



AWHONN

PROMOTING THE HEALTH OF
WOMEN AND NEWBORNS

COLORADO AWHONN

SECTION NEWSLETTER

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AWHONN

Mission:

Promote the health of
women and newborns

AWHONN National

Goals:

Public visibility
Knowledge transfer
Build membership

CO AWHONN

Goals:

Promote member
engagement through
partnerships



Section Chair Report

What a difference 12 weeks can make. I would have thought at this time we would be making final plans for our 2020 CO AWHONN Conference in Fort Collins. Instead it has been postponed to September 13-14. Our lives have been upended and in a very scary way. For me it started with security guards at the front drive of Vail Health Hospital triaging patients with respiratory and flu complaints. Our health system saw Covid 19 positive patients very early in the United States numbers. Soon we had in services on PAPR's and N 95's. We practiced proper donning and doffing of PPE with a buddy. Screening and care for these patients became a day to day update on workflow. Through it all we had such great support of our leadership. Our environmental services became hypervigilant cleaning our workspaces and our patient rooms. We have not run out of PPE. I am one of the lucky ones.

Unfortunately, I am hearing this is not happening everywhere in our state. Nurses are struggling with what the best practice is for protecting themselves. There are reports of patient's families stealing the PPE. Nurses are being shamed for wearing masks during patient care. Some are not being allowed to protect themselves. Some nurses simply feel they are not getting enough or the right information to deal with a possible positive patient in their work environment.

This causes me great concern and to help I am offering a Zoom meeting to meet virtually and discuss. Join me on Sunday April 5th at 4:30 PM by going to: Join Zoom Meeting <https://zoom.us/j/653501566> Meeting ID: 653 501 566 Phone in 312 626 6799 Meeting ID: 653 501 566

We are seeing a wide variety of practice when it comes to hospitals allowing partners and doulas at the bedside. I was heartbroken to hear that in other areas of the country there are places that do not even let the partner at the bedside for labor or pregnancy loss. Frankly this just broke me. I reached out to AWHONN National and to Cyndy Krening and had some very good discussions. This epidemic is creating chaos that we cannot fathom at this time. Some hospitals have to make decisions based on the situation at hand and they are doing their best with the whole picture. There are some areas of the country that will quickly run out of the capacity to provide care to all of their patients. It was helpful for me to see this perspective and to try to look beyond my own experience.

I circle back to knowing that I have the capability to provide the very best care for my patients on a day to day basis and that I will honor their birth wishes and help them create the very best birth and postpartum experience. There is so much we can do to use technology to bring the family to the bedside virtually.

I thank every one of you for all that you are doing at this time. I thank all of your families as well, as we all know how this affects them too. I look forward to seeing you soon virtually and again in person. Never hesitate to reach out to me if there is anything I can help you with. I'm hoping 12 weeks from now we will be in a very different place. Thank you for all that you do for Colorado Mom's and babies.

Isabelle Campanella

CO AWHONN Section Chair

303 718 0395



Legislative Happenings



Legislative Update Spring 2020

In light of the Covid 19 crisis we have canceled our legislative day in April. I think during the uncertain times it is more critical than ever to keep involved in legislative decisions. Our voice matters and getting to know your local and national legislative people is important. Keeping involved in changing bills and promoting Women's health and neonatal care is imperative. I would like to challenge you all to look up your legislator. It is easy to do. If you go to <https://leg.colorado.gov/> and then click on Find my Legislator you will find who represents you. This is who you will email to ask to support or vote against bills. I would also like you to go to the AWHONN website and they have a Legislative Handbook that is really basic and a good read. It will help you understand the need for all of us to speak up.

Bills that National AWHONN are supporting:

2020-2-26 Together, with a coalition of 108 other organizations, AWHONN reached out to [Senators members Blunt and Murray, and Representatives DeLauro and Cole](#), to express support for an additional 8.8 billion dollars to fund [Health Resources and Services Administration \(HRSA\)](#) programs. These funds will help to fill preventive and primary health care gaps and to build upon the achievements of HRSA's more than 90 programs and more than 3,000 grantees.

2020-2-4 Along with 107 other organizations, [AWHONN urged support](#) for the [Reversing the Youth Tobacco Epidemic Act' HR 2339](#) as it reaches the House of Representatives, This bill seeks to ban the manufacturing of menthol cigarettes and other flavored tobacco products, as they have been known increase smoking initiation and lead to greater addiction compared to non-menthol cigarettes.

