

Doula Policy

Guidelines for Doulas Attending Births at RWJBarnabas Health

RWJBarnabas Health welcomes trained and/or certified doulas as members of our patient's support network.

Our desire is to work collaboratively with the mother's chosen support people to provide the best possible birth experience for her and her family. In order to ensure an optimal experience, we provide these guidelines for doulas planning to attend births at RWJBarnabas Health.

The Role of The Doula

Provides individualized physical, emotional and educational support to patients and their partners before, during and after birth. While they do not provide medical advice or perform medical tasks, they provide support including:

- Massage and relaxation techniques
- Assistance with breathing, relaxation, emotional encouragement, movement, and positioning, as well as all other comfort care
- Support with breastfeeding and skin-to-skin contact

Follow the guidance of health care professionals during care, including medical emergencies

New Jersey law provides patients with the right to choose to use a doula for labor and postpartum support, and all doula services are to be contracted privately by the patient. The hospital will not be responsible for the services provided by the doula.

Doulas At RWJBarnabas Health

All doulas will work collaboratively with the patient's physician, nurse and any other RWJBarnabas health team members involved with the patient's care

In the event of a Cesarean section, only one support person may accompany the patient into the operating room.

Please note that RWJBarnabas Health retains the right to ask anyone to leave the patient care area/delivery room when it deems necessary, including doulas.

