



## Mae Brechu yn achub bywydau Vaccination saves lives

### Brechiadau fflw a COVID-19 yn ystod beichiogrwydd: Gwybodaeth i fydwagedd

Mae menywod beichiog a'u babanod heb eu geni yn wynebu risg uchel o gael eu heintio gan fflw a COVID-19. Gall yr heintiau anadlol hyn achosi derbyn gofal dwys i famau, esgor cyn amser, pwysau geni isel a phroblemau eraill i'r fam a'r babi.<sup>1-3</sup> Mae menywod beichiog â chyflyrau iechyd sy'n bodoli eisoes yn wynebu risg uwch o salwch difrifol. Fflw oedd achos un o bob un ar ddeg o farwolaethau ymhlith mamau yn ystod 2009-12 yn y DU.<sup>4</sup> Yn y cyfnod hyd at fis Medi 2021, bu farw 33 o fenywod o COVID-19 yn ystod beichiogrwydd neu chwe wythnos ar ôl hynny. Rydym yn rhagweld y bydd fflw a COVID-19 yn mynd ar led y gaeaf hwn, felly mae sicrhau bod menywod beichiog wedi'u brechu'n llawn yn erbyn y ddau feirws hyn yn bwysig.

Mae menywod beichiog yn fwy tebygol o fod angen triniaeth gofal dwys arnynt o ganlyniad i COVID-19 na menywod nad ydynt yn feichiog o oedran atgenhedlu.<sup>5</sup> Rhwng 1 Mawrth, 2020 a 31 Hydref, 2021 cafodd dros 4,000 o fenywod beichiog eu derbyn i'r ysbyty â haint SARS-CoV2 yn y DU, profodd 14% o'r menywod hyn haint difrifol a oedd yn ei gwneud yn ofynnol iddynt gael eu derbyn i ofal dwys, cymorth anadlu, neu wedi arwain at farwolaeth mamau.<sup>6</sup> Mae haint COVID-19 yng nghamau diweddarach beichiogrwydd yn golygu bod y fam a'i babi heb ei eni yn wynebu risg uwch o glefyd difrifol a genedigaeth gymamserol.<sup>7</sup>

Mae'r feirysau anadlol hyn yn newid yn barhaus. Dylid cynnig brechlyn fflw i fenywod beichiog bob tymor y maent yn feichiog, p'un a ydynt wedi cael un yn y tymor blaenorol. Dylai pob menyw feichiog gael ei brechiadau COVID-19 diweddaraf, gan gynnwys pigiadau atgyfnerthu. Mewn arolwg pum diwrnod o fenywod a roddodd enedigaeth yn ystod mis Ionawr 2022 yng Nghymru, roedd 96.9% yn cofio cael cynnig brechlyn fflw, 96.4% yn cofio cael cynnig brechlyn pertwsis, a 94.6% yn cofio cael cynnig brechlyn COVID-19. Roedd 78.5% wedi derbyn brechiad fflw, ac roedd 67% wedi cael o leiaf un dos o frechiad COVID-19.<sup>8</sup>

### A yw'r brechlynnau hyn yn ddiogel yn ystod beichiogrwydd?

- Mae brechlynnau fflw a COVID-19 yn ddiogel iawn a gellir eu rhoi'n ddiogel i fenywod beichiog yn ystod unrhyw dri mis.<sup>3, 9-11</sup>
- Nid oes risgiau uwch o gymhlethdodau i'r fam na chanlyniadau gwael i'r ffetws sy'n gysylltiedig â'r brechlynnau hyn yn ystod beichiogrwydd.<sup>3, 10</sup>
- Sgîl-effaith fwyaf cyffredin y brechlynnau hyn yw braich ddolurus (ar safle'r pigiad).
- Ni yw brechlynnau fflw a COVID-19 chwistrelladwy yn cynnwys feirysau byw. Ni allant achosi haint fflw na COVID-19.
- O bryd i'w gilydd, gall menywod deimlo ychydig yn sâl ar ôl cael brechlyn. Mae hyn yn fwyaf tebygol o ganlyniad i'w hymateb imiwnyddol, ac yn gyffredinol nid yw'n para mwy nag ychydig ddyddiau ar y mwyaf.

