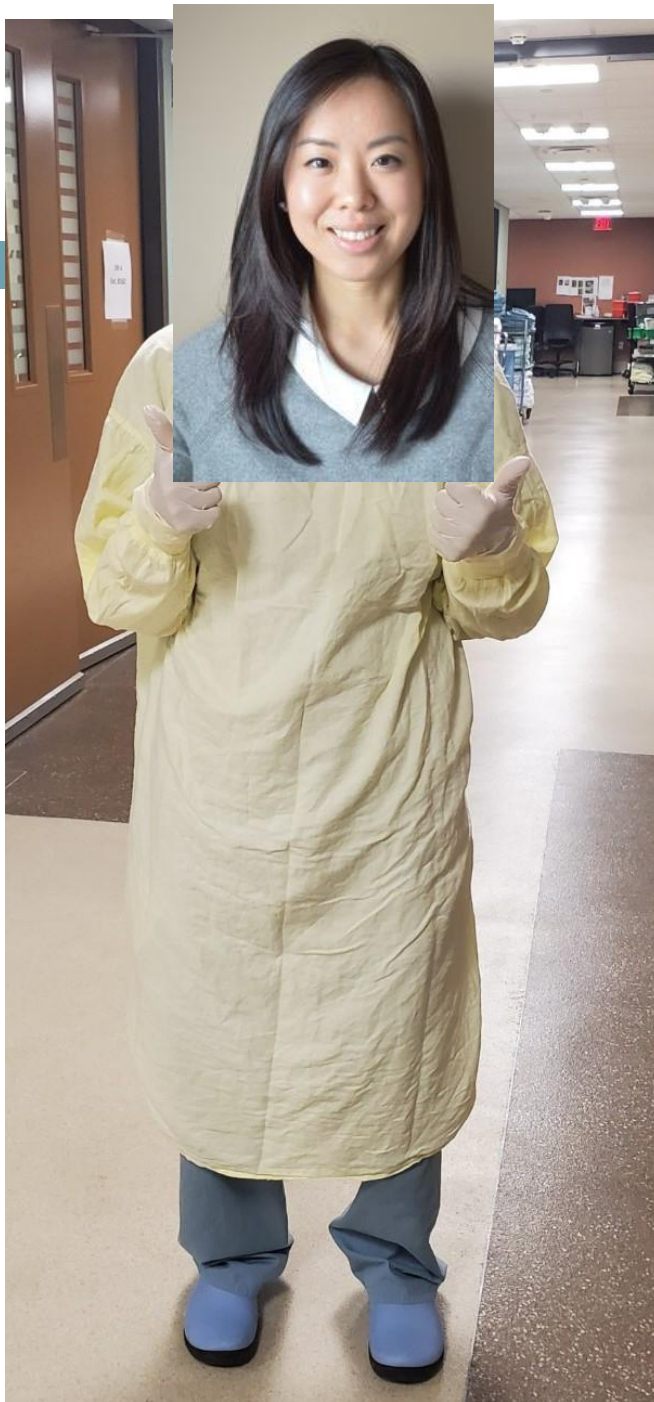




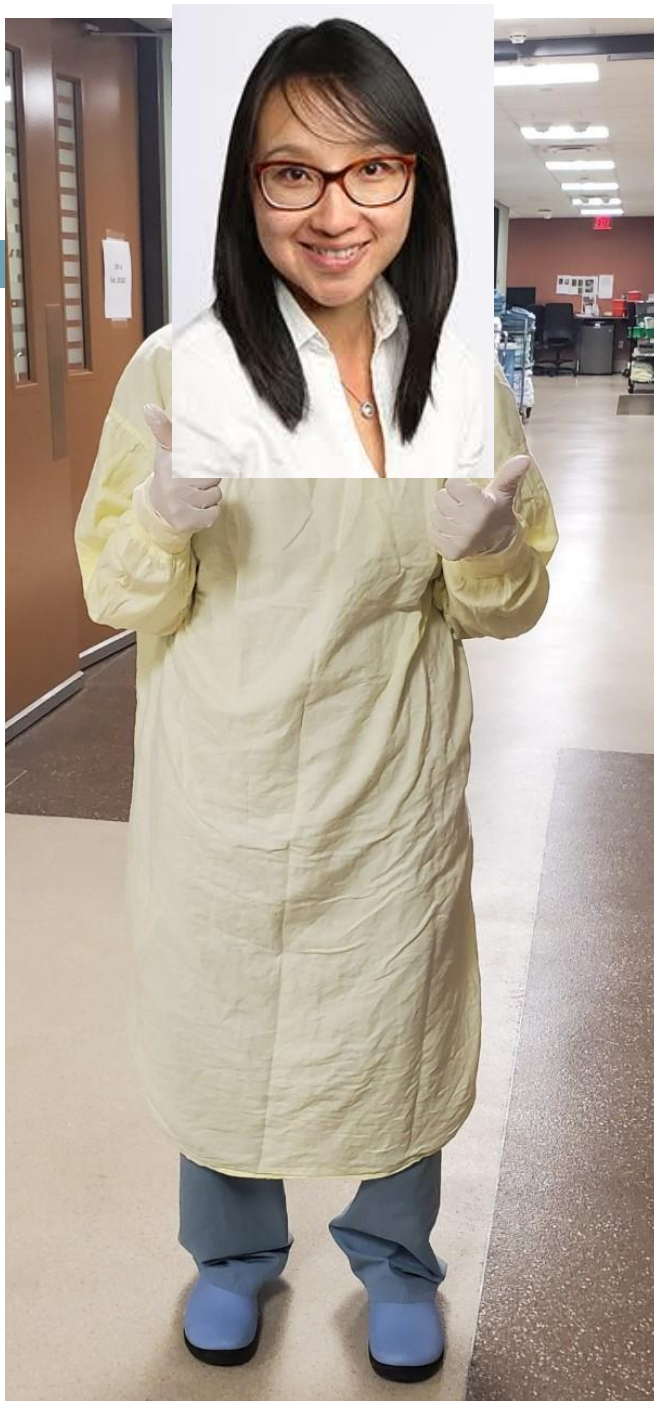
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