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FROM THE EDITOR'S DESK



Dear friends,

Warm greetings to all of you!

Yet again, we are all vigilant...building up our guards and putting together every ounce of energy and resource against this minuscule but powerful enemy of mankind!

With the second wave of Covid 19, getting more and more widespread than the first one, fear within the masses is becoming palpable. The fear ranging from loss of livelihood to loss of life is nagging everyone at the core and affecting the mental health and peace. The coping mechanism and capacity is so individualized that there is bound to be fallouts in various forms ranging from anxiety attacks, depression to suicidal tendencies. The stress is taking a toll on all, from small children with their untold fears to elders comprehending the obvious.

This, under the surface effect of the pandemic, is going to stay way longer with us. It is essential to be wary of each person we interact with and lookout for the tell-tale signs of collapse within. A compassionate ear, an empathic shoulder or a helping hand offered at the right time will surely go a long way.

LET EMPATHY PREVAIL!

Dr Uzma Jarullah Sheikh
Joint Secretary IMA WDW

COVID-19 AND PREGNANCY

DR PRITI SHARMA
(Gyn. and Obs)
HITANKSHI HOSPITAL



PREGNANCY CAUSES MANY PHYSIOLOGICAL CHANGES IN BODY OF PREGNANT WOMEN BY SUPPRESSION OF IMMUNE SYSTEM, EDEMA OF RESPIRATORY TRACT MUCOSA AND INCREASE IN OXYGEN DEMAND, SO THE PREGNANT WOMEN APPEAR TO BE MORE PRONE TO **CORONA VIRUS INFECTION (SARS , MERS)**.

IN A STUDY IT WAS FOUND THAT **86%** OF PREGNANT WOMEN DEVELOP MILD SYMPTOMS, **10%** MODERATE AND **4%** CRITICAL SYMPTOMS OF COVID-19 INFECTION.

PREGNANT WOMEN WITH **ADVANCED AGE** AND **COMORBIDITIES** LIKE OBESITY, HYPERTENSION AND DIABETES HAVE INCREASED RISK OF DEVELOPING SEVERE COVID-19 INFECTION AND REQUIRE ICU ADMISSION.

WHO RECOMMENDS PREGNANT WOMEN WITH SYMPTOMS OF **COVID-19** SHOULD BE PRIORITIZED FOR TESTING. PROTOCOLS AND ELIGIBILITY DEPENDS ON THE AREA IN WHICH PATIENT LIVES.

TESTING FOR COVID-19

1. A SYMPTOMATIC PREGNANT WOMAN WHO HAS ACUTE RESPIRATORY ILLNESS WITH ONE OF THE FOLLOWING CRITERIA :
 - A. TRAVEL HISTORY OF PATIENT.
 - B. CLOSE CONTACT WITH COVID POSITIVE PATIENT.
 - C. HEALTH CARE WORKER HERSELF.
2. ASYMPTOMATIC PREGNANT WOMEN SHOULD BE TESTED BETWEEN 5 TO 14 DAYS OF CONTACT WITH COVID POSITIVE PERSON.

PREVENTION IS BETTER THAN CURE

HOME :STAY AT HOME UNLESS THERE IS ANY MEDICAL NEED RELATED TO ANY INFECTION OR PREGNANCY. RESTRICT HOME VISITORS LIKE MAIDS, DRIVERS TO MINIMUM.

HANDS: WASHING HANDS FREQUENTLY WITH SOAP, WATER OR ALCOHOLS BASED HAND RUB FOR MINIMUM 20 SECONDS.

ELBOW: COVERING MOUTH AND NOSE WITH BENT ELBOW, TISSUE OR HANDKERCHIEF AND THEN **DISPOSE IT OR WASH WITH ANTISEPTIC** IMMEDIATELY FOR MAINTAINING RESPIRATORY HYGIENE.

FACE: AVOID TOUCHING EYES, NOSE, FACE AND MOUTH WITH HANDS.

SPACE: KEEP A DISTANCE OF AT LEAST 1 METER FROM NEXT PERSON.

HAVE A POSITIVE THINKING. PRACTICE MEDITATION. EAT A BALANCED DIET. FOLLOW YOUR OBSTETRICIAN ADVICE. CONTINUE ALL YOUR ROUTINE ANTENATAL MEDICINES.