### Pa mor effeithiol yw'r brechlynnau hyn?

- Mae cael y brechlynnau hyn pan fyddwch yn feichiog yn lleihau canlyniadau andwyol i'r fam a newyddenedigol a briodolir i heintiau feirysol, fel lleihau'r risg o gymamseroldeb a phwysau geni isel.<sup>3, 10</sup>
- Pan fyddant yn cael eu rhoi yn ystod beichiogrwydd, mae'r brechlyn fflw hefyd yn rhoi imiwnedd goddefol i'r ffetws, a all amddiffyn y baban am hyd at 6 mis ar ôl genedigaeth.<sup>12</sup>
- Mae brechu rhag y fflw fel arfer yn amddiffyn rhag y fflw mewn 30 i 60% o oedolion sy'n ei gael.<sup>12</sup>
- Mae brechu COVID-19 yn effeithiol wrth leihau clefyd difrifol a marwolaeth mewn menywod ac mae'n helpu i leihau'r risg o ddal neu ledaenu COVID-19.<sup>13</sup>
- Brechu rhag y fflw blynyddol yw un o'r ffyrdd gorau o amddiffyn yn erbyn dal neu ledaenu'r fflw.
- Mae cwrs llawn o frechlyn COVID-19 (gan gynnwys unrhyw bigiadau atgyfnerthu a argymhellir) yn ffordd dda o helpu i amddiffyn rhag haint COVID-19.

**Beth allaf ei wneud fel bydwaig, i helpu i amddiffyn menywod a babanod rhag yr heintiau hyn?** Fel bydwaig, rydych mewn sefyllfa dda i helpu menywod i wneud y dewis cywir a chael eu brechlynnau. Canfu astudiaeth o 800 o bractisau cyffredinol fod cyfradd uwch o lawer o ran nifer y rhai sy'n derbyn brechlyn fflw yn ystod beichiogrwydd lle roedd y bydwragedd cymunedol yn cymryd rhan weithredol wrth roi brechlynnau fflw i fenywod beichiog ( $p=0.023$ ).<sup>14</sup>

Ymhlith y ffyrdd y gallwch helpu mae:

- Annog pob menyw feichiog i gael ei brechlyn fflw mewn modd amserol;
- Gwirio bob amser bod menywod wedi cael eu brechiadau COVID-19 diweddaraf
- Rhannu gwybodaeth sy'n seiliedig ar dystiolaeth am fanteision brechiad fflw a COVID-19
- Bod yn ymwybodol o'r trefniadau yn lleol, fel y gallwch helpu menywod i gael eu brechlynnau'n hawdd

Mae taflenni gwybodaeth ac adnoddau eraill i fenywod beichiog ar gael yn: [icc.gig.cymru/gwasanaethau-a-thimau/adnoddau-gwybodaeth-iechyd](https://icc.gig.cymru/gwasanaethau-a-thimau/adnoddau-gwybodaeth-iechyd)

**Sylwer: Bydd menywod y mae disgwyl iddynt roi genedigaeth yn yr hydref ac sydd wedi derbyn brechlyn fflw y tymor diwethaf yn dal i fod angen brechlyn fflw y tymor hwn, er mwyn eu hamddiffyn orau.**

### Brechu i fydwagedd

Gallwch ddal feirysau anadlol fel fflw a COVID-19 oddi wrth gleientiaid, a gallant eu dal oddi wrthyh chi. Fel gweithiwr gofal iechyd rheng flaen, rydych yn wynebu risg uwch o haint fflw a COVID-19.

Yn gyffredinol, mae'r brechlynnau'n cael eu cynnig i staff y GIG drwy wasanaeth iechyd galwedigaethol eich cyflogwr.

Dylid annog pob gweithiwr gofal iechyd rheng flaen mewn gwasanaethau mamolaeth i gael ei frechiad blynyddol rhag fflw a brechlynnau COVID-19 a argymhellir. Bydd y rhain yn helpu i amddiffyn yr aelod staff unigol a'r rhai o'i gwmpas.

### Dysgwch am fflw a COVID-19

Mae *FluTwo* yn ddiweddiariad clinigol eDdysgu ac mae'n cael ei argymhell ar gyfer pob bydwaig.

Mae *Flu/COVID-19 One* yn fodiwl eDdysgu byr, sy'n addas i bob gweithiwr gofal iechyd, ac mae'n cael ei argymhell yn gryf ar gyfer yr holl staff sy'n gweithio mewn lleoliadau iechyd a gofal cymdeithasol.

Mae sawl modiwl hyfforddi *COVID-19* ar gael, gellir cael mynediad at y rhain yn: [icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/e-ddysgu-imiwneiddio](https://icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/e-ddysgu-imiwneiddio)

**Mynnwch eich brechlynnau er mwyn amddiffyn eich hun, a'r menywod yn eich gofal**  
Gallwch gael rhagor o wybodaeth yn: [icc.gig.cymru/brechlyn](https://icc.gig.cymru/brechlyn)

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### Flu and COVID-19 vaccinations in pregnancy: Information for midwives

Pregnant women and their unborn babies are at high risk from influenza and COVID-19 infection. These respiratory infections can cause maternal intensive care admission, preterm labour, low birth weight and other problems for mother and baby.<sup>1-3</sup> Pregnant women with underlying medical conditions are at higher risk of severe illness. Influenza was the cause of one in eleven maternal deaths during 2009-12 in the UK.<sup>4</sup> In the period up to September 2021, 33 women died of COVID-19 during or six weeks after pregnancy. We anticipate flu and COVID-19 circulating this winter, so making sure that pregnant women are fully vaccinated against both of these viruses is important.