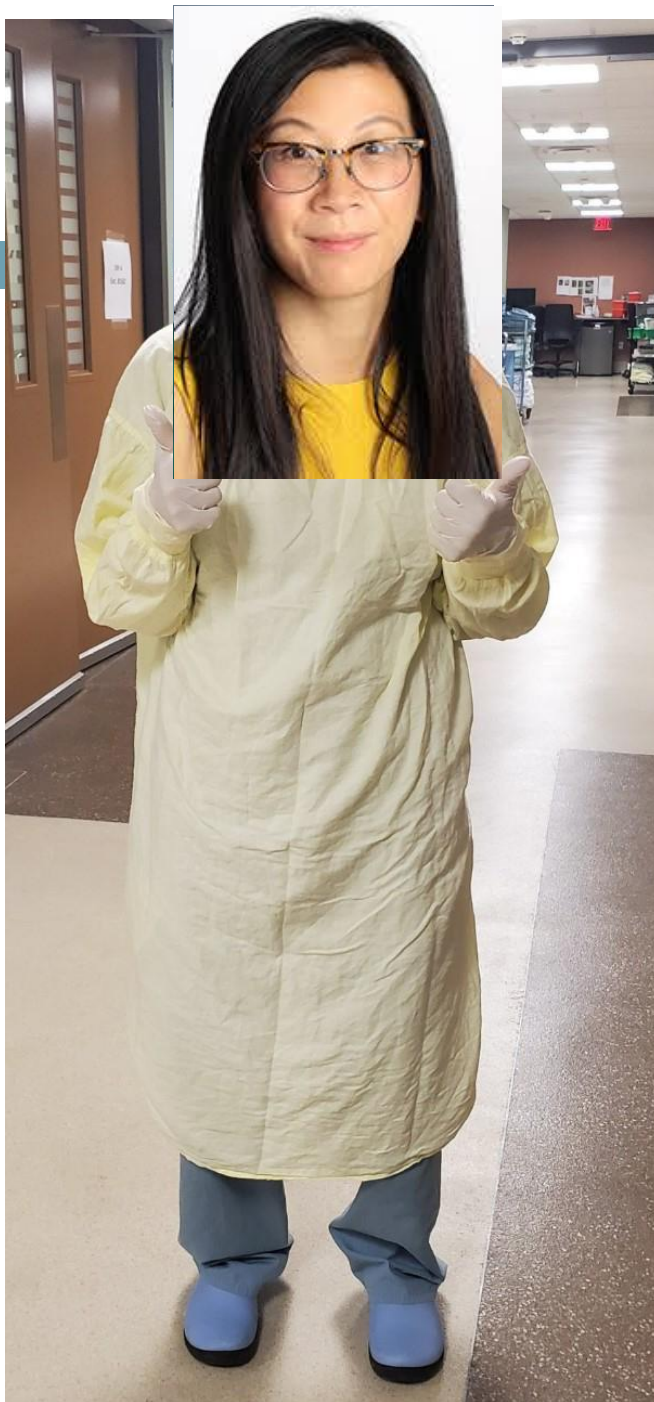


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