

Doula Guidelines

- The laboring person is permitted to have one (1) doula throughout their hospital stay.
- The doula will identify themselves to the nurse and provider upon entering the unit.
- The doula will follow all hospital infection control and flu vaccination policy (ex. proof of flu vaccine or the doula will be required to wear a mask during flu season).
- Doulas will be permitted to be with their clients for all stages of labor, including triage, operating rooms, recovery room, post-partum unit, and the neonatal intensive care unit (NICU) with a banded support person. However, there may be times in the recovery room that a doula may be asked to step out due to physical space constraints based upon volume in the unit.

WHAT A DOULA MAY DO:

- Offer guidance and help with comfort during labor; assist with breathing and relaxation techniques, movement and positioning and visualization exercises
- Foster a positive environment and supports good communication between the laboring woman and the healthcare team
- Provide physical and emotional support for the patient and their support person during labor and birth
- Assist with breastfeeding, facilitate bonding and/or help the patient become comfortable in the post-partum period

WHAT A DOULA MAY NOT DO:

- Perform clinical or medical tasks such as vaginal exams; fetal heart rate, blood pressure or temperature monitoring; or post-partum clinical care
- Make decisions for their clients or project their own values and goals onto the laboring woman
- Object to following hospital policies and the direction of the healthcare team or interfere with medical treatment

For any questions or concerns, please contact Saint Peter's Doula Liaison:

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