

Creating a Doula Friendly Campus

A **doula** is a person trained to support and offer emotional and physical comfort to a pregnant person during the perinatal phase.

Here at HHC, we welcome doulas! Below is a curated list of ways staff can increase collaboration with doulas, for the overall benefit of the patient.



Consistent Visitor's Policy

- Doulas are members of a patient's care team and should be recognized as such.
- Standardize **visitor's policy** across HHC

Education

- The **Doula Partnership Program** has created multiple informational resources for both patients and colleagues.
- Offer **information sheets** to colleagues or patients who may have questions.

Engagement & Understanding

Understanding the **role and expertise of a doula** can better facilitate partnership.

Comfort Items

Typically, doulas bring their own supplies to each of their births. To create a more welcoming workspace, the Doula Partnership Program has equipped each birthing unit with **common comfort items** used by doulas. These items, available for use by doulas and HHC staff, are to be stored in a place that is known and accessible to doulas.

Supplies offered include *peanut balls, rebozos, portable speakers, ambient lighting, noise machines, aromatherapy, and more.*

Respectful Maternity Care

It is important to **acknowledge a patient's support team**. Introducing one's self to the doula is a great first step.

We aim to better document the presence of doulas at our birthing facilities. Entering this information in the designated area on Epic is the ideal way to do so.

Proud to be a Doula Friendly Campus

*Supporting you and your birth
experience from the start*

At Hartford HealthCare, we want you to have a birth experience surrounded by people who support, understand, and advocate for you. That's why we have taken important steps to ensure your doula is welcomed and supported as a part of your care team, so your birth is safe, personal, and empowering.

Doulas are Welcome Here

Your doula is a valued member of your care team. Across Hartford HealthCare, our visitor policies recognize doulas as essential birth partners, so they can be by your side throughout your birthing experience.

Creating a Welcoming Birth Space

Each of our birthing units have comfort items often used by doulas such as:

- | | |
|--------------------|---------------------|
| ✓ Peanut Balls | ✓ Portable speakers |
| ✓ Rebozos | ✓ Noise Machines |
| ✓ Ambient Lighting | ✓ Aromatherapy |

Providing Resources for You and Your Doula

The **Doula Partnership Program** offers educational materials and resources for both you and your doula. These resources answer common questions and ensure everyone is informed, supported, and working together for your care.

Honoring Your Support Team

We **welcome and acknowledge your support team**. Our care teams take the time to connect with your doula, ensuring everyone is working together to meet your needs and preferences.

YOUR BIRTH, YOUR TEAM, YOUR WAY

We're committed to making sure you feel supported every step of the way! Scan the QR Code to learn more about the **Maternal Health Equity** department and our **Doula Partnership Program**!

