

What Is a Doula and Why Do Patients Request Them?



Doulas fill the gaps

A doula is a trained professional who provides continuous physical, emotional, and informational support to individuals during pregnancy, childbirth, and the postpartum period. Unlike medical professionals, doulas focus on non-clinical support, ensuring that birthing individuals and their families feel empowered, informed, and cared for throughout the process.

Benefits of Doula Support:

Studies show that having a doula present during labor and birth can lead to:

- **Reduced Cesarean Rates:** Continuous support decreases the likelihood of cesarean delivery by 39%.
- **Shorter Labor:** Clients experience an average reduction in labor duration by 25%.
- **Less Need for Pain Medication:** A 10% reduction in the use of epidurals or other medical pain relief.
- **Increased Satisfaction:** Individuals report feeling more positive about their birth experience.

Key Roles of a Doula

- **Emotional Support:** Providing reassurance, encouragement, and a calming presence.
- **Physical Support:** Assisting with comfort measures like breathing techniques, massage, and position changes.
- **Informational Support:** Offering evidence-based information to help clients make informed decisions.
- **Advocacy:** Encouraging communication between the client and their healthcare team to ensure the client's preferences are respected.



Why Patients Request Doulas:

- **Improved Outcomes:** Clients and families recognize the positive impact doulas have on birth outcomes and experiences.
- **Emotional Connection:** Building trust and a sense of security during a transformative life event.
- **Personalized Care:** Doulas provide one-on-one attention tailored to each client's needs.

Did You Know?

The American College of Obstetricians and Gynecologists (ACOG) supports the use of continuous labor support, such as that provided by doulas, to improve labor and delivery outcomes.



Evidence

- DONA.ORG
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- WHO.INT

For more information

about doula care or to refer a patient,
contact: Kansas Doula Alliance
316.409.1299 or visit ksdoulas.org

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