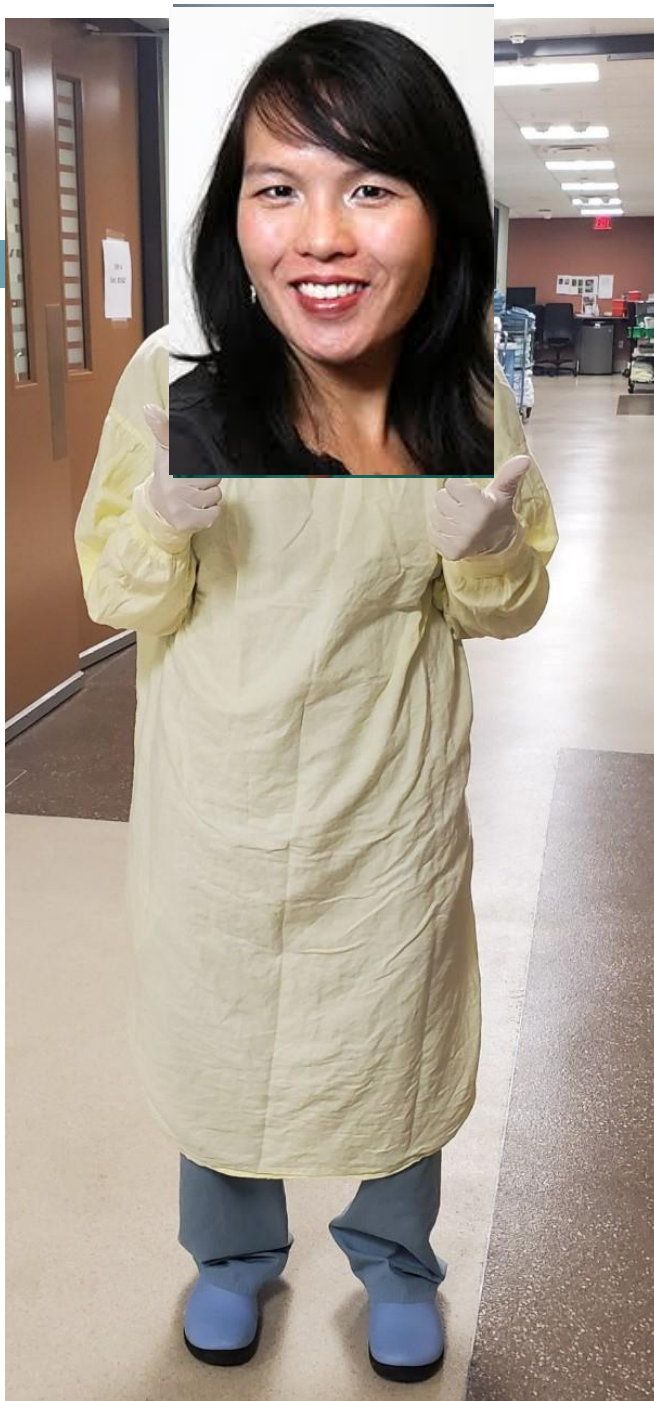


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