2020-1-28 AWHONN submitted [a statement for the record regarding](#) the [January 28, 2020 House Ways and Means Committee](#) "Legislative Proposals for Paid Family and Medical Leave." The benefits of paid family and medical leave are numerous, with breastfeeding being the primary focus in helping infants to have healthier lives.

At the Colorado State level we are looking to partner with Illuminate Colorado to support bills they are bringing forward.

The Illuminate Colorado 2020 policy agenda highlights policies that **build one or more protective factors in Colorado**. To learn more about each policy priority and how **we can help you can strengthen families in your community**, visit IlluminateColorado.org/2020Policy

If you have anything to share with me, you are always welcome to contact me.

Mic Zywiec RN, MSN, Legislative Coordinator

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Membership Matters

“There is no excuse for not belonging to your professional nursing organization.”

Those words were spoken by one of my personal nurse-heroines, Lisa Miller. Lisa is a Certified Nurse Midwife AND an attorney. She speaks nationally at many conferences on such topics as fetal monitoring, critical care OB nursing, and medical/nursing malpractice issues. She gives great advice to nurses. And she says that belonging to AWHONN matters.

And in Colorado, 581 of us agree with her.

We are Colorado AWHONN and we are 581 strong! 581 nurses who believe moms and babies deserve the best care. 581 nursing professionals who know that evidence must drive nursing practice. 581 who network and support one another in our career efforts. 581 who recognize the importance of belonging to our professional nursing organization. 581 who know the value of WE.

But who are WE missing?

Do you know a co-worker who would benefit by being part of AWHONN?

Invite her/him to a Chapter Meeting.

Pass on a great JOGNN article.

Lend out your latest copy of Nursing for Women’s Health or JOGNN.

Forward an especially timely Practice Brief.

Relay some of the buzz in the Member Central Discussion posts.

AND do pass on this downloadable brochure WITH application form.

https://s3.amazonaws.com/website-assets-2020/wp-content/uploads/2020/01/31171558/AWHONN_Recruitment_and_Reward_Downloadable_Brochure.pdf

We want to share our Colorado AWHONN!

I am always available to answer questions and I look forward to seeing you at an upcoming AWHONN event!

Nicole Downs, BSN, RNC-OB, C-EFM

Nicole@3downs.com



Communications Coordinator



Hello Colorado AWHONN Chapter Members,

Now, more than ever communication among the facilities in Colorado is imperative. In light of the COVID-19 pandemic, we have had multiple questions about best practices, challenges everyone is facing, and general support noted on our Facebook page. New recommendations come out daily, so if you are not on Facebook now is a great time to join!

The use of technology to stay in contact has been a lifesaver during this time of social distancing. Your AWHONN leadership team is active in determining the best way to get information out to everyone. Please reach out to me or your chapter leader with any questions, concerns, or requests for education in your chapter.

I look forward to connecting with you at an AWHONN event soon! Stay safe and stay home (when you are able) and hopefully we can all get back to a sense of normalcy in the upcoming weeks.

Rainy Tieman DNP, MSN/Ed, RNC-MNN, RNC-OB, C-EFM

Rainytieman@gmail.com

Do you want more AWHONN Announcements and be the first to know about upcoming events?

Join our Colorado AWHONN Facebook page today!

Search “AWHONN Colorado Section”

Evidence-Based Practice

COVID 19

Amber Lippincott, MSN, RNC-OB, C-EFM Amber.Lippincott@ppcc.edu

Questions will be surrounding COVID 19 for some time. Currently articles that are surfacing will only be case studies and retrospective reviews with most articles on non-pregnant adults. What should we look for, how will patients present, are pregnant patients susceptible to COVID 19, and if they do have COVID 19 how do we care for them?

Here is some information on the evolving saga of the novel Coronavirus!

Prof Huixia Yang, Department of Obstetrics and Gynaecology, Peking University First Hospital, Beijing 100034, China
yanghuixia@bjmu.edu.cn

Research in context

Evidence before this study

We searched PubMed and the China National Knowledge Infrastructure database for articles published up to Feb 6, 2020, using the keywords "novel coronavirus", "2019 novel coronavirus", "2019-nCoV", "pneumonia", "coronavirus", "Wuhan", AND "novel", "pregnancy", "maternal infection", AND "fetal infection" for articles published in both Chinese and English. We found two articles: one titled *Clinical features of patients infected with 2019 novel coronavirus in Wuhan, China*, published in *The Lancet*, and another titled *Early transmission dynamics in Wuhan, China, of novel coronavirus-infected pneumonia*, published in the *New England Journal of Medicine*. We identified no published studies on pregnant women with the 2019 novel coronavirus disease (COVID-19) infection.

