



CHANGING
WOMAN
INITIATIVE

Dear Changing Woman Initiative Clients and Families,

We at Changing Woman Initiative would like to update you on some changes we've made in response to the COVID-19 pandemic that has dramatically impacted the communities we serve in New Mexico. These measures were implemented under the strict guidance of the Department of Health, CDC, and CWI's COVID-19 Policy to protect and limit unnecessary exposure to the COVID-19, while continuing to provide care.

Currently our midwives are providing women's healthcare, reproductive health services, prenatal and postpartum care, and birth services while following these measures below to maintain a safe clinical environment:

All clients, community members, and families will be triaged prior to appointments with our midwives via phone and/or will be advised to call our office phone number 505-930-5641 prior to entering the clinic and as a way to announce your arrival. Everyone entering our clinic will be required to **wear a face mask or cloth covering the mouth and nose.**

Questions they will be asked prior to entering our office and clinic are:

- **Have you, or anyone in your family, been in contact with a person that has tested positive for COVID-19?**
- **Have you, or anyone in your family, been in contact with a person that is in the process of being tested for COVID-19?**
- **Have you, or anyone in your family, traveled outside of the U.S. within the last 2 weeks?**
- **Have you, or anyone in your family, traveled outside of the State of New Mexico within the last 2 weeks?**
- **Have you been medically directed to self-quarantine due to possible exposure to COVID-19?**
- **Are you having trouble breathing or have you had flu-like symptoms within the past 48 hours, including: fever (100.4 F or higher), cough, shortness of breath, sore throat, runny/stuffy nose, body aches, chills, or fatigue?**

If you answer “**yes**” to any of these questions

Pregnant Clients

An alternative plan will be made for a **modified prenatal care schedule** while using **telehealth** as an option to continue safe isolation protocols while continuing to monitor pregnancy from a distance.

Modified Prenatal Care Schedule

- The goal of the modified prenatal care schedule is to limit the amount of time in-clinic, which limits exposure risks for staff and clients.
- Initial consult virtual or in person
 - Intake forms: emailed to client prior to visit
- First Prenatal visit at 12 weeks
- Prenatal visits at weeks: 20, 28, 33, 36, 38, 39, 40, 41
 - Schedule based on the ***World Health Organization guidelines***
 - Prenatal “**problem**” visits between scheduled modified prenatal schedules are always available on a case by case basis.
 - Every other prenatal visit may be through our telehealth option.

Telehealth:

- Allows us to provide healthcare remotely with the use of a secure HIPAA compliant computer telecommunications software (assuming clients have internet access).
- Telehealth may be used in conjunction with modified in person prenatal care visits.
- This option will be used in these situations:
 - Clients who live further then 3 hrs away or have answered “**yes**” to screening questions for COVID-19, and /or 32 weeks and beyond in there pregnancy will be provided:
 - Blood pressure cuff
 - Doppler & Doppler gel
 - Measuring tape
 - Urine dip-sticks for glucose and protein

New and Current Clients

For our non-pregnant clients recommendations will be made to be tested for COVID-19 per the NM Department of Health and CDC recommendations.

OTHER CLINIC GUIDELINES

- A PPE protected staff member will meet any visitors, including clients, at the entrance to ask about potential symptoms and activity. Temperatures will be taken and recorded.

- Non-patient visitors will be limited. All who enter, including clients and all children over 2 years old, must wear a mask at all times. If possible during this time, children should stay home.
- Upon arrival at the clinic, clients will be advised to sanitize their hands before entering the clinic and go directly to the bathroom to wash their hands per CDC guidelines (CDC, 2020a).
- Clients and visitors are encouraged to bring their own water and water bottles if needed during the appointment.

Changing Woman Initiative is doing everything it can to minimize risk during this COVID-19 pandemic. By signing this notice, you acknowledge that you are aware of Changing Woman Initiative's COVID-19 protocols and have been given an opportunity to ask questions. You also acknowledge that although Changing Woman Initiative has taken steps to minimize risk to you and others, you accept that there is still risk of contracting COVID-19.

Patient Signature

Date