

Doula

Community of Practice



The aim of this initiative was to achieve equitable maternal health outcomes by optimizing linkages between community and clinical providers and improving care coordination.

Community



Clinical providers

WHAT IS A DOULA?

A doula is a trained, non-medical companion who serves as a helpmate. Doulas do not replace a birthing person's partner or significant other family member who wishes to play a primary role.

A doula provides support, education, comfort techniques and advocates for the mother and family's well-being. At times, a doula may provide guidance and mediation between birthing persons and the clinical provider. But, for the most part, the doula is there for emotional support, moral support, and guidance.



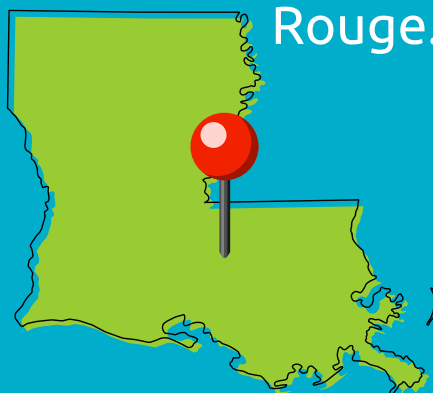
In 2023, legislation requiring private health insurance to cover doula services became law. Act No. 270 goes into effect August 1, 2023, and applies to health insurance plans and policies issued on or after January 1, 2024.

▶ 2023

Engagement of doulas has also been identified by maternal and public health organizations as a promising intervention to improve racial equity in maternal health outcomes.



Parishes focused on: East Baton Rouge, North Iberville, Lafayette, Pointe Coupee, St. Landry, and West Baton Rouge.



Doulas, as part of a comprehensive support system and coordinated into care during the entire pregnancy, from prenatal care to postpartum care, may support processes and improve outcomes. All providers of the birthing events, physicians, midwives, hospitals, and birthing centers may benefit patients by including doulas in the birthing experience.