Maternal Health Matters in the Era of COVID-19

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What is a Doula?

doula

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noun
    a woman who is trained
    to assist another woman
    during childbirth and who
    may provide support to the
    family after the baby is born.

How Doulas were Connecting to Pregnant Women Prior to COVID-19

- Direct Outreach (Grocery Stores, Community Events, Churches)
- Prenatal Visits
- Doctor Visits
- Home Visits
- Community Health Fairs

Benefits of Doulas Attending Labor and Delivery

- Support Expectant Families Birth Plan
- Help with Comfort Measures During Delivery
- Boost Confidence and support Healthier Outcomes
- Be a Resource to Expectant Family
- Value the Voice of Laboring Mother
- Keep/Create a Peaceful Environment

Maternal Health Concerns During COVID-19

- No access to Clients or Home Visits
- Limited Access to Public Interactions
- Digital Technology/Digital Divide
- Communication by Telephone
- Increase Stress Levels (job loss, schools closed, no transportation)
- Only one Partner Allowed in Labor and Delivery
- Heightened Socio-economical Concerns(food security, mortality and morbidity black women and women of color)
- Overall Fear of Contracting the Coronavirus

How Doulas and Birth Workers Have remained Resilient During COVID-19

- Staying in close contact with expectant families
- Giving more time calls to clients (deeper explanation and clarity)
- Using more technology as a tool to engage and prepare
- Revisiting clients birth plan
- Attending prenatal visits by call
- Coaching birth via ZOOM and FaceTime
- Communicating with legislators to introduce bills that support Maternal Health
- Communicating with other Sister Doulas on Better Practices
- Supporting Sister Doulas and Clients as we walk through this together

Community Doulas of South Jersey VICTORIES

We have had 13 Healthy and Successful births April - to date

- 3 Attended via Zoom/Facetime
- 0 positive Cases of COVID-19
- All Mothers and Babies are Home and Healthy

Doulas are Essential Workers

WE ARE IN THIS TOGETHER