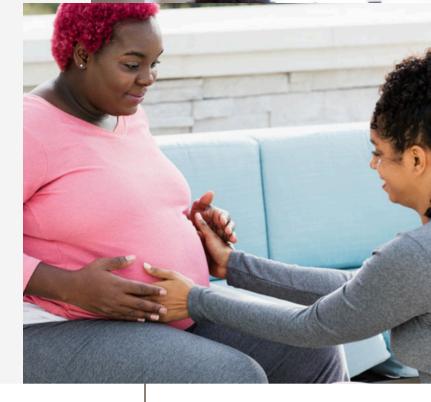
What Is a Doula and Why Do Patients Request Them?



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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.



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Why Patients Request Doulas:

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.

- 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.



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For more information

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

*You have permission to print and share these flyers with your patients.

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