

Doula Scope of Practice

Care Coordination and System Navigation

Coordinate with involved systems of care

Assist with referrals

Assist with creation of birth plan

Connect people to health and/or social service resources

Outreach and Direct Service

Provide anticipatory guidance before, during and after birth

Support client informed decision-making

Outreach

Doulas provide physical, emotional, and informational support during pregnancy, birth and postpartum

Coaching and Social Support

Assist with transitions between providers and phases of care

Referral to social service and/or community resources

Assess social networks and support

Advocacy, Organizing, and Cultural Mediation

Serve as cultural liaison

Mediate for client's needs before, during and after birth

Advocate for health promoting policy and practices

Education

Increase perinatal health literacy

Support stress management

Share culturally appropriate and accessible health education and information

Build individual and community capacity and empowerment

Assessment, Evaluation and Research

Participate in individual and community-level assessments

Participate in evaluating Doula services and programs

Document and track individual data

Participate in research