

Effective Ways to Use Doulas in Your Program

Presenters:

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Presentation Objectives

- Objective 1: Attendees will be able to name at least three ways in which doulas can complement a Healthy Start program.
- Objective 2: Attendees will be able to name at least two challenges to operating a doula program, and ways to overcome them.
- Objective 3: Attendees will have an opportunity to identify one area in their programs in which support for birthing families could be improved.

Highlights (including quotes, charts, graphs)

Topic 1

- **HRSA Community-Based Doula Outcomes: four years of two high quality sites**
- Breastfed in first 48 hours: 90.82%
- Breastfed at 6 months: 50%
- C-section: 19.58%
- Epidural: 30.92%
- % who smoked in last trimester: 0%
- % with very low birth weight: 3.06%
- % with low birth weight: 7.14%
- Neonatal mortality rate per 1000 live births: 0

Topic 2

- "If a doula were a drug, it would be unethical not to use it." – Dr. John Kennell

Topic 3

- **Birth outcomes for By My Side program participants compared to residents overall in project area**

	BMS participants N=485 n (%)	HSB project area* N=6758 n (%)	p-value**
Cesarean section	163 (33.6%)	2536 (37.5%)	p=0.046
Preterm birth (<37 weeks)	32 (6.6%)	811 (12.0%)	p<0.0001
Low birthweight (<2500 grams)	28 (5.8%)	767 (11.2%)	p<0.0001

* Data from NYC DOHMH Department of Vital Statistics, birth outcomes for zip codes (11212,11233,11216,11221,11207,11208) in 2013

** p-value for exact Fishers test (1-sided) at 95% confidence interval (1-tailed) calculated with SAS (version 9.4)

Topic 4

- “Published data indicate that one of the most effective tools to improve labor and delivery outcomes is the continuous presence of support personnel, such as a doula.... Given that there are no associated measurable harms, this resource is probably underutilized.”

—*Safe Prevention of the Primary Cesarean Delivery*, American College of Obstetricians and Gynecologists and Society for Maternal-Fetal Medicine, 2014

<http://www.acog.org/Resources-And-Publications/Obstetric-Care-Consensus-Series/Safe-Prevention-of-the-Primary-Cesarean-Delivery>

Resources

- PBS: Can Doulas Make a Difference? (<http://www.pbs.org/video/2365098546/>)
- The Huffington Post: “The Amazing People Who Are Changing How Low-Income Moms Give Birth” (http://www.huffingtonpost.com/2013/09/12/community-doulas-changing-how-low-income-moms-give-birth_n_3894995.html)
- http://www.healthconnectone.org/hc_one_resources/the-perinatal-revolution/
- http://www.healthconnectone.org/our-work/program_development/community_based_doula_program/
- <https://www.youtube.com/watch?v=JTsbsznUOg>
- Hans, S. L., Thullen, M., Henson, L. G., Lee, H., Edwards, R. C. and Bernstein, V. J. (2013). Promoting Positive Mother–Infant Relationships: A Randomized Trial of Community Doula Support For Young Mothers. *Infant Mental Health Journal*, 34: 446–457. doi:10.1002/imhj.21400, <http://onlinelibrary.wiley.com/doi/10.1002/imhj.21400/abstract>