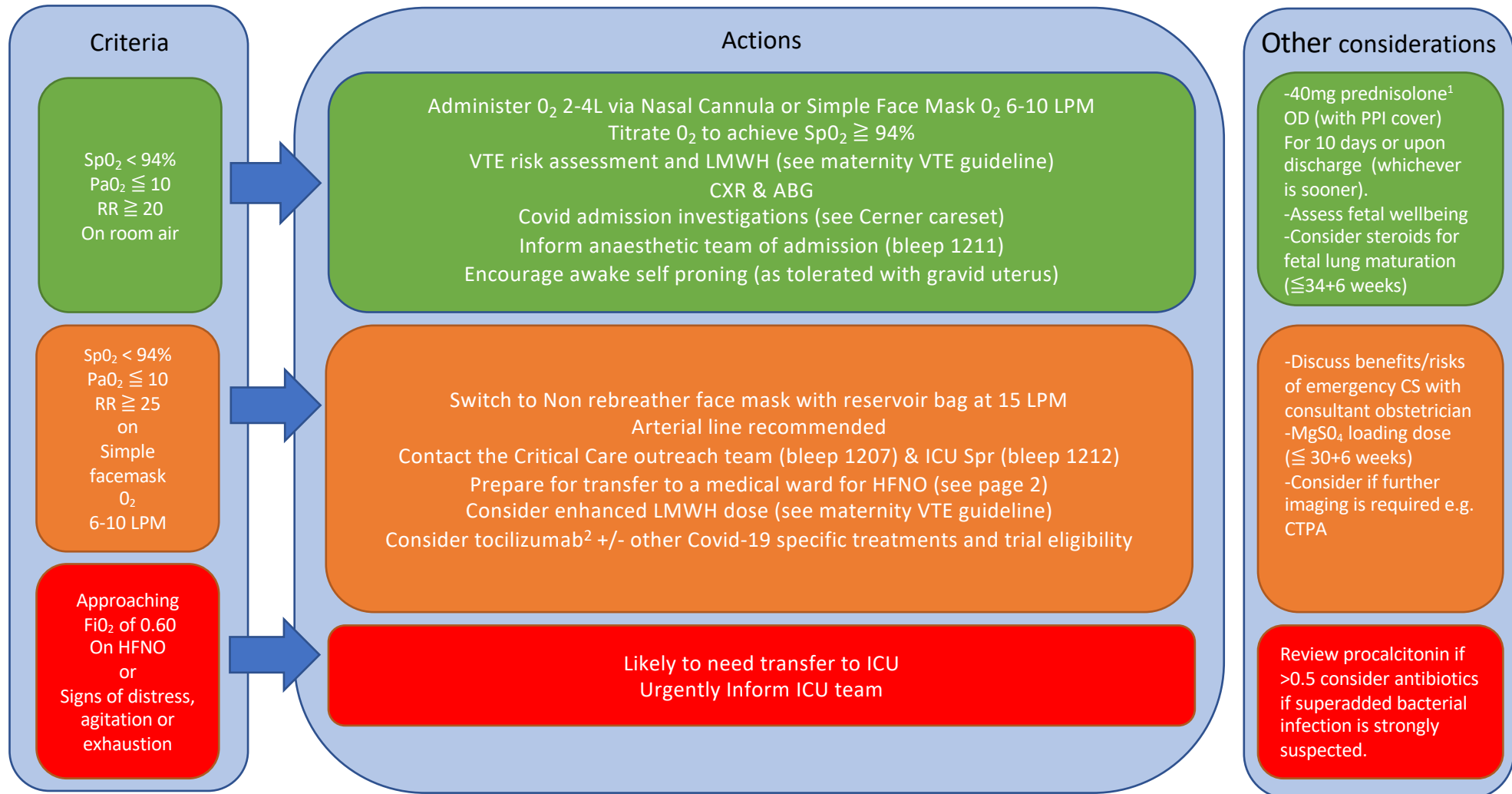


# SMH Maternity Escalation Plan for Pregnant Women with Covid-19



1. Alternatively hydrocortisone 80 mg BD IV if enteral route not reliable. OMIT dose if the Fetal lung maturation steroid is given on that day. Requires CBG monitoring after meals. No need to taper if course < 10 days.
2. Should be started within 24 hours of going onto HFNO (equates to admission to level 2 care)

## High Flow Nasal Oxygen (HFNO) Therapy for Type 1 Respiratory failure

HFNO / CPAP are Aerosol Generating Procedure (AGP) Full PPE including FFP-3 masks required

### Starting and titrating High Flow Nasal Oxygen (HFNO) Therapy for T1RF

#### Starting settings (staff must be trained prior to use)

- FiO<sub>2</sub> 40%
- Flow 40 LPM
- Humidified to 37 degrees

Can be increased in increments up to maximum flow of 60 LPM and FiO<sub>2</sub> 60%. Once the maximum settings are reached ICU must be informed. CPAP may be started as a temporising measure (see section).

#### Signs of HFNO Failure

Restlessness / Agitation ◦ Confusion ± drowsiness ◦ pCO<sub>2</sub> > 6

Increasing RR > 30 ◦ Deteriorating SpO<sub>2</sub> ◦ ↑ Work of Breathing\*

Tachycardia ◦ Hypotension ◦ Sweating / clammy

\*NB: Severe disease can be present even with little increase in work of breathing

### Weaning High Flow Nasal Oxygen (HFNO)

#### When to wean

- Normal or improving RR (RR<30)
- Decreased work of breathing
- Target SpO<sub>2</sub>
- Improving – SpO<sub>2</sub> > 94%
- Improving observations

#### Tips on weaning

- Wean FiO<sub>2</sub> before flow rate
- Wean FiO<sub>2</sub> by 10% increments
- Ensure patient manages FiO<sub>2</sub> <40%, flow rate 30L/min & respiratory status is stable for 30 mins before switching to supplemental oxygen

### Continuous Positive Airway Pressure (CPAP)

- Can be used as a temporising measure if limits of HFNO therapy have been reached.
- Initiate with anaesthetic support pending ICU review
- Some patients may respond better to CPAP than HFNO. An earlier trial of CPAP may be considered after discussion with ICU / anaesthetics.

#### Suggested starting settings

- Start at the same FiO<sub>2</sub> as had been previously set on HFNO
- Starting PEEP 5 and ramp to 10 as tolerated by patient.

how to set-up Optiflow: <https://www.fphcare.com/en-gb/hospital/adult-respiratory/optiflow/airvo-2-system/#downloads>