SUMMARY

1. ALL PREGNANT WOMEN WITH COVID-19 INFECTION HAVE A RIGHT TO SAFE AND HEALTHY CHILDBIRTH EXPERIENCE.
2. PREGNANT WOMEN WITH TACHYPNEA $>30/\text{MIN}$. HYPOXIA ($\text{SPO}_2 < 93\%$) , $>50\%$ LUNG INVOLVEMENT NEED **CRITICAL CARE**.
3. **NEW BORN CARE** CAN BE PRACTISED AS ROUTINE. COVID TESTING IS RECOMMENDED TO THE INFANTS BORN TO COVID POSITIVE MOTHERS.
4. **BREASTFEEDING** CAN BE DONE BUT COVID-19 PATIENT SHOULD FOLLOW:
 - * **RESPIRATORY HYGIENE AND WEAR A MASK.**
 - * **WASH THEIR HANDS BEFORE AND AFTER FEEDING.**
 - * **ROUTINELY CLEAN AND DISINFECT SURFACES.**
5. **POST NATAL CARE** AND DIET ADVICE SHOULD BE AS PER ROUTINE.

BREAST FEEDING AND COVID INFECTION

DR SAMIR SHEIKH, DM NEONATOLOGY

Wockhardt Hospital

samirzuzma@yahoo.co.in

The disease is so new and evolving that data and evidence to support and refute any practice are emerging and changing every day. Regarding breastfeeding and caring for newborns, this is what is known till date.

Breastfeeding is the cornerstone of infant and young child survival, nutrition and development and maternal health. Mothers with suspected or confirmed COVID-19 should be encouraged to initiate or continue to breastfeed. Mothers should be counselled that the benefits of breastfeeding substantially outweigh the potential risks for transmission. Transplacental passage of virus has not been consistently established. Breastfed infants have an advantage receiving additional protection against Covid 19. Detection of Covid 19 viral RNA in breastmilk is not the same as finding viable and infective virus.

Below are the suggested guidelines for caring and breastfeeding during Covid 19 pandemic.

Category	Practice guidelines
All infants (including infant from asymptomatic mother)	Avoiding separation of mother-infant dyads. Initiate and continue breastfeeding.
Infant of mother with suspected Covid 19 (potentially exposed and/or symptomatic) and who test positive, but mother well enough to breastfeed	Continue breastfeeding (taking care of spread through droplet)
Positive mother with mild symptoms	Isolate mother-infant dyad at home and wear mask during feeding
Positive mother with severe symptoms (can breastfeed)	Hospitalize mother-infant dyad. Isolate mother-infant dyad together in hospital.
Infant of mother who test positive for COVID-19 (mother too ill to breastfeed)	Express milk and feed with clean cup or spoon (COVID-19 is not found in breastmilk, therefore general expressing guidelines apply. Do not share equipment for breastmilk expressing. Rinse all expressing equipment in clean, cold running water before sterilizing)



*By Renu Baheti, from J.J. School of Arts.
Artist with simple mindful work, made with
passion. For rest of my life would love to
chase butterflies in the garden
Sharing bit of inspiration and love for
coffee, painting with its aroma.*

THE "Cruel Old Viper In Disguise"(COVID)

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"POP" WENT A LID,,,BORN "CHIN WUHAN,"
Up above the world,it flew so high,.....
Like a cracker 🍪 in the sky,....
A MICRO so tiny,,dons a THORNY ROBE,.....
Flew sans WIFI ,like a monstrous ROGUE,.....
So stealthy were it's steps,,
Till it held all breaths,,,
Days,,,months,,and a Year,,,
Young and old,,rich and poor,,
Caught this Virus unawares,,
Got bitter and bitter ,
Helter and Skelter,....
'RAN AMOK' ,,our lives,, Searching for shelter,,
Nor kits PPE ,,no Robes got it better,,
Nor VAXIN -co,,,nor Coshield did it bother,....
Guidelines soo many,by You Me and Any,,
Geeloy's,Lights,Utensils didn't we beat,....?
It's Our Commandos in Blue
armed with Grit,....👊
Could and only ,could face beat the heat,....
Lost them in hundreds 🙏
And more to go,,,? Yet,,
Never shall we be wrapped in Tricolour,,,IN,,Do and Die,,
Is All we bother...👊
It's MAYHEM in the AIR,,,
We've learnt to BEAR 🙏
Our Mask's our final weapon,,
Our Kawach of Shelter,,
SIMON GO BACK,,,did once we say,....
COVID GO BACK,,, together now we say

Dr Madhu Vyas

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