

Benefits of integrating birth doulas

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“*Birth Doula*” means a birth companion who provides personal, nonmedical support to women and families throughout a woman’s pregnancy, childbirth, and post-partum experience.

A certified professional birth doula provides continuous, culturally responsive one to one support to women and their families just before, during and after childbirth, focusing on their needs for education, emotional care, physical comfort, reassurance and advocacy.

TRIPLE AIM:

Care – quality, availability, reliability

- Higher patient satisfaction rates
- Advocates and facilitates clarity in communication
- Higher levels of psychosocial support and improved attachment

Cost – lower, contain, affordability

- Shorter average labor lengths and decreased use of pain relief medications and interventions
- Lower rates of Cesarean births
- Higher newborn APGAR scores
- Lower hospital readmissions for mothers and babies

Health – improve lifelong health

- Lower morbidity and mortality rates for mothers and infants
- Lower incidence of maternal mental health complications associated with childbirth
- Higher rates for breastfeeding success and duration