

Doulas During Covid-19

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WHAT A DOULA IS

NJ DOH defines a doula as follows:

“A doula is a trained professional who provides physical, emotional, and educational support, but not medical care, to mothers before, during, and after childbirth.”



NJDOH COMMUNITY PILOTS

- Under DOH's Healthy Women, Healthy Families initiative, [DOH awarded \\$4.7 million](#) to community-based agencies in 2018 to improve black infant, maternal mortality, including \$450,000 for doula training in municipalities with high black infant mortality.
- To date, the state has trained 79 doulas using the Uzazi Village model, which focuses on training doulas to serve women of color in their own communities. Through doula pilot programs, doulas have assisted or are assisting 349 women, resulting in 252 births to date.

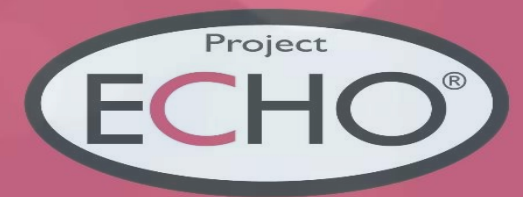
DURING COVID THERE HAVE BEEN TWO POLICIES ABOUT DOULA CARE

- The [executive order](#) passed on March 29th, 2020, considers one support person essential to patient care throughout labor, delivery, and immediate postpartum period.
- Recognizing the role of doulas as an essential part of an expectant mother's care team, on June 29th, 2020 the New Jersey Department of Health (DOH) issued an [executive directive](#) exempting doulas from limits on support persons throughout a woman's hospital stay during the COVID-19 pandemic.
- Doulas can accompany the mother and designated support person for the mother's hospital stay. Hospitals may allow additional support individuals if the hospital has determined that sufficient Personal Protective Equipment (PPE) is available.

DOULA SUPPORT IS PROVIDED
BOTH IN PERSON AND
VIRTUALLY

Doula Support in the Era of COVID-19

By: Elizabeth Taylor



WHAT IS A COMMUNITY DOULA

- A birth worker centrally focused on advocacy, education, and support within a community.
- Address implicit bias within the health care system
- Promote reproductive and birth justice



WHY DOULAS ARE NEEDED?

- Lower birth risks
- Evidence-based support
- All about you



WHAT DOES DOULA CARE LOOK LIKE NORMALLY?



EDUCATION- BIRTH PLAN-
INFROMED CONSENT



PRENATAL- BIRTH-
POSTPARTUM



COMFORT TECHNIQUES

Virtual Visits/ Birth

Contactless Comfort

Emphasis on self-empowerment

**DOULA
CARE
DURING
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COVID-19
PANDEMIC**



To request doula support please email
communitydoulas@spanadvocacy.org

