Analysis of the Impact of Covid-19 on Pregnant Women on Preparation for Childbirth

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ABSTRACT

All routine services, including maternal and newborn health services, face many constraints during this pandemic. In the early stages of pregnancy, almost every pregnant woman begins to prepare for labor. There are many things that can be done to prepare, from preparing for the needs of the baby, the needs of the mother, psychological preparation, to preparing for the choice of a birthing facility.

Welcoming babies into families is a habit, but during the Covid-19 pandemic, it's another story. Objective: The purpose of this Systematic Review is to analyze the effect of immunization services during the COVID-19 pandemic. Methods: Database search includes Google Scholar, Science Direct, and Pubmed with the keywords used are impact, anxiety; pregnant mother; maternity mother; childbirth, pandemic, COVID-19. The next stage is to select articles according to the criteria, which are published in 2017-2022 with the full text of 12 articles that meet the inclusion criteria. Results: Findings from 12 articles showed that the impact of COVID-19 on the preparation of pregnant women for childbirth in health facilities differed from maternal anxiety. In addition, the anxiety of pregnant women about childbirth greatly affects the mother’s readiness to carry out prenatal care and preparation for delivery. And the effects of Covid-19 on childbirth have not been shown to be contagious to the newborn. However, mothers who are infected with Covid-19 must still follow health protocols, including self-isolation or separation from their newborn babies. Conclusion: the impact of covid 19 on preparation for childbirth is the anxiety of pregnant women. This anxiety can be reduced by providing guidance, counseling and education for pregnant women about transmission and routes of transmission. How to protect yourself from COVID-19 and its prevention. It is transmitted from pregnant women to babies. More importantly, if the mother is hesitant and afraid to go for a pregnancy check-up at the hospital for fear of contracting the virus from other people, a solution can be given to check her womb at the nearest midwife or clinic so that she can avoid contact with other people as well as when the delivery process arrives.

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INTRODUCTION

The Covid pandemic is affecting various aspects, one of which is the health aspect. The government is implementing various regulations to reduce morbidity and mortality due to the spread of the Covid-19 virus, including regulatory changes in healthcare delivery. In the context of the Covid-19 pandemic, the government has issued a directive to implement health protocols in the provision of public services, including health services such as B. for the provision of services and antigen swab testing and Health officials in PCR tau use hazardous materials, especially for mothers giving birth in healthcare facilities. Pandemic times affect a person's soul widely and dramatically, starting with their way of thinking, understanding health and disease information, mood swings, and social behavior.

The condition of the mother during pregnancy leads to a decline in immunity due to physiological changes, which makes pregnant women more susceptible to viral infection. Pregnant women are very afraid to go to puskesmas or other medical institutions for fear of contagion. According to 2019 data on health service coverage of pregnant women in Indonesia, the number of K1 and K4 was 82.9% and 88.4%, respectively, with 83.2% of deliveries assisted by health workers and 82.1% of deliveries in health institutions. Between January and April 2020, data on antenatal services decreased from 76,000 to 59,000 for K1 and from 57,000 to 50,000 for K4. Pregnant women are very afraid to go to health centers or other health care facilities for fear of contagion. According to the 2019 data on coverage of maternal health care services in Indonesia, the numbers of K1 and K4 were 82.9% and 88.4%, respectively, the rate of births by medical staff was 83.2%, and the rates of births in health institutions were 82.1%.

