

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?



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 birthing experience.

Doulas can:

- Provide information to support shared decision making during 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



Support Near you



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. Utilize Doulas across Illinois



<https://ilpqc.org/>



Peaceful Birthing Doula



Trinity Doula Services



Children's Home & Aid Doula Program



Chicago Family Doulas




Partum Health



Chicago Volunteer Doulas



Doulas ETC



St. Louis Doula Project

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>