Added value of this study

We retrospectively reviewed clinical records, laboratory findings, and chest CT scans for nine pregnant women with laboratory-confirmed COVID-19 pneumonia. Evidence of vertical transmission was assessed by testing for the presence of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) in amniotic fluid, cord blood, breastmilk, and neonatal throat swab

samples from six of nine patients. All nine women were in the third trimester. Seven presented with fever without chill. Other symptoms included cough (in four of nine patients), myalgia (in three), sore throat (in two), and malaise (in two). Fetal distress occurred in two cases. Five of the nine patients had lymphopenia ($<1.0 \times 10^9$ cells per L). Three patients had increased aminotransferase concentrations. None of the patients developed severe COVID-19 pneumonia or died. Nine livebirths were recorded. No severe neonatal asphyxia was observed. All nine livebirths had a 1-min Apgar score of 8–10 and 5-min Apgar score of 9–10. Amniotic fluid, cord blood, neonatal throat swab, and breastmilk samples from six of the nine patients were tested for SARS-CoV-2, and all results were negative.

Implications of all the available evidence

The clinical characteristics of COVID-19 pneumonia in pregnant women were similar to those of non-pregnant adult patients with COVID-19 pneumonia. Based on data from this small group of patients, there is currently no evidence of vertical transmission in pregnant women who develop COVID-19 pneumonia in the third trimester.

From Article.

Presentation of symptoms:

Fever, Cough, Myalgia, Sore throat, Malaise, GU symptoms, Shortness of breath, Flu, upper respiratory infection and pre-eclampsia.

Pregnancy complication: Fetal Distress, and PROM.

No Fetal Complications from delivery.

No Vertical transmission detected.

Given during hospitalization: Oxygen, Empirical Antibiotics, and Antiviral therapy

Laboratory findings: Lymphopenia, ↑CRP, ALT, AST, and CT- patchy ground glass shadows in lungs, and normal WBC.

Recommended Gold Standard: Testing for COVID, CBC, Chest CT, detailed history of exposure and symptoms.

Chen, H., Guo, J., Wang, C., Luo, F., Yu, X., Zhang, W., ... & Liao, J. (2020). Clinical characteristics and intrauterine vertical transmission potential of COVID-19 infection in nine pregnant women: a retrospective review of medical records. *The Lancet*, 395(10226), 809-815.

This is a quick video and what should be considered for practice.

Rasmussen, S. A., Smulian, J. C., Lednický, J. A., Wen, T. S., & Jamieson, D. J. (2020). Coronavirus Disease 2019 (COVID-19) and Pregnancy: What obstetricians need to know. *American journal of obstetrics and gynecology*.