Pregnant and maternity mothers who have confirmed Covid-19 have symptoms and some do not, while the symptoms of Covid-19 generally have symptoms of fever, cough, muscle aches, sometimes accompanied by diarrhea. Pregnant women who are confirmed to have COVID-19 and have no symptoms will continue to self-isolate and apply health protocols. In an effort to prevent transmission or a more severe risk, WHO recommends early detection of SARS-CoV through nasopharyngeal and oropharyngeal swab (Swab PCR) in pregnant women. The majority of pregnant women diagnosed with COVID-19 disease have mild disease and will recover without need to deliver, but the risk of critical illness and the need for mechanical ventilation are increased compared to the general population. Risk factors for death and severe disease include obesity, diabetes, and maternal age > 40 years. Women in the third trimester have the highest risk for critical illness, thus requiring intensive care. Based on this background, researchers are interested in conducting a review of the Impact Analysis of Covid-19 on Pregnant Women on Childbirth Preparation. The purpose of this systematic review is to analyze the Impact of Covid-19 on Pregnant Women on Childbirth Preparation.

RESEARCH METHOD

Database searches include Google Scholar, Science Direct, and Pubmed with the keywords used are impact, anxiety; pregnant mother; maternity mother; childbirth, pandemic, and COVID-19. The next stage is to select articles according to the criteria limits, which are published in 2017-2022 with full text, in the preparation of Preferred Reporting Items for Systematic Reviews and Meta Analysis (PRISMA) the articles that have been found are then synthesized and analyzed according to the inclusion and exclusion criteria. The inclusion criteria in this systematic review are the complete impact of covid-19 on pregnant women in preparation for childbirth. While the exclusion criteria in this systematic review are: articles that do not describe the impact of the COVID-19 period on childbirth. The search for articles began in August 2022 with keywords that had been determined by the researcher. The articles found by the researcher were selected according to the inclusion and exclusion criteria, with the keywords impact, anxiety; pregnant mother; maternity mother; childbirth, pandemic, and COVID-19. The researcher deletes the published articles, examines the articles that meet the criteria, and groups them according to the research results to proceed to the discussion.

RESULTS AND DISCUSSION

An initial literature search found 41 articles (Google Scholar 22 articles, Science Direct 10 articles, Proquest 9 articles) 29 articles that were issued were not in sync with the topic of discussion and did not discuss the complete impact of Covid-19 on childbirth. 12 full-text articles met the criteria as listed in Figure 1.
The results of 12 articles showed that the impact of COVID-19 on pregnant women on preparation for delivery in health facilities was different from the anxiety of pregnant women. In addition, the anxiety of pregnant women who will give birth greatly affects the readiness of mothers in conducting antenatal care visits and preparation for childbirth. And the impact of Covid-19 on childbirth has not been confirmed to transmit to babies born. However, mothers who are infected with Covid-19 still have to implement health protocols, including self-isolation or separation from babies who have been born.

**Table 1. Analysis of the impact of COVID-19 on pregnant women on preparation for childbirth.**

| No | Title, author, year | Results |
|----|---------------------|---------|
| 1  | Analysis of the Relationship between Anxiety in Pregnant Women and Readiness for Childbirth During the Covid-19 Pandemic in Palembang City Septa Wulandari, Rico Januar, Priti Noviadi (2021) | The results of the study found that the frequency of respondents was more than 155 people (81.6%) and respondents who were less anxious were 163 people (85.8%). There is a relationship between anxiety (p value 0.045) and readiness to face childbirth during the Covid19 pandemic in Palembang City. |
| 2  | Relationship between Anxiety Levels and Knowledge of Pregnant Women About Antenatal Care During the Covid-19 Pandemic Renny Aditya, Yanti Fitria . (2021) | The results showed that pregnant women’s anxiety scores varied during the pandemic, from non-anxiety, mild anxiety, moderate to severe anxiety. As many as 62.5% of respondents had severe anxiety. Data were analyzed using Spearman’s test to determine differences in maternal anxiety. Anxiety of pregnant women who will give birth greatly affects the readiness of mothers in conducting antenatal care visits & preparation for childbirth. The results show that there is a correlation between each variable of the level of anxiety and knowledge of pregnant women about antenatal care during the Covid-19 pandemic with a significant correlation with a positive and strong correlation direction. |
| 3  | Effects of the COVID-19 pandemic on anxiety and depressive symptoms in pregnant women: a preliminary study. Durankuş F, Aksu E. (2022) | Among the respondents, 35.4% (n = 92, case group) obtained scores higher than 13 on the Edinburgh Postpartum Depression Scale (EPDS). The comparison of the groups by years of education indicated statistically significant effects of COVID-19 on psychology, social isolation, and mean scores in the Beck Depression Inventory (BDI) and Beck Anxiety Inventory (BAI). These effects were more severe in the case group than in the control group (psychology: 8,369 ± 2,003, social isolation: 8,000 ± 2,507, mean BDI and BAI scores: 20,565 ± 6.605 and 22,087 ± 8,689, respectively). A regression analysis revealed that the BDI scores and the disease’s psychological effects, as well as the BAI scores and the illness’s social isolation effects, exerted a statistically significant influence on the EPDS scores of the participants. |
4 Anxiety of Pregnant Women and Postpartum Mothers During the Covid-19 Pandemic In Baturraden District
Diki Retno Yuliiani, Fajaria Nur Aini (2020)