Pregnant women are more likely to require intensive care treatment as a result of COVID-19 than non-pregnant women of reproductive age.<sup>5</sup> Between March 1, 2020 and October 31, 2021 over 4,000 pregnant women were hospitalised with SARS-CoV2 infection in the UK, 14% of these women experienced severe infection requiring admission to intensive care, ventilation, or resulted in maternal death.<sup>6</sup> COVID-19 infection in the later stages of pregnancy puts both the mother and her unborn baby at increased risk of serious disease and premature birth.<sup>7</sup>

These respiratory viruses are constantly changing. Pregnant women should be offered a flu vaccine every season they are pregnant, regardless if they had one the previous season. All pregnant women should be up to date with their COVID-19 vaccines, including boosters. In a five-day survey of women giving birth during January 2022 in Wales, 96.9% recalled being offered a flu vaccine, 96.4% a pertussis vaccine, and 94.6% a COVID-19 vaccine. Uptake of influenza vaccination was 78.5%, and the uptake of at least one dose of COVID-19 vaccination was 67%.<sup>8</sup>

### Are these vaccines safe in pregnancy?

- Flu and COVID-19 vaccines are very safe and can be given safely to pregnant women during any trimester.<sup>3, 9-11</sup>
- There are no increased risks of maternal complications or poor foetal outcomes associated with these vaccines in pregnancy.<sup>3, 10</sup>
- The most common side effect of these vaccines is a sore arm (at the injection site).
- Injectable flu and COVID-19 vaccines do not contain live viruses. They cannot cause influenza or COVID-19 infection.
- Occasionally women may feel a little unwell after having a vaccine. This is most likely due to their immune response, and generally lasts no more than a few days at most.

### How effective are these vaccines?

- Having these vaccines whilst pregnant reduces adverse maternal and neonatal outcomes attributed to the viral infections, such as reducing the risk of prematurity and low birth weight.<sup>3, 10</sup>
- When given during pregnancy, flu vaccine also provides passive immunity to the foetus, which can protect the infant for up to 6 months following delivery.<sup>12</sup>
- Flu vaccination usually protects against flu in 30 to 60% of adults who have it.<sup>12</sup>
- COVID-19 vaccination is effective in reducing severe disease and death in women and it helps to reduce the risk of catching or spreading COVID-19.<sup>13</sup>
- Annual flu vaccine is one of the best ways to protect against catching or spreading flu.
- A full course of COVID-19 vaccine (including any recommended boosters) is a good way to help protect against COVID-19 infection.

**What can I do as a midwife, to help protect women and babies from these infections?** As a midwife, you are well placed to help women make the right choice and get their vaccines. A study of 800 general practices found that there was a significantly higher rate of uptake of flu vaccine in pregnancy where the community midwives were active in administering flu vaccinations to pregnant women ( $p=0.023$ ).<sup>14</sup>

Ways you can help include:

- Encouraging all pregnant women to get their flu vaccine in a timely way
- Always checking that women are fully up to date with their COVID-19 vaccines
- Sharing evidence-based information on the benefits of flu and COVID-19 vaccination
- Being aware of the arrangements locally, so you can help women get their vaccines easily

Information leaflets and other resources for pregnant women are available at:  
[phw.nhs.wales/services-and-teams/health-information-resources](http://phw.nhs.wales/services-and-teams/health-information-resources)

**Note: Women who are due to deliver in the autumn and received a flu vaccine last season will still require a flu vaccine this season, for best protection.**

### Vaccination for midwives

You can catch respiratory viruses like flu and COVID-19 from clients, and they can catch them from you. As a frontline healthcare worker, you are at increased risk of flu and COVID-19 infection.

The vaccines are generally offered to NHS staff through your employer's occupational health service.

All frontline healthcare workers in maternity services should be actively encouraged to get their annual flu vaccination and recommended COVID-19 vaccines. This will help protect the individual staff member and those around them.

### Learn about flu and COVID-19

*FluTwo* is an eLearning clinical update and is recommended for all midwives.

*Flu/COVID-19 One* is a short eLearning module, suitable for all healthcare workers, and strongly recommended for all staff working in health and social care settings.

Several *COVID-19* training modules are available, these can be accessed at:  
[phw.nhs.wales/topics/immunisation-and-vaccines/immunisation-elearning](http://phw.nhs.wales/topics/immunisation-and-vaccines/immunisation-elearning)

### Get your vaccines to protect yourself, and the women in your care

Find out more at: [phw.nhs.wales/vaccines](http://phw.nhs.wales/vaccines)

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