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**NORTHERN ILLINOIS UNIVERSITY**

The Effects of Covid-19 & Pregnancy

**A Capstone Submitted to the**

**University Honors Program**

**In Partial Fulfillment of the**

**Requirements of the Baccalaureate Degree**

**With Honors**

**Department Of**

Nursing

**By**

Madison Cerda

**DeKalb, Illinois**

12/13/2020

University Honors Program  
Capstone Faculty Approval Page

Capstone Title (print or type)

The Effect of Covid-19 & Pregnancy

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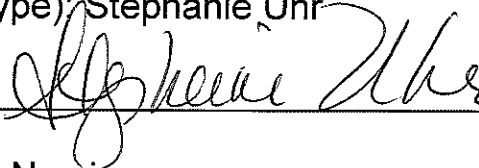
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Student Name (print or type): Madison Cerda

Faculty Supervisor (print or type): Stephanie Uhr

Faculty Approval Signature



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Department of (print or type): Nursing

Date of Approval (print or type): 11/11/20

Date and Venue of Presentation: Nursing Honors Poster Day

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## HONORS CAPSTONE ABSTRACT

On March 11, 2020, the World Health Organization declared a pandemic of a new strain of SARS-CoV-2, now officially named COVID-19. As a future nurse in labor and delivery I decided to focus on how coronavirus affects pregnancy. Pregnancy is considered a state of immune suppression, which makes this population especially vulnerable. The purpose of this literature review is to explore the health effects coronavirus has on the mother and fetus, while at the same time research possible treatment plans. The paper will highlight coronavirus's history, pathophysiology, diagnosis, treatment, obstetric workflow, how it affects the placenta, and breastfeeding recommendations. I selected 12 different articles provided by CINAHL and PubMed to review. All articles were peer-reviewed, full text, and screened for eligibility. Limits to the study include evolving research and articles only available in 2020. Results revealed coronavirus is an RNA virus working by reverse transcriptase. This makes it difficult to develop a vaccine. Also, placenta blood vessels suffered, but fetal APGAR scores were promising (8 and 9's). Breastfeeding remains the best for fetal nutrition. Staff has been educated on proper obstetric workflow, and Dashraath et al. (2020) provided an excellent chart for reference. Overall, coronavirus and pregnancy outcomes is evolving and it is important to stay up to date on research.