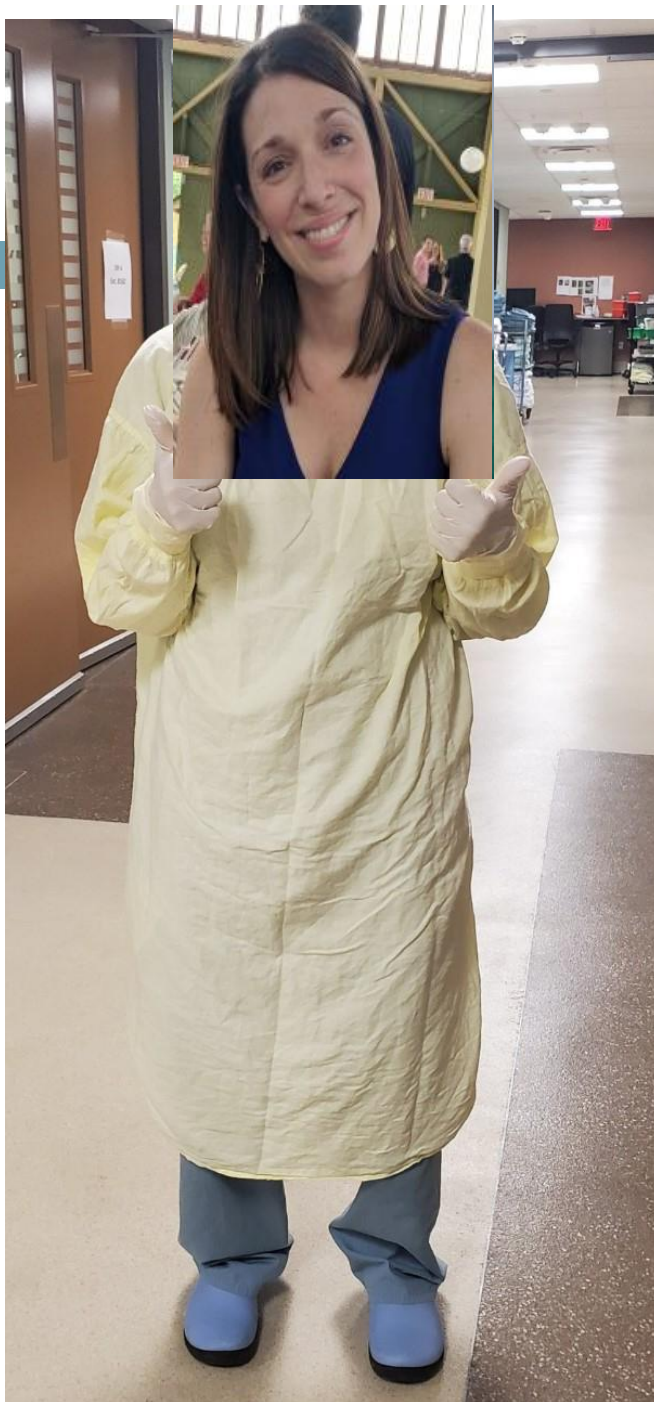




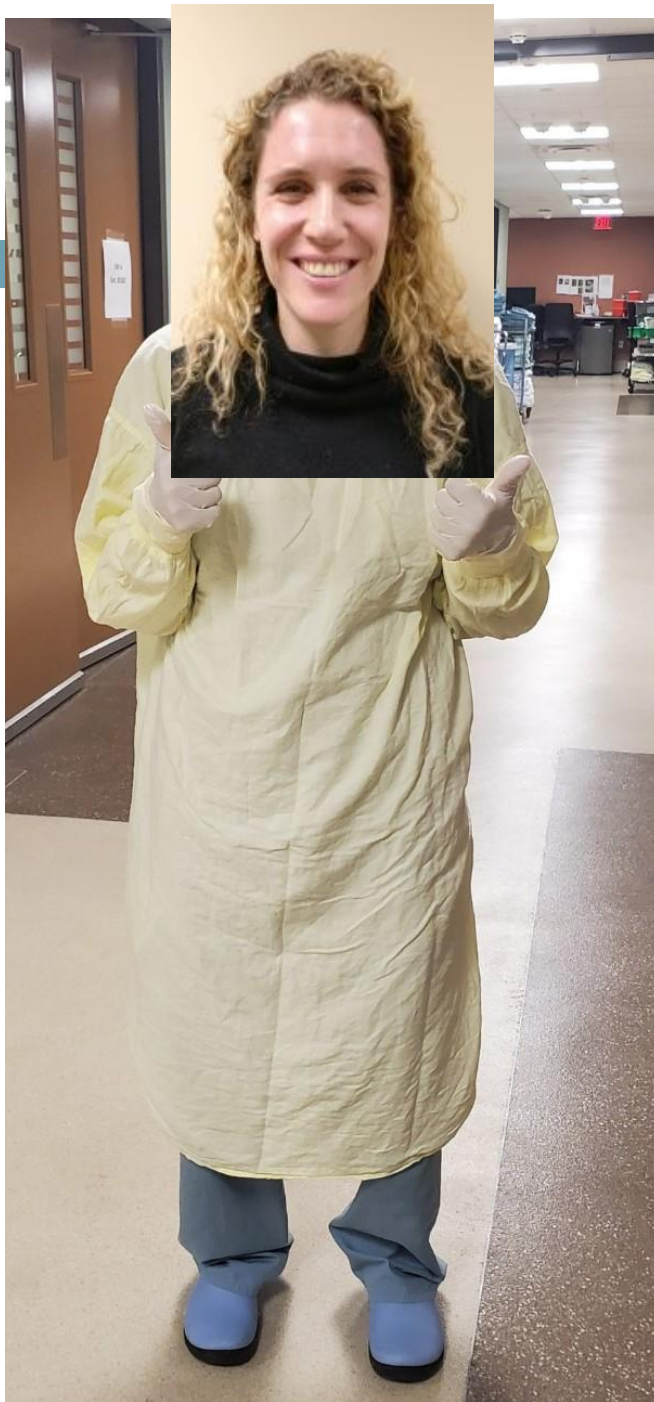
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