The background is a dark blue gradient with a subtle pattern of small white dots. On the left side, there are several concentric circles and a large arc with a scale. The scale has numbers ranging from 140 to 260 in increments of 10. There are also some dashed lines and arrows pointing in different directions, creating a sense of movement and complexity.

EXPLORING THE EFFECTS OF DOULA SUPPORT FOR VULNERABLE PREGNANT WOMEN

EMMA ROGERS
WCMT FELLOW 2016

OUTLINE

- Why
- Who
- Where
- How
- Where next, Why Now?



“Where’s your birth partner”

“Everybody has a birth partner”

“Why don’t you have anyone”

BACKGROUND

- Women experiencing social disadvantage, in the UK are 20 times more likely to experience death, directly as a result of pregnancy and childbirth, than women in the most advantaged social groups. Confidential Enquiry, Maternal Deaths 2010
- Maternal Morbidity and Mortality, often linked to social factors, access to translation, access to services and prejudice

DOULA

Holistic, Non-Medical,
support during Childbirth,
Pregnancy and Postnatal



DOULA RESEARCH

- Research has indicates that doula support can significantly improve maternal and infant health outcomes. Doula support also linked to significant reduction in caesarean sections, epidural use, in addition to other unplanned medical interventions
- Doula support also has the potential to improve maternal wellbeing, maternal mental health outcomes, maternal-infant bonding and attachment

- “Doula care is rare in the UK, especially for disadvantaged women, but is a promising innovation that could improve the health and wellbeing of disadvantaged mothers and babies.” National Institute Health Research, 2013

WHO?

- Doula support is supported with positive outcomes universally, within different communities
- In the UK, doula support is predominantly accessed by women who are privately paying for doula support, £500 upwards
- In recent years, volunteer/community based doula projects have developed in some areas of the UK, to support 'vulnerable' pregnant women, and specific targeted groups

Asylum seekers Care leavers In Prison

Homeless Human Trafficking
(Young) Carers

Teenagers/Young Mothers
Abuse Survivors

Domestic Violence
Mental Health
Gender

Language Barriers Cultural Barriers

DOULA SUPPORT, PERSPECTIVES FROM AROUND THE WORLD

- Winston Churchill Memorial Trust Travel Fellowship, 2016
- Travel to bring back ideas to benefit UK
- To develop insights into approaches to implementing doula support for vulnerable pregnant women.
- Visiting community Doula Projects: Australia (Sydney and Melbourne) and USA (New York, Chicago, Minnesota)

AUSTRALIAN DOULA COLLEGE

- Provides a 20 week doula training course, training doulas across Australia and globally
- Doula Hearts Network- volunteer doula support for vulnerable women in the community
- Doula Hearts Network, pilot project: collaboration with local social services. Supporting women with high support needs during pregnancy and 6 months postnatally

BIRTH FOR HUMANKIND, MELBOURNE

- Trains doulas to meet the needs of vulnerable pregnant women in the community
- On going training and CPD
- Motherhood 101: young mothers antenatal group, focus on peer support and education
- Support for asylum seeker and refugee community

COLUMBIA UNIVERSITY COMMUNITY DOULA PROJECT

- Columbia University Childrens Centre, providing doula support for vulnerable women in community
- Pre Natal Education Groups
- Parent and Baby groups
- Strong links with local health services

BRONX DEFENDERS, NEW YORK

- Bronx Defenders, legal organisation, developed holistic support program, alongside family courts
- Prenatal Education and Support Group
- Doula Support
- Holistic Support, Positive Outcomes

RISE, NEW YORK

- Magazine, voices of parents who have had children in foster care
- Volunteer Parental Support
- Young Parents Group- referral to doula services

OUNCE OF PREVENTION, CHICAGO

- Doula training and doula service delivery, through a range of different organisations across Chicago
- Full time, salaried doulas, working alongside home visitors
- Doula support during last 2 months of pregnancy, and 6 months postnatal
- Complimented by Home Visit support during early pregnancy, and from 6 months postnatal- age 3
- Evaluation has identified that providing doula support, increases positive outcomes relating to maternal/infant wellbeing.

