



Doula

Informational Sheet

What is a Doula?

A doula is a birth professional who educates, assists and supports individuals emotionally, mentally and physically during pregnancy, labor & delivery and postpartum, while providing advice in alignment to the care plan.

Benefits of a Doula

- Decrease the risk of the patient needing a Cesarean Delivery
- Increase the likeliness of a spontaneous vaginal birth
- Decrease the likeliness of pain medications being needed
- Decrease the likeliness of postpartum depression and anxiety during labor
- Increase the likeliness of the patient being satisfied with their birthing experience

Role of a Doula on the Care Team

- Share tools and skills that can be utilized to help the patient when they are experiencing pain and discomfort
- Educate and support the patients partner and/or visitors
- Assist the patient by reinforcing answers to questions they may have and clarifying the care plan
- Encourage patients to advocate for themselves
- Serve as an advocate for the patient when they are unable to
- Provide continuous attention to the patient when a member of the care team is not in the room

How Can You Make a Doula Feel Welcome?

- Introduce yourself, your role and acknowledge the doula when entering the patients room
- Respect the diverse knowledge that the doula brings to the care team
- Use reaffirming dialogue if a disagreement occurs
- Welcome the doula in the care plan discussion

Professional Conduct and Responsibility

Each member of the care team is responsible for maintaining professional conduct. The care team also includes the patient preferred doula. To ensure professionalism is maintained, Hartford Healthcare has developed and implemented **Mutual Care Mutual Respect (MCMR)** guidelines. This will support positive birthing experiences for the patient, aid with collaboration and coordination with the care team and help improve maternal health outcomes.

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Mutual Respect**

