



# Doula's at King Edward Memorial Hospital

When you attend King Edward Memorial Hospital for pregnancy care and the birth of your baby, we welcome you and your support persons. If you have chosen to engage the services of a Doula they will also be welcome.

Your Doula works for you and is not an employee of the hospital. The following guides will assist in providing a framework when caring for you during your pregnancy and during labour and birth.

## What Doula's do

- ▶ Offers practical and emotional support, but not advice, to the mother and/or parents.
- ▶ Provides a positive birth environment/atmosphere.
- ▶ Refers women to other appropriate resources/health professionals if the woman has needs beyond the scope of the Doula's role.
- ▶ Supports positive communication between the woman and her healthcare team. This may include allowing the couple time to discuss options and what their preferences are.
- ▶ Provides unbiased information, physical and emotional support to the woman and/or parents during pregnancy, labour and birth.
- ▶ Accurately represents their education and experience and will not mislead other doulas, clients or health professionals as to their level of doula education and experience.

## What Doula's do not do

- ▶ Perform clinical tasks. The hospital's medical and midwifery team provide these services which include:
  - Taking observations such as temperature, pulse, blood pressure and fetal heart rate.
  - Adjusting monitors, including the fetal monitoring machines and equipment.
  - Vaginal examinations.
- ▶ Interfere with communication between hospital staff and woman and/or partners.
- ▶ Interfere with hospital treatment and or advice.
- ▶ Diagnose medical conditions or present options for care, even if trained as a health professional prior to becoming/whilst practising as a doula.
- ▶ Speak for you or make decisions for you.

### References:

1. Australian Doula's, Code of Practice, 2012
2. Intermountain HealthCare, Doula Guidelines, Fact Sheet for Patients and Families. 2014 – 2017.