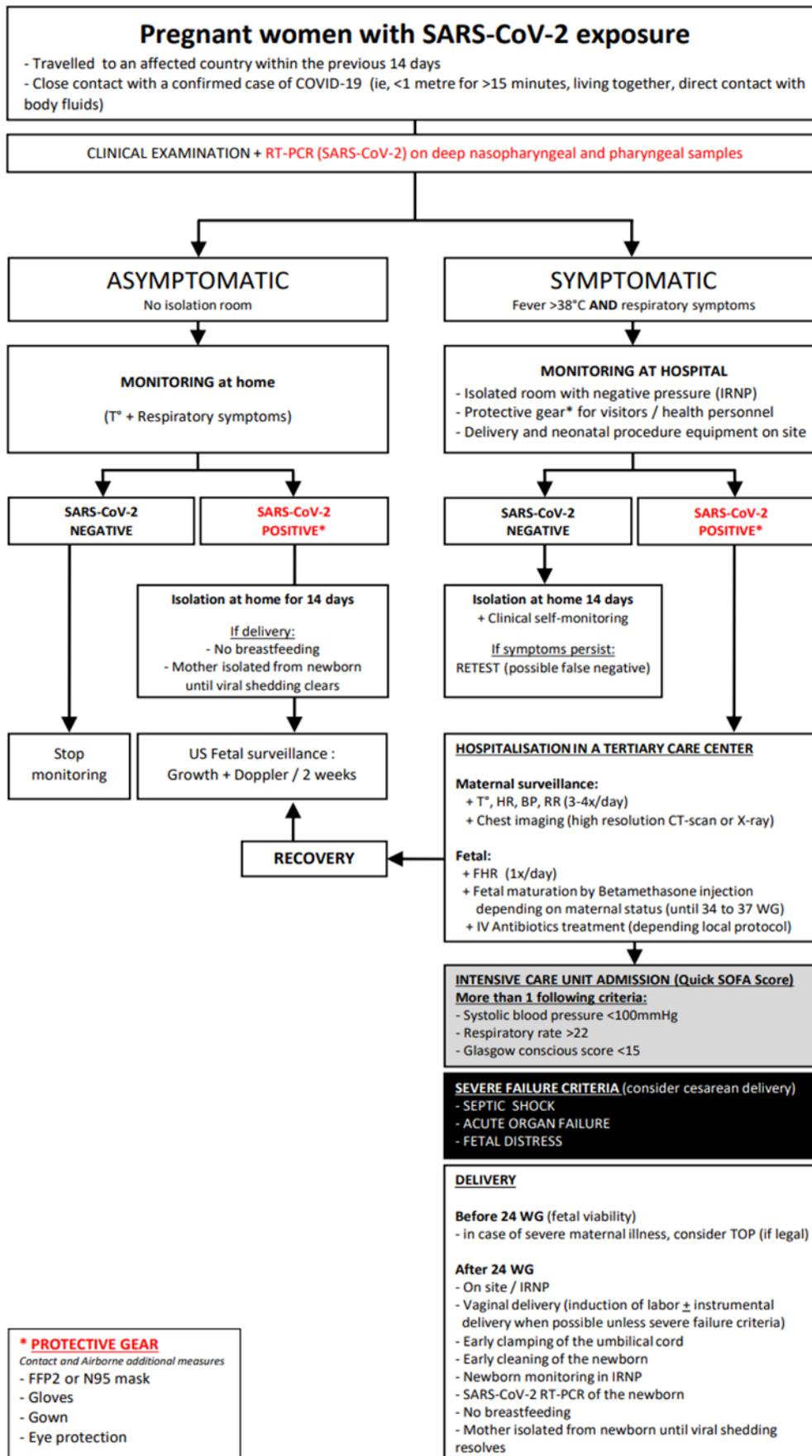
<https://www.sciencedirect.com/science/article/pii/S0002937820301976>

Here is an algorithm and guideline for pregnant patients with possible COVID.

Favre, G., Pomar, L., Qi, X., Nielsen-Saines, K., Musso, D., & Baud, D. (2020). Guidelines for pregnant women with suspected SARS-CoV-2 infection. *The Lancet Infectious Diseases*.

[https://www.thelancet.com/journals/laninf/article/PIIS14733099\(20\)30157-2/fulltext](https://www.thelancet.com/journals/laninf/article/PIIS14733099(20)30157-2/fulltext)

Evidence Based Practice Continued



Northern Chapter



Hi Northern Colorado AWHONN Members!

Thank you for all of your hard work during this trying time of Covid-19! I am thankful for all the nurses in the world fighting to keep our patients healthy, as well as themselves!

We are sad we cannot have our annual conference in April, but we are looking forward to the future! As of right now we aren't hosting any NoCo meet ups, but as soon as things are clear, we are hoping to have a happy hour gathering!

Stay safe and healthy! Keep updated on upcoming information and events through our Colorado AWHONN Facebook page.

~Samantha Smeak

Denver Chapter

Hello Denver Chapter Members,

As OB nurses we continue to explore the topic of reducing primary cesarean sections and how to best support normal birth. Lets gather for our next Denver Chapter meeting on June 9th to tour the free-standing birth center on the Saint Joseph's Hospital campus.

We will learn about how the birth center staff supports low-intervention birth, discuss the safety features of this birth center and look at statistics that support this model for low-risk women.

Following this event we will enjoy dinner and networking at Paxti's (across the street).

Mark your calendars now and join us for this fun event! More information, including how to register to come. Please keep an eye on the CO AWHONN Facebook page for updates!

Until then,
Amy Dempsey
Denver Chapter Coordinator

AWHONN Denver Chapter Meeting



When:
Wednesday, June 3, 2020
5:30-7:30 p.m.

