



# Centering Patient Voices and the Role of Doula Concerns in Policy

Lorenza Holt, MPH, SpBAT, BDT(DONA)  
*Accompany Doula Care*

Christina Gebel, MPH, doula  
*Accompany Doula Care*



**Accompany**  
doula care

***“I’m worried about not having my partner or my doula with me during my labor ” - parent***

## ***Ways Providers Can Partner with Doulas***

- Using FaceTime with the doula during labor for virtual support
- Moms at risk of delivering alone could have a doula with them

**“I’m worried I will be  
separated from my baby  
after birth” - parent**

## **Ways Providers Can Partner with Doulas**

- Doulas providing education prenatally about changing practices at hospitals
- Helping birthing parents understand their options during COVID-19
- Helping birthing parents develop a birth plan in light of those changes

*“I’m worried I won’t have  
my support network  
around me when we  
come home” - parent*

## *Ways Providers Can Partner with Doulas*

- Doulas providing education about postpartum community resources
- Doulas provide an additional “check in” with parents after they come home
- Alerting providers when a parent is particularly struggling or shows signs of depression

*“How can I work with my patient’s doula to help support my patient?” – provider*

## *Ways Providers Can Partner with Doulas*

- Asking the patient if they plan to have a doula with them and if they are willing to share contact information
- Keeping communication about emerging policies flowing to doulas, so we can educate clients prenatally
- Working with doulas to address language barriers while in the hospital

# **Ways We have Supported our Doulas**

- **Guides to conduct visits prenatally, including how to connect virtually and what to cover during virtual visits**
- **Best practices for traveling to/from the hospital so as to not put family members or self at risk**
- **Communicating emerging policies at various birthing hospitals so doulas/clients can be prepared**
- **Helping doulas who are not as comfortable or used to virtual technology by providing tip sheets, mentoring, and Q&A during monthly meetings**
- **Emotionally supporting doulas so they can best serve their clients**

***When integrated into the  
healthcare team,  
Doulas can help communicate the  
needs of the family and providers  
during a time of intense change  
and uncertainty.***



**Accompany**  
doula care

**Thank you**

lorenza@accompanydoulacare.com

christina@accompanydoulacare.com

To learn more about us, visit

[www.accompanydoulacare.com](http://www.accompanydoulacare.com)