HEALTHCONNECT ONE, CHICAGO

- Doula training and Doula service provision, in both Chicago and across the USA
- Focus on supporting women with doulas from the same 'community'
- Broad definition of 'community,' matching women from similar backgrounds
- 20 week training program, exploring values and social factors

MINNESOTA PRISON DOULA PROJECT

- Since 2010 Minnesota Prison Doulas have been supporting women in different prisons across Minnesota
- Pre/Postnatal Support group for mothers in prison
- Doulas meet with women in prison during pregnancy, and postnatally
- Prison staff arrange contact with doulas
- Women in prison are not allowed support by partner or families members during labour, no family visits in hospital. One 10 minute phone call
- Hearing testimonies of women supported by prison doula project, the impacts of support are enormous. Someone, when they have no one
- Research identifies reduction in levels of medical intervention

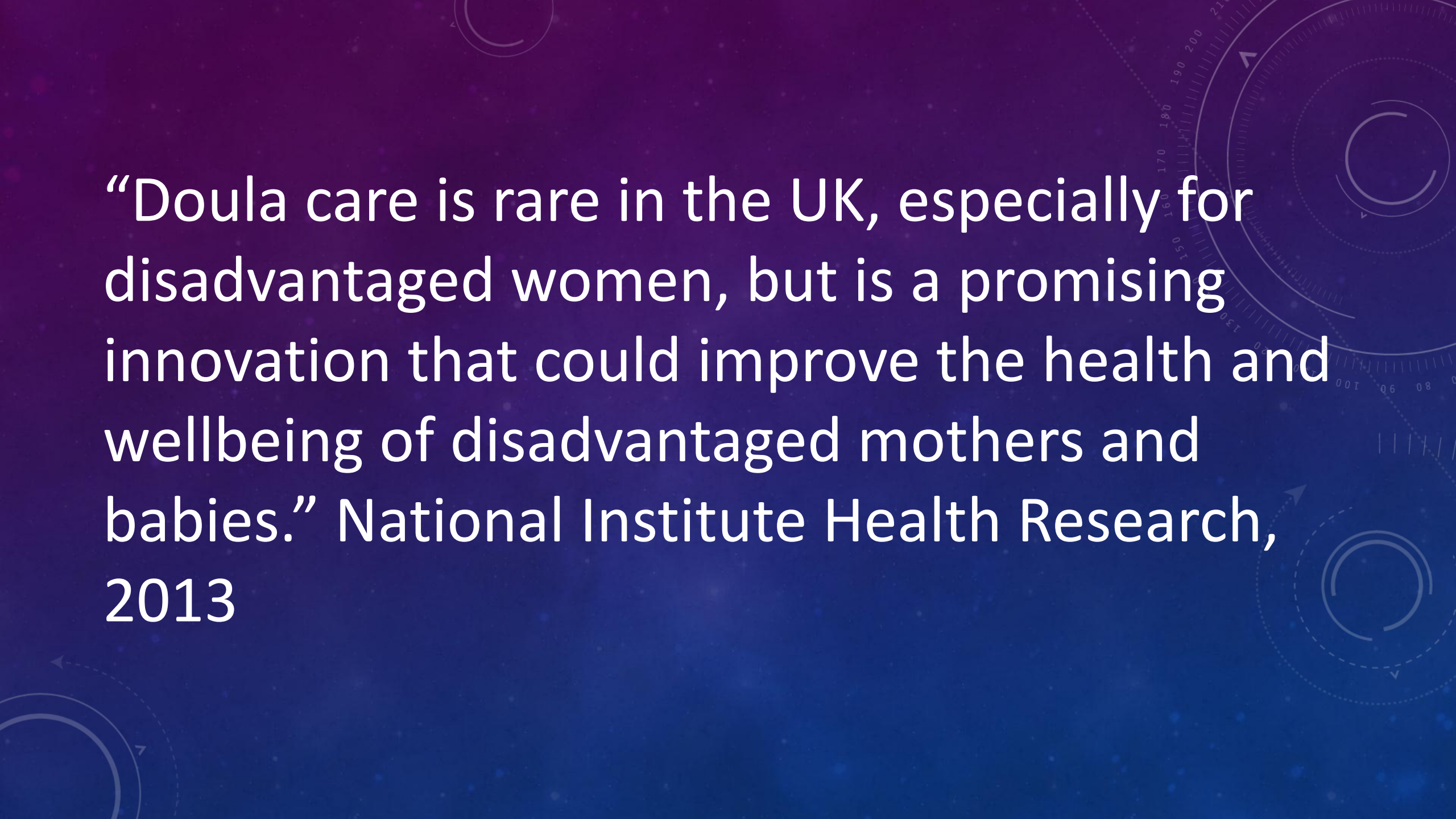
HOW?

- Different approaches to community doula projects
- Value Base, Empathy, Insight
- On going training and supervision
- Links to other statutory/community based support services

WHERE NEXT, WHY NOW

- Maternal Health inequalities remain a continuous trend, risk of increasing
- WCMT and WAVE Trust, fellowship implementation
- Bournemouth Doula Project, Bournemouth University





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