

What are you doing to expand doula access for patients at your hospital?

Are there opportunities to connect low-income or at-risk patients with doula support in your community?



Medicaid reimbursement for doula services in Illinois is coming!

Is your hospital doula friendly?

- Implement policies and protocols to better integrate doulas on L&D
- Get input from doulas in your area
- Hold doula meet & greet with OB clinical staff
- Educate patients and providers on doula benefits and how to engage doula care

Doulas can:

- Provide information to support shared decision making during pregnancy, labor & delivery and postpartum
- Help explain the patient's birth plan and advocate for their emotional and physical needs to hospital staff
- Offer physical comfort through activities like massage and focused breathing
- Guide and support patient's family and loved ones
- Help with breastfeeding

Doulas do not provide medical advice, but they are part of the care team and their role is an important one. They provide continuous support and encouragement during labor and delivery and can help patients have a better pregnancy, birthing and postpartum experience.





Benefits of doula care include:

- Fewer C-sections (Cesarean sections)
- Less anxiety and depression for pregnant people
- Less pain-relief medication during labor
- Shorter time in labor
- Fewer negative childbirth experiences
- Better communication between pregnant people and their health care providers
- Lower healthcare costs

Discover Doulas serving your community by scanning this QR Code to access [DoulaMatch.net](https://doulamatch.net). Utilize Doulas across Illinois




<https://ilpqc.org/>


References:

- Gruber, Kenneth J et al. "Impact of doulas on healthy birth outcomes." The Journal of perinatal education vol. 22,1 (2013): 49-58. doi:10.1891/1058-1243.22.1.49
- <https://www.marchofdimes.org/find-support/blog/doulas-can-improve-care-during-and-after-childbirth>

 Peaceful Birthing Doula

 Trinity Doula Services


 Children's Home & Aid Doula Program

 Chicago Family Doulas

 Partum Health

 Chicago Birthworks Collective

 Doulas ETC

 St. Louis Doula Project