

PREGNANCYWATCH at PRINCETON

What is Pregnancy Watch?

With the help of Way to Health and the Center for Health Care Innovation, we have developed Pregnancy Watch, an automated program to help us monitor potentially large numbers of obstetrical patients with suspected or confirmed COVID-19 who are sheltering at home.

Given respiratory symptoms of COVID-19 and other causes of shortness of breath in pregnancy (physiologic, pulmonary embolism, other viral syndromes), we recognize the distinction is often hard to make. The follow up for women who feel more short of breath than usual is nuanced in pregnancy, and therefore, during the time of this pandemic, warrants surveillance by obstetrical providers.

Patients who are symptomatically worse will be able to use text messaging to initiate a care escalation process and an OB provider will contact them to determine next steps. Assessing for symptoms regularly will provide reassurance for a large majority of our patients, but also allow for early intervention in those who need urgent evaluation. Additionally, as conventional prenatal care may change depending on their symptoms (ex: delay in person visit and allow for telehealth prenatal visits, change timing of delivery, need for PPE in labor), having a way to monitor many women daily during these periods will allow us to provide safe care and protect our patients and staff.

How it works?

Patients are enrolled into Pregnancy Watch through the Way to Health link in PennChart (more below) after they consent to the program. The program will text patients twice a day. In response to questions about their symptoms (largely, their breathing) the program will either continue to follow them or will escalate their care. Escalations are to a Pregnancy Covid Pool in EPIC that will be managed by a team of designated providers (MFM Attendings and Fellows) who will call the patient to determine next steps. Patients who have a respiratory emergency will be instructed to call 911. Overnight issues will be triaged to an on-call MFM attending. Patients are followed for 14 days with the option of extending for additional 7 days based on their symptoms/comfort level.

Who gets enrolled into Pregnancy Watch?

Any obstetrical or newly postpartum patient (< 2 weeks) who has a COVID test ordered (PUI) - ambulatory drive-thru testing, a pending swab drawn from any site, or a known positive who has been discharged from the hospital- can be enrolled. Please discuss this program with the patient during the evaluation

Patients who have moderate to severe symptoms should be sent for in person evaluation and can be enrolled in COVID watch after they have been seen in the ER.

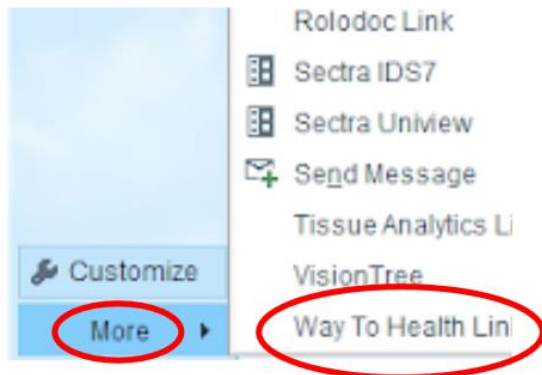
Patients who test negative during the evaluation should not be enrolled unless the provider is concerned for a false negative test based on clinical picture.

Patient must speak English and be able to use text messaging. Each practice will be responsible for their own follow up if a patient does not meet both these criteria.

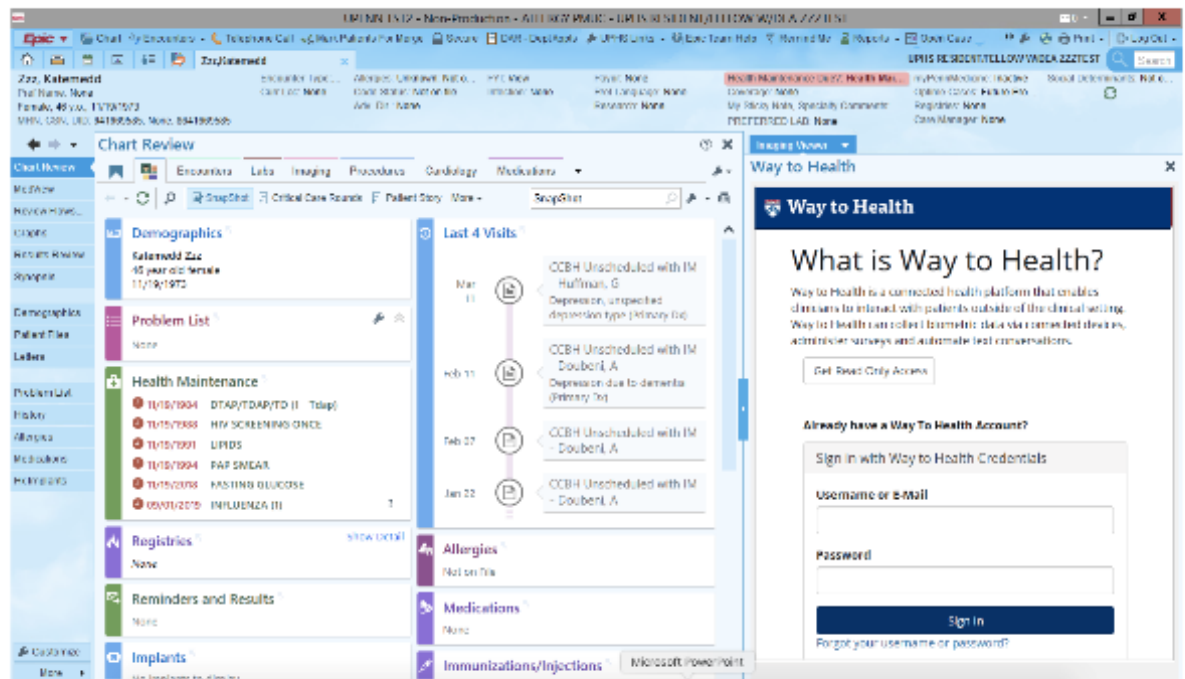
How do I enroll an obstetrical patient into Pregnancy Watch?

