



Q: Why should I consider hiring a doula?

A: Scientific studies show the benefits of doula support.

A 2017 Cochrane Review of the studies on doula support said that, "Continuous support from a person who is present solely to provide support, is not a member of the woman's own network, is experienced in providing labour support, and has at least a modest amount of training (such as a doula), appears beneficial."

Mothers who received such support were:

- More likely to have a "spontaneous birth" (not needing forceps or vacuum)
- Less likely to need pain medications
- Less likely to need a cesarean birth
- More likely to be satisfied with the birth experience
- More likely to have a shorter labor
- Less likely to experience postpartum depression¹

A: The American College of Obstetricians and Gynecologists recommends the use of doulas.

In a committee opinion on limiting interventions in birth, ACOG says:

"Evidence suggests that, in addition to regular nursing care, continuous one-to-one emotional support provided by support personnel, such as a doula, is associated with improved outcomes for women in labor. Benefits found in randomized trials include shortened labor, decreased need for analgesia, fewer operative deliveries, and fewer reports of dissatisfaction with the experience of labor."²

In an Obstetric Care Consensus document on the "Safe Prevention of the Primary Cesarean Delivery," they say:

"Published data indicate that one of the most effective tools to improve labor and delivery outcomes is the continuous presence of support personnel, such as a doula...Given that there are no associated measurable harms, this resource is probably underutilized."³

A: In short, doula care improves outcomes for childbirth!

"If a doula were a drug, it would be unethical not to use it." –John H. Kennell, M.D.

¹ Bohren MA, Hofmeyr G, Sakala C, Fukuzawa RK, Cuthbert A. Continuous support for women during childbirth. Cochrane Database of Systematic Reviews 2017, Issue 7. Art. No.: CD003766. DOI: 10.1002/14651858.CD003766.pub6

² ACOG Practice Bulletin Number 687, February 2017

³ ACOG Obstetric Care Consensus No. 1, March 2014 (Reaffirmed 2016)