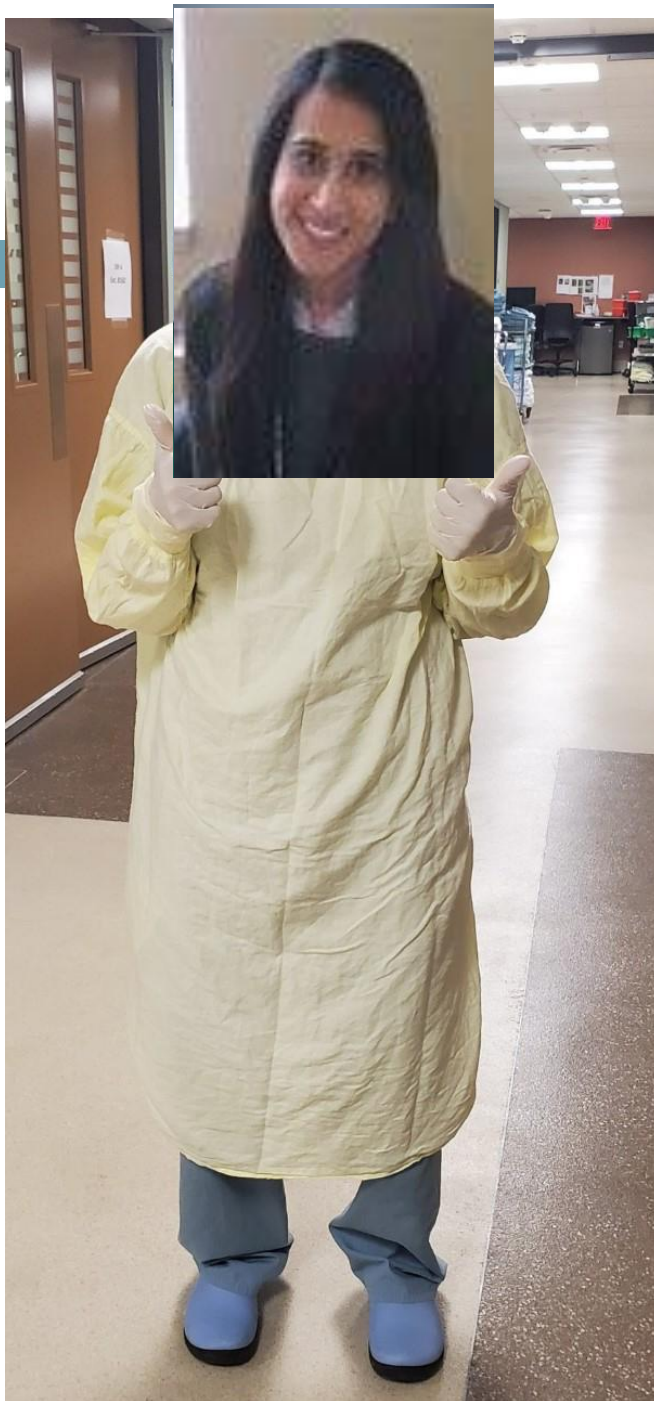


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