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This presenter has no relevant financial relationships to disclose. There are no relevant financial relationships with ineligible companies for those involved with the ability to control content of this activity.

Doula and Midwifery Care

A tool to combat maternal trauma

Introduction

Today we will be talking about:

- Doulas and Midwives and their roles in the birth care team
- Ways that doulas improve birth outcomes and reduce maternal trauma
- Ways that midwives improve birth outcomes and reduce maternal trauma

About your presenter:

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Doulas



The Doula's Role in the Birth Care Team

- Doulas are trained to provide physical, emotional and educational support during pregnancy, labor, and the postpartum period
- The primary goal of doula support is to help mothers and birthing people achieve the healthiest, most satisfying experience possible [1]

Scope of Practice

A doula:

Advises their client to check any suggestions or information provided with the primary care provider before using any application.

Does not perform clinical or medical tasks, such as taking blood pressure or temperature, fetal heart tone checks, vaginal examinations or postpartum clinical care.

Does not diagnose, prescribe or treat. [2]

Midwives



The Midwife's Roles in the Birth Care Team

Primary care providers for women throughout the lifespan, with a special emphasis on pregnancy, childbirth, and gynecologic and reproductive health. [3]

- Utilize the *Midwifery Model of Care* to optimise normal biological, psychological, social, and cultural processes of reproduction and early life
- Provide comprehensive prenatal care and education, guide labor and birth, and care for newborns
- Identify and refer women and birthing people who require obstetrical attention
- Timely prevention, and management of complications [4, 5]

Certified Nurse-Midwives:

- Educated in accredited graduate-level midwifery programs
- Demonstrate that they meet the Core Competencies for Basic Midwifery Practice ¹ of the American College of Nurse-Midwives (*ACNM*)
- Earn professional designation of CNM if an active RN at the time of the exam (or CM *Certified Midwife*) by passing national certification examination
- Attend births in all settings - hospitals, homes, birth centers, and offices [6,7]

Certified Professional Midwife

- Graduated from an accredited midwifery education program
or
- Completion of North American Registry of Midwives' (*NARM*) Portfolio Evaluation Process
or
- Completion of an equivalent state licensure program

- Attend births in homes, birth centers, and offices [6]

How DOULA CARE improves birth outcomes and reduces maternal trauma

Doula Support

- Continuous support throughout labor, delivery and the immediate postpartum improves mothers' sense of confidence and self efficacy and encourages participation in informed decision making [8]
- Provides greater representation and a broader multicultural view [12]
- Act as a bridge between birthing family and medical staff through informal, non-authoritarian relationships which promote increased information sharing and requests for assistance
- Support birth-partners, allowing them to participate at their comfort level [8]

Outcomes of Doula Support

Mothers who receive doula support are more likely to experience healthy birth outcomes [10] and report a more positive overall birth experience [11].

The positive effects of doula support have been found to be greater for women who are socially disadvantaged, low income, unmarried, giving birth for the first time, without a companion, or with language/cultural barriers [10].

STATS

- Four-times less likely to have a low birth weight baby [9]
- Two-times less likely to experience birth complications [10]
- Twice as likely to be breastfeeding at 6 weeks
- 57.5% lower odds of postpartum depression/postpartum anxiety (PPD/PPA) [12]

How MIDWIVES improve birth outcomes
and reduce maternal trauma

Midwifery Model of Care

Based on the fact that pregnancy and birth are normal life events.

- Client-Centered: listening to clients, and sharing knowledge and decision-making with clients.
- Nurturing: develop a trusting relationship with their clients, which results in confident, supported labor and birth.
- Hands-on care: hands-on assistance during labor and delivery minimizing technological interventions
- Personalized Care: to strengthen women's own capabilities to care for themselves and their families

The goal of the midwifery model of care is to support mothers/birthing people and their families in the process of birthing their babies safely, unhindered and with confidence. [4, 5]

Outcomes of Midwifery Care

Research shows that Certified Nurse Midwives (CNMs):

- Improve access to maternity care providers in under-resourced areas [13, 14]
- Provide high-quality care with comparable or better outcomes, when compared with obstetrician/gynecologists [13,15]
- Reduce the number of maternal and neonatal deaths [16]
- Contribute to high levels of patient satisfaction [13]
- Lower rates of cesarean birth,
- Lower rates of labor induction and augmentation,
- Significant reduction in the incidence of third and fourth degree perineal tears,
- Lower use of regional anesthesia, and
- Higher rates of breastfeeding.
- Lower costs due to fewer unnecessary, invasive, and expensive technologic interventions [13]

9.9%

Rate of first cesarean delivery when under the primary care of a midwife; compare to national average of 32% [13]

Midwives Save Lives

It has been shown that midwifery care can save lives by:

Preventing up to 30% of maternal deaths

With an additional 30% averted with the addition of specialist medical care

Study noted similar reductions on stillbirths and neonatal deaths ^[16]



“Midwives offer evidence-based health care services. In today’s world of high technology, midwifery services provide the individualized care women need.” ”



– Doug Laube, MD, Former President, American College of Obstetricians and Gynecologists

Final point

Midwifery care and doula support reduce birth injury, maternal trauma, and cesarean sections.



The takeaway:

Respectful, collaborative, integrated care teams provide the best physical and psychological outcomes for mothers/pregnant people and babies.

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