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