**Flowchart for home oximetry for symptomatic**

**COVID-positive pregnant women following maternity triage**.

The parameters and criteria are a guide to be used with clinical judgement.

**Pre-hospital Model**

Led by: Triaging midwife or doctor

Aim: Safe avoidance of admission

How: Patient self-monitoring and escalation

Early deterioration presentation

**Post-discharge Model**

Led by: Ward midwife or doctor

Aim: Early supported discharge

Safe avoidance of admission

How: More intensive self-monitoring

Reliable recognition of deterioration

**Inclusion criteria: Consider home oximetry if diagnosis of COVID-19 and symptomatic with risk-factors:**

High BMI>30 / BAME / Hypertension / Diabetes / Immunosuppression / Pre-8th day of infection / third trimester Also evaluate home environment

* Lung disease

**Exclusion Criteria: Do not consider home oximetry for**

* COVID-19 positive asymptomatic women
* Women meeting admission criteria
* Women with comorbidities, alternative diagnosis or not fully assessed

**Preparation for home oximetry**

1. Discuss and agree preferred communication channel
2. Explain cost implications of communication channels
3. Teach: check oxygen levels, pulse and temperature two times a day and record results
4. Offer paper diary if preferred; however, explain they will not get a reminder to take readings.
5. Give patient information leaflet which explains how to use pulse oximetry
6. Give safety netting advice – Be clear about normal parameters / how to contact maternity triage
7. Particularly encourage women pre-8th day of infection to monitor at home
8. Advise not to wait to contact if oxygen levels reduce within the parameters, even if they feel well

**Guidance for women who become more unwell at home:**

Call **Local Maternity Unit if:**

* Oxygen level is lower and has dropped to 95% or 94%
* Oxygen level falls by 3% or more with mild exertion
* Palpitations or a pulse rate higher than 100 bpm
* Temperature => 38.5 degrees OR => 38 degrees > 5 days
* No thermometer; very hot with chills /shakes
* Noticeably more confused
* Very pale or clammy or mottled skin
* Persistent and problematic coughing
* Baby hasn’t moved as much as usual or their pattern of movement has changed

Tell them: you have COVID-19 / are monitoring oxygen at home

Call **999** if:

* So breathless you are having difficulty speaking
* Oxygen level <= 93 %
* Severe central chest pain
* Heart rate over 120 bpm

Tell them**:** You have COVID-19, are monitoring oxygen at home, are pregnant, if labbour is suspected.

**Low oxygen levels or a very fast heart rate can be dangerous for you and your baby, even if you feel well.**

People with COVID-19 can occasionally become unwell very quickly. If this happens, do not wait to seek help:

* Check oxygen / temperature / pulse rate. Rest for 10 minutes. Check again.