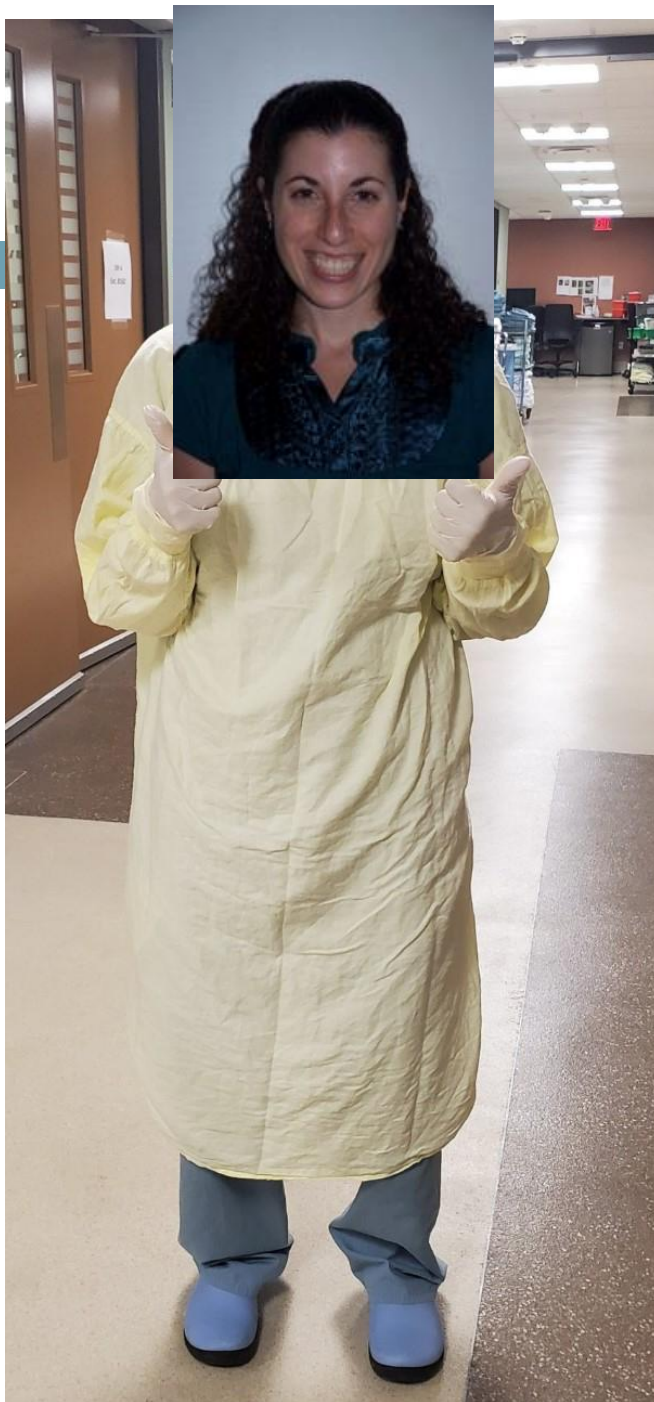




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THANK YOU



**Questions?**