5 COVID-19 during pregnancy: Potential risk for neurodevelopmental disorders in neonates?
Yeşim Aksoy Derya, Sümayye Atiparmak, Emine Akça, Nilay Gökbulut, Ayşe Nur Yılmaz (2020)

6 Increased Knowledge About Mental Readiness of Pregnant Women Facing Childbirth During the Covid-19 Pandemic at Posyandu
Evi Zulfiana, Adevia Maulida Cikmah, Ulfatul Latifah (2021)

7 The Impact of the Covid-19 Pandemic on Pregnant Women on Preparation for Childbirth in Public Health Facilities
Wahode Hasriati, Gusriani (2021)

8 The Effectiveness of Prenatal Gentle Yoga Through Online Methods Against Anxiety Levels in Facing Childbirth during the Covid-19 Pandemic in the Independent Practice of Midwives in Kediri
Dili Ekasari. (2021)

9 Factor Analysis of Anxiety Levels for Third Trimester Pregnant Women in Facing the Delivery Process During the Covid-19 Pandemic In Kotamobagu City
Muzayyana Muzayyana, Siti Nurul Hikma Salih (2021)

10 Anxiety of Third Trimester Pregnant Women Facing Childbirth and Breastfeeding Practices in the Era of the Covid-19 Pandemic
Nur Hidayah, Tria Puspita Sari, Wiwik Puspita Dewi (2021)

11 Relationship between Family and Community Support and Anxiety Levels of Pregnant Women in Facing Childbirth Preparation During the Covid-19 Pandemic in the Working Area of the Want Jaya Health Center, Aceh Besar District
Lisa Magfirah, Nopa Arlianti, Agustina
Characteristics of Pregnant Women with Covid-19 and their Delivery Outcomes at Kasih Ibu Hospital Surakarta

Nabila Arnest Amorita, Ira Syahriarti (2021)

The results show that as many as 62 pregnant women with confirmed COVID-19 gave birth at the Kasih Ibu Hospital in Surakarta with the sectio caesarea procedure. Of all pregnant women, most were asymptomatic and had mild symptoms, only 3.2% had moderate symptoms and no severe or critical symptoms were found. Out of 20 of the 62 babies born (32%) were confirmed with COVID-19. All babies were born with good APGAR scores and found 4 babies with low birth weight, one of which also had hypospadias.

Discussion

Findings from 12 articles suggest that COVID-19 has had a variable impact on pregnant women giving birth in health facilities, with mothers concerned about contracting the virus and endangering their unborn children. In addition, prenatal fears of pregnant women have a strong impact on mothers’ willingness to perform prenatal care and preparation for delivery. And the effects of Covid-19 on childbirth have not been shown to be contagious to newborns. However, mothers with Covid-19 must still follow health protocols, including self-isolation or separation from their newborns. Principles for prevention of COVID-19 in pregnant women, mothers, childbirth, and newborns in the community include universal precautions including frequent hand washing, wearing a mask, maintaining physical fitness through diligent exercise and adequate rest, a balanced diet, and cough and sneeze etiquette practices.