Where:
Saint Joseph Hospital
Birth Center
1830 Franklin St., #330
Denver, CO 80218

Topic:

Join us for a tour of the free standing birth center at Saint Joseph Hospital and a discussion of how to support normal physiologic birth.

Following our tour and discussion, we will meet at Paxtis for pizza, beer and networking.

RSVP to Amy Dempsey, 303-981-9995 by Monday, June 1.



Western Slope Chapter

Hello Western Slope Chapter Members!

What a year 2020 has been. I never thought that I'd be living through a pandemic, but here we are making the best out of it. I have personally spoken with many of you (or the leader at your facility) on a professional level to determine best practices for caring for the pregnant patient experiencing COVID-19 symptoms and I want to say, we have a great leadership team on the Western Slope!

Currently, I feel like our lives are all in a holding pattern at this point and our focus is on staying home (when we can) and staying healthy. I do want you to know that I am thinking of all of you and I know that we are all doing the best we can, with the resources allotted to us.

I would like to personally invite you to the upcoming COVID-19 discussion, hosted by our AWHONN section chair on April 5th. Please see the section chair update in this newsletter for more details. This is a great resource and I would highly recommend that everyone attend.

Please reach out to me with any questions.

Rainy Tieman

Rainytieman@gmail.com



Southern Chapter

Hello Southern Chapter Members,

I'm sure that COVID-19 has been weighing heavy on your minds and I wanted to share some valuable information I found in my own research.

Facilities should:

- Consider their appropriate space and staffing needs to prevent transmission of the virus. This could mean that units are stepping away from “normal” and adopt innovative staffing guidelines.
- Follow strict recommendations by the CDC for decreasing the visitors for patients in labor. The less people the patient, staff and neonate come in contact with, the better. Some facilities have already placed strict guidelines on the number of labor support people the laboring patient may bring with them to the hospital. To combat this concern utilizing technology such as facetime is a valuable tool.
- Transmission after birth via contact with infectious respiratory secretions with the mother is a valid concern. Therefore, we need to determine how our facility will decrease this potential risk to the neonate.
- Breast milk expression should be encouraged and mothers should be taught how to decrease the possibility of transmission through hand hygiene and proper cleaning of breast pump parts.

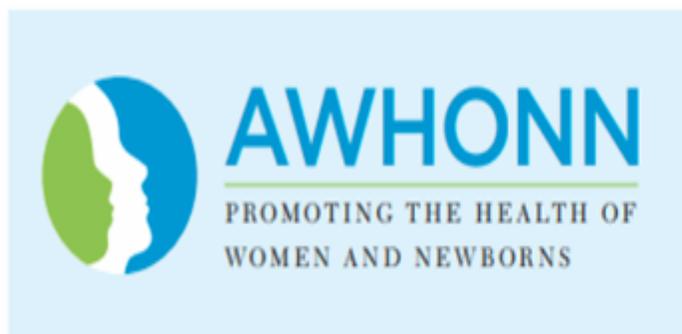
If you'd like to obtain further information go to: [Interim Infection Prevention and Control Recommendations for Patients with Confirmed Coronavirus Disease 2019 \(COVID-19\) or Persons Under Investigation for COVID-19 in Healthcare Settings](http://coronavirus/2019-ncov/infection-control/control-recommendations.html) at <http://coronavirus/2019-ncov/infection-control/control-recommendations.html>

Everyone stay healthy and safe out there!

Candice Garko MSN, RNC-OB, C-EFM



Colorado AWHONN COVID-19 Discussion



Join us for a nursing community meeting by Zoom. This virtual meeting is for frontline staff support. Do you have questions about best practice with PPE? Would you like to know what the AWHONN position statements are for Covid 19? This is a great opportunity to connect and share innovative ideas.

Join us for Topic: AWHONN Community Meeting

Time: Mar 31, 2020 04:30 PM Mountain Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/454805237>

Meeting ID: 454 805 237

Phone in +1 312 626 6799 Meeting ID: 454 805 237

Topic: AWHONN Community Meeting

Time: Apr 5, 2020 04:30 PM Mountain Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/653501566>

Meeting ID: 653 501 566

Dial in

+1 312 626 6799

Meeting ID: 653 501 566

Save the Date: UPDATED!

SAVE THE DATE- UPDATED!



2020 Colorado
AWHONN Section
Annual Conference
September 13th & 14th
***Year of the
Nurse!***



Fort Collins Marriott | 350 Horsetooth Road
Fort Collins, CO

Registration Opens Soon!