

DOULA PARTNERSHIP AGREEMENT

Welcome to UAB Hospital! Thank you for partnering with us to enhance our patient's birth experience. We want this to be a wonderful and memorable experience for the patient and her family. We value the safety of our patients – both mother and baby – and make it our top priority. UAB is happy to welcome you as part of our patient's support team. In an effort to provide the best care for our patients in the safest environment possible, we ask that you review the information below regarding what a doula can and cannot do as part of the patient's support team at UAB Hospital.

WHAT A DOULA CAN DO:

- Provide continuous emotional reassurance and comfort for the entire labor.
- Offer encouraging guidance and help with comfort measures during labor. For example, breathing and relaxation techniques, movement and positioning, and back, leg, neck rubs.
- Foster a positive environment and support communication between the patient and the medical staff.

DOULAS MAY NOT:

- Diagnose medical conditions, offer second opinions, or give medical advice.
- Perform clinical tasks such as, but not limited to, vaginal exams, assessing fetal heart tones, or perineal massage.
- Make decisions for the patient, speak for the patient, or project their own values onto the patient's labor experience. Every labor is different, and at UAB we encourage the patient to participate in all decision making throughout labor. The patient's plan may change throughout the labor process, and we recognize and accept this. As the clinical scenarios change, patients may reconsider previously expressed plans for labor, for example epidural and oxytocin use.
- Make derogatory or judgmental comments regarding members of the medical care team or their recommendations for treatment plans. Because safety is our primary concern, we have minimal standards for care that must be met, for example, regarding IV access and fetal monitoring. These policies are not negotiable, and attempts to undermine these policies are not acceptable. This is crucial in fostering an environment of mutual respect between the medical team and the doula.

DOULAS MUST ALSO ADHERE TO HOSPITAL GUIDELINES THAT ARE IN PLACE FOR THE SAFETY OF PATIENTS AND THE ENTIRE MEDICAL STAFF. THESE INCLUDE, BUT ARE NOT LIMITED TO:

- Visitation guidelines, which include: Two support people allowed in the room for delivery, one support person in room for epidural placement, and one support person in the Operating Room, if there is a need for cesarean section. The patient and the clinical team will determine together the number of visitors allowed in the labor room during labor.
- Photography or videography cannot include images of the perineum, breast, or clinical procedures
- All birth plans MUST be reviewed with the medical team by the patient PRIOR to admission for delivery. At UAB we are committed to meeting our patients' needs and want to have this discussion with the patient. Certain aspects may also require review with the pediatric team.

The health care team reserves the right to ask you to leave the labor room if you are not adhering to these guidelines. I understand and accept the above guidelines:

Name/ Doula: _____ Date: _____

Witness: _____ Date: _____