

Doulas for Connecticut Coalition

Council on Medical Assistance Program Oversight
(MAPOC) Women & Children's Health Committee
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BACKGROUND



WHAT IS A DOULA?



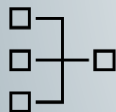
COMPETENCIES



Trained professional with an in-depth understanding of but not limited to pregnancy, labor, childbirth, and postpartum needs



Working as a member of the client's multidisciplinary team



Evidenced-based information



A doula does not give any medical or clinical advice or perform any medical or clinical procedure

BENEFITS of DOULAS

- ±Shorter Labor Length
- ±Less Pain and Anxiety
- ±Decreased Use of Oxytocin and Augmentation Drugs
- ±Less Vacuum and Forceps Use
- ±Less use of pain medications such as epidurals
- ±Higher APGAR Scores
- ±Lower Incidence of Low Birth Weight & Preterm Birth
- ±Earlier Onset of Lactogenesis
- ±Increased, Near-Universal Breastfeeding Initiation
- ±Increased Breastfeeding Length
- ±Lower Rates of Cesarean Section
- ±Increased birth experience satisfaction

These can result in a huge reduction in medical costs.

MATERNAL HEALTH CRISIS IN THE UNITED STATES

The U.S. has the highest rate of
pregnancy-of-childbirth-related
deaths in the developed world

MMR 16.9 per 100,000 live births

Black 42.4 : White 13.0

In CT, Black 48 : White 14.8

**For every maternal death 100
women come close to dying**

(CDC, 2020)

Photo credit: Phobymo



FACTORS BELIEVED TO PLACE WOMEN AT RISK FOR POOR MATERNAL OUTCOMES

- Age
- Socioeconomic status
- Insurance status
- Late onset of prenatal care or no prenatal care
- Comorbidities
- Cesarean Births
- Black Race



NEXT STEPS: RECOMMENDATIONS

Define a doula in statute 2021 legislative session



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