Introduction

• COVID-19 pandemic hit the US in late February, changing the way hospitals and childbirth function
• Many policies implemented, like blocking labor partners from entering hospitals that were detrimental to positive labor outcomes

Findings

• Interviews revealed an overwhelming amount of fear and anxiety in pregnant women with few outlets for coping
• Women went back and forth between readings everything in the news and reading nothing, depending on levels of anxiety.
• Pregnant teachers are especially unsettled as school is beginning, and there are few resources for them.
• Not having partners at doctor’s appointments feels disjointed.

• Isolation provided positives in increasing the chance that a partner would be home during the day in the postpartum period.
• Stay at home orders also allowed new mothers to feel less left out of the everyday world since everyone was confined to their homes.
• Families could be difficult for many women. It was hard to set boundaries for holding the baby and was also hard not be to surrounded by family when the new child is born.
• Having online and shorter appointments with providers also insighted anxiety.

Objective of Internship

I hope this work will uncover some fo the experiences that women are having right now while giving birth to affect the future resources created and policy implemented on childbirth during this pandemic and future pandemics.

Work profile

• Interviews with pregnant women, women have have given birth with the past few months
• Interviews with birthing professionals like midwives, doulas, massage therapists
• observing online mothers support groups for discussions about COVID

Looking ahead

• I will continue this research this fall as I continue reviewing online mother’s groups and reach out to more birthing professionals and mothers to learn about their experiences

Questions

• What resources are needed and not available for women giving birth during COVID-19? How can we support pregnant women online when going through this challenging and isolating process?

Conclusion

• The process of giving birth during COVID-19 has been difficult, but also has enabled many positive outcomes for new mothers and health professional.

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