



## **Doula Practice Standards for Luminis Health Anne Arundel Medical Center (LHAAMC)**

### **Doulas for Labor and Birth Support**

The American College of Obstetrics and Gynecology (ACOG) and Luminis Health Anne Arundel Medical Center (LHAAMC) support the use of certified doulas and recognize doulas as care team partners. Luminis Health system has a responsibility to ensure safe, patient-centered, quality care for our patients as well as a collaborative delivery environment for the care team. This document aims to guide collaboration between our doula communities and clinical teams.

### **Doula's Scope of Practice at LHAAMC**

We gladly welcome trained doulas attending the labor and birth experience to provide continuous emotional, physical, and informational support to our patients to optimize coping and help to create a satisfying, patient-centered birth experience. Doulas provide an invaluable service to our patients and care teams by:

- Facilitating communication between the patient and the clinical team about physical and psychosocial needs to help optimize holistic care.
- Encouraging breathing exercises and other calming techniques to optimize coping.
- Adhering to hospital expectations for use of PPE and hand hygiene.
- Remaining with the patient throughout the delivery and during the postpartum period (based on service agreement that has been established between the doula and the patient).
- Assisting with patient self-care needs such as going to the bathroom and intrapartum position changes ***after consulting and collaborating with the clinical team.***
- Supporting patients undergoing a cesarean delivery when so desired by the patient. During a cesarean delivery, an awake patient may have **one** support person present in the OR and/or PACU. A doula may serve as the support person if so desired by the patient. The doula will be expected to honor the requests of the medical team if asked to wait outside of treatment areas to facilitate patient care.

While doulas have much to contribute to the labor, delivery, and postpartum experience, we expect that doulas **will not**:

- Provide medical care to the patient. Examples of medical care include: medication administration to patient or newborn – including herbal preparations or supplements; provide oxygen; perform cervical exams; push with laboring patient without direct direction from clinical team; remove or place fetal or uterine monitoring devices; start, stop, or silence IV pumps.
- Make medical decisions for the patient.

- Initiate or change the plan of medical care.
- Offer medical advice to the healthcare staff.
- Contradict health care provider counseling or recommendations. Patients have the ability to agree to or decline medical recommendations; we expect doulas to support our patients in a way that does not contradict medical advice.

As is the case for all support persons at LHAAMC, doulas are not permitted to:

- Be present during placement of regional analgesia/ anesthesia (e.g. epidural or spinal placement).
- Be present in the OR during
  - Placement of Spinal anesthesia for Cesarean Section (C-section)
  - Stat C-section and C-section requiring general anesthesia
  - Postpartum hemorrhage cases requiring a move to the OR
  - Twin delivery that transitions to C-section under general anesthesia; if C-section is under regional anesthesia, refer to above parameters for doula as a support person in the OR.

## Process

### ***Doula Registration:***

All doulas wishing to support patients at LHAAMC are required to:

- Be at least 18 years of age
- Provide proof of COVID vaccination
- Provide a signed Doula–Client Agreement Form
- Complete Doula Intake Form
- Send all required documents as early in the pregnancy as possible to [DOULA@luminishealth.org](mailto:DOULA@luminishealth.org)
- Upon review of the documentation, the Program Coordinator will confirm successful completion of the registration process within four business days via email.
- We advise that the patient and/or doula brings a copy of the completed registration documents to the hospital to avoid delays in doula support in case of electronic medical record lapses.
- If the patient presents for delivery prior to completion of the doula registration process, the doula may bring all required documentation to Labor and Delivery (L&D) at the time of patient admission.
  1. The L&D Charge Nurse will complete doula registration if all required documents are provided. This should be a ***last resort*** to avoid delays or denial to the doula providing patient support.

### **Hospital Arrival:**

- At arrival to LHAAMC, please check in at the information desk. You will receive a visitor badge/name tag and will be directed to the appropriate unit. This visitor badge/name tag must be worn while in the building and returned to the front desk when you exit the building.
  - Doulas are expected to wear a mask upon entering the building. We include doulas in the hospital expectation to maintain hand hygiene – i.e. wash or sanitize hands upon hospital entry and then every time you enter and exit a patient’s room. We also include doulas in the expectation to use appropriate personal protective equipment (PPE) while in the hospital. This includes a surgical mask in public areas of the hospital and in the patient's room. At the time of pushing/delivery, a face shield/eye protection should also be worn. The hospital may provide appropriate PPE. Visit [Visitation-LHAAMC | Luminis Health](#) for further guidelines
  - You will be screened for COVID, which includes questions and possibly a temperature check. This occurs each time you exit and re-enter the building. **We expect that screening questions are answered honestly and we reserve the right to ask individuals to leave if we have reason to suspect that the doula may have or transmit COVID.**
  - Upon arrival to the patient’s unit, inform the Unit Secretary of your role. The Unit Secretary will provide further instructions.
    - L&D unit - 443-481-6258.
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## Doula-Client Agreement

I, \_\_\_\_\_ have chosen \_\_\_\_\_  
(Print patient's name) (Print name of Doula/Doula Group)

as my doula, to support me and my support person(s) through my prenatal, labor, delivery, and/or postpartum period. I understand that my doula will provide physical and emotional support as we work together to create a safe, satisfying birth experience that is tailored to my personal needs and wishes. I **have received, reviewed, understand, and accept** the Doula's Scope of Practice at LHAAMC and all additional information provided above.

\_\_\_\_\_  
Patient signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Doula signature

\_\_\_\_\_  
Date