From a prenatal clinic with PennChart/hospital triage/MFM:

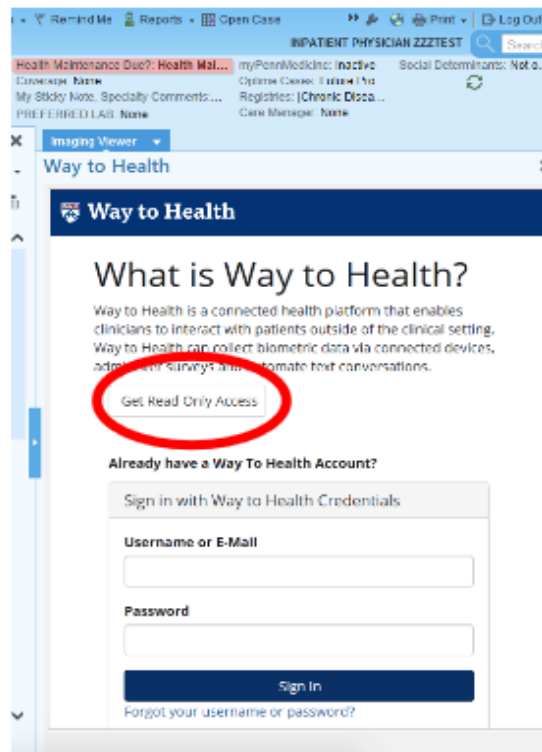
1. From the patient chart (can be telephone encounter, inpatient, etc), click More button.



2. Click the Way to Health button. You will see Way to Health show up in as an embed.



3. If this is the first time accessing, click “get read only access” button



4. You will see a list of programs. PREGNANCY WATCH PRINCETON is the one for pregnant patients cared for within the PRINCETON obstetrical services. Click the Enroll button to start the patient on the program. **MAKE SURE TO CLICK PREGNANCY WATCH FOR OB PATIENTS AND CHOOSE PRINCETON.** Covid Watch is a similar program for NON-OB patients. Princeton will have its own Pregnancy Watch enrollment site – examples of HUP and PAH shown below.

Search:

Program Name	Description	Status	Action
_COVID-19 Watch	Symptom tracking for people self monitoring at home.		<button>Enroll</button>
_Pregnancy Watch/HUP	Symptom tracking for pregnant patients at HUP who are self monitoring at home.		<button>Enroll</button>
_Pregnancy Watch/PAH	Symptom tracking for pregnant patients at PAH who are self monitoring at home.		<button>Enroll</button>
Heart Safe Motherhood HUP	Postpartum blood pressure monitoring from home		<button>Enroll</button>

5. Verify the phone number that texts will be sent to with the patient. Update this if needed (this number pulls in the number from PennChart – updating here DOES NOT update PennChart). This must be a cell number that can accept text messages.

Enroll Patient X

Please provide the following information to enroll this patient in
_Pregnancy Watch/HUP.

Cell Phone
Preferred phone number format: XXX-XXX-XXXX

XXX-XXX-XXXX

All fields are required

Cancel
Enroll

- The patient is now enrolled in the program and will receive a welcome message within a minute and then will receive ongoing texts and check-ins.

From a prenatal care office without PennChart

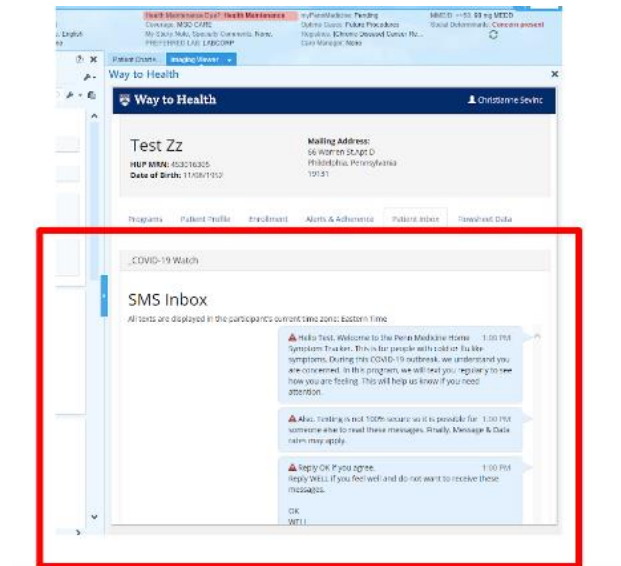
- Notify on-call provide from the practice that a patient needs enrollment
- Make sure you log into an outpatient context (ex: Maternal Fetal Medicine Medical Arts Pavilion)
- Create a telephone encounter

- Enroll as above

5. Sign encounter

Do I need to follow the patient's symptoms?

After enrolling the patient, you do not need to follow any of the patients' text messages. However, you can see each patient's text messages in EPIC if you wish to through the SMS inbox tab under Way to Health.



Is there anything else I need to do?

The ordering clinician will be responsible for following up all outpatient swabs and notifying the patient of the result. Use the systemwide dotphrase in PennChart called “.COVID19INFORMINGPATIENTOFTTESTINRESULT.” If a patient tests positive, change the infection status in PennChart to COVID+.

See this tipsheet for how to do this.
http://uphsxnet.uphs.upenn.edu/isimg/pennchart/covid19/PennChart_Inpatient_Add%20Resolve%20COVID19%20Infection%20Status_Tip.pdf