In the new normal era of the COVID-19 pandemic, healthcare services must continue to operate optimally and safely for patients and midwives, with various adjustments based on COVID handling guidelines or healthcare protocols. Mothers about to give birth must carry proof in the form of an antigen or PCR swab. Choosing where to give birth, whether at home, in a clinic or in a hospital, pregnant women must also carefully consider and weigh the risks and benefits. Discuss this with your doctor first. If a pregnant woman wishes to give birth in a clinic or at home, make sure that an ambulance or vehicle can reach the birthing site. This is only if you need to be hospitalized immediately. Pregnant women should not give birth at home if they have COVID-19 or have certain medical conditions.

It is safer to give birth in a hospital, so you can monitor your condition closely and protect your baby as much as possible during and after delivery. To give birth in a hospital, first determine which hospital you were giving birth in a long time ago. Pregnant women should also consult their obstetrician to find out their due date. Mothers can be with you during hospital deliveries, whether by caesarean section or normal delivery. However, the accompaniment should be limited to one person as much as possible. Even if an escort has symptoms of COVID-19 or is feeling unwell, they are not allowed to enter the delivery room. This is done to protect pregnant women, babies and doctors or midwives who assist in childbirth from contracting the coronavirus. Pregnant women’s anxiety can affect their own health and that of their baby.

Pregnant women can experience excessive anxiety, especially in the third trimester, as all the mother’s attention and thoughts will be focused on the upcoming labor process. In this case, readiness may be influenced by previous pregnancy and childbirth experience. If the mother is already pregnant and gives birth, the mother is more confident about the next delivery. In such cases, counseling on childbirth preparation is required so that the mother does not feel overly anxious and is better prepared for delivery. One of the concerns is the reported increase in infection and death rates from COVID-19, which has increased anxiety among pregnant women. This leads to issues such as a high risk of contracting COVID-19 in pregnant women, risk of pregnancy complications and death, risk of mother-to-child transmission, and potential effects of COVID-19 on the fetus.

Some case reports suggest that pregnant women are at high risk of contracting the COVID-19 virus. As a result, they implemented strict quarantines, restricted activities, and made lifestyle changes, while closely monitoring their health and implementing health protocols to break chains of transmission and prevent the spread of COVID-19 to them and their infants. In addition, they have reduced the use of equipment to avoid...
news of the spread of COVID-19 cases and deaths, which may increase fears. One of the triggers for anxiety and depression in pregnant women is social support. The more effective the social support provided, the fewer anxiety and depressive symptoms the pregnant woman experienced. Social support is an important factor in physical and mental health. This fear can be reduced by informing, counseling and educating pregnant women about transmission and how it is transmitted. How to protect yourself from COVID-19 and how to prevent it. It is passed from pregnant women to baby. If the mother is reluctant to go to the hospital for a pregnancy test because she is afraid of spreading the virus to others, she can give a solution to have her uterus checked by the nearest midwife or clinic, so as to avoid contact with other people. When the labor process comes, the mother should plan the labor carefully.

CONCLUSION

Pregnant women are a group of high risk factors that are vulnerable to a health problem or disorder, one of which is mental health. Factors that cause anxiety during the pandemic include: access to health services, fear of the risk of being exposed to the virus, and lack of emotional support from family. The impact of covid 19 on childbirth preparation is the anxiety of pregnant women, this anxiety can be reduced by providing direction, counseling and education for pregnant women about transmission and transmission routes. How to protect yourself from covid-19 and its prevention. It is transmitted from pregnant women to babies. What is more important if the mother is hesitant and afraid to go to the hospital for a pregnancy check for fear of contracting the virus from other people.

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