



Information for Maternal & Pediatric Care at SHA Hospitals

How We Keep Safe Together

This guide provides basic information for expectant parents and the families of children who are admitted to a Saskatchewan Health Authority (SHA) hospital during the COVID 19 pandemic. In every facility, physical distancing is mandatory and parents and support people should restrict their presence to the patient's room as much as possible.

Maternal Guidelines

- Up to two family members or support persons will be allowed with each maternal patient for the entire length of patient admission.
- Designated family members/support persons are chosen by the mother and family and may include but are not limited to partners, family members, coaches, doulas or cultural support persons.
- Maternal patients should call ahead to their delivery site. A nurse will conduct a COVID-19 screening assessment by phone with the expecting individual and support person before they arrive at the facility.
- All maternal patients will be offered an optional COVID-19 test upon admission. Family members/support persons will not be offered a COVID-19 test.
- Normal birthing sites will continue to be open but in some cases a maternal patient may be asked to travel to an alternate site. When possible this will be arranged prior to labor to ensure the safe transition to another care provider and to allow time for travel arrangements. Please be in touch with your care provider for more information.
- Designated family members or support people who are entering the facilities are encouraged to pack what they will need for a short stay – clothing, sleepwear, toiletries, snacks, electronic devices and power cords. This preparation will support families to stay in their rooms as much as possible, reducing the risk of COVID-19 transmission in the hospital and will support a safer transition back to home and community.
- Once they are back home, women and newborns will need the support of partners, families and communities so they can have time to bond, heal and rest. Everything required to support their needs should be prepared in advance to limit contact with others. In this time of physical distancing, family and friends will need to find new and creative ways to offer support to mother and baby.



Child Patient Guidelines

- In most cases, two parents or caregivers will be allowed to stay with a child patient, remaining in the patient room as much as possible. It must be the same two primary parents/caregivers for the entire length of patient admission.



- Self-isolation and physical distancing rules should be strictly followed if a parent or caregiver must leave the facility.
- In areas of the hospital for vulnerable children (neonatal intensive care unit or pediatric intensive care unit), access may be even be more limited as an extra precaution against COVID-19. These guidelines will be reviewed with parents/caregivers when they arrive.
- Each time designated family members or support people enter a facility they will be screened for symptoms and risk factors of COVID-19, including a temperature check and questionnaire, and required to perform hand hygiene (hand washing and/or use of

hand sanitizer). Those with COVID-19 symptoms will not be allowed to enter the facility. Wearing a mask will be required to protect the children, families and staff. Masks will be provided and SHA staff will be available to ensure masks are worn properly. Family members and support people are not permitted to wait in waiting rooms or other common areas.

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SHA’s First Nations & Métis Health Services (FNMHS)* & PAGC Supports

First Nations & Métis Health Services & Prince Albert Grand Council (PAGC) Nurse Navigator can provide guidance regarding cultural / spiritual supports as well as address questions about Non-Insured Health Benefits (NIHB).

*Regina General Hospital**

1400 14th Avenue
(306) 766-4155

Monday to Friday
8:00 a.m. – 4:30 p.m.

*Royal University Hospital (Saskatoon)**

Across from JPCH
5th floor next to the elevators
(306) 655-0166
Monday to Friday

8:00 a.m. – 4:30 p.m.

PAGC Nurse Navigator (Prince Albert)

1200 24th St. West
Victoria Hospital
Prince Albert
(306) 765-6213 office
(306 -960- 7441 cell

*Broadview Hospital**

(306) 696-5507
(639) 205-7122

*St. Paul’s Hospital (Saskatoon)**

(306) 655-0518

*First Nations and Métis Relations**

Saskatoon (306) 280-2940
Regina (*Grey Wolf Lodge*)
(306) 766-6995

Please call here for inquiries about traditional medicine