

Harris Doula Institute of HealthConnect One

WHAT ARE THE OUTCOMES OF USING A DOULA?

The use of doulas during childbirth, and postpartum has been associated with better health outcomes from mothers and their infants. This includes:

1. *Increased breastfeeding rates*
2. *Fewer medical interventions*
3. *Increased maternal attachment*
4. *Greater child spacing/delay of subsequent pregnancy*
5. *More positive birth experience*
6. *Positive perceptions of their infants, support from others, and self-worth*
7. *Shorter length of labor*
8. *Lower c-section rate*
9. *Higher Apgar scores at 1 and 5 minutes*

These outcomes were found by the following research articles (listed alphabetically).

- Altfeld, S. (2003). The Chicago Doula Project Evaluation Final Report. The Ounce of Prevention Fund: Chicago, IL. (**Outcomes #1, 2, 3, 4**)
 - Barron, S.P., Lane, H.W., Hannan, T.E., Struempfer, B., & Williams, J.C. (1988). Factors influencing duration of breast feeding among low-income women. *Journal of the American Dietetic Association*, 88 (12), 1557-1561. (**Outcome #1**)
 - Campbell, D.A., Lake, M.A., Falk, M., Backstrand, J.R. (2006). Randomized Control Trial of Continuous Support in Labor by a Lay Doula. *Journal of Obstetric, Gynecologic, and Neonatal Nursing*, 34(4), 456-464. (**Outcomes # 7, 9**)
 - Campbell, D., Scott, K.D., Klaus, M.H., Falk, M. (2007). Female Relatives or Friends Trained as Labor Doulas: Outcomes at 6 to 8 Weeks Postpartum. *Birth*, 34(3), 220-227. (**Outcomes # 1, 5, 6**)
 - Gordon, N., Walton, D., McAdam, E., Deman, J., & Gallitero, G. (1999). Effects of providing hospital based doulas in health maintenance organization hospitals. *Obstetrics and Gynecology*, 93(3), 422-426. (**Outcomes #2, 5**)
 - Hodnett, E.D. & Osborn, R.W. (1989). A randomized trial of the effects of monitrice support during labor: Mothers' views two to four weeks postpartum. *Birth*, 16(4), 177-184. (**Outcomes #2, 5**)
-

-
- Hodnett, E.D., Gates, S., Hofmeyr, G.J., Sakala, C. (2007). Continuous support for women during childbirth (Review). *Cochrane Database of Systematic Reviews*, Issue 3. **(Outcomes #2, 5, 7, 8)**
 - Hofmeyr, G.J., Nikodem, V.C., Wolman, W.L., Chalmers, B.E., & Kramer, T. (1991). Companionship to modify the clinical birth environment: Effects on progress and perceptions of labour and breast feeding. *British Journal of Obstetrics and Gynaecology*, 98(8), 756-764. **(Outcomes #1, 2, 5)**
 - Kennell, J.H., Klaus, M.H., McGrath, S.K., Robertson, S.S., & Hinkley, C.W. (1991). Continuous emotional support during labor in a US hospital: a randomized controlled trial. *Journal of the American Medical Association*, 265(17), 2197-2201. **(Outcomes #2, 8)**
 - Klaus, M.H., Kennell, J.H., Robertson, S.S., & Sosa, R., (1986). Effects of social support during parturition on maternal and infant morbidity. *British Medical Journal*, 293 (6547), 585-587. **(Outcomes #2, 7, 8)**
 - Langer, A., Campero, L., Garcia, C., & Reynoso, S. (1998). Effects of psychosocial support during labour and childbirth on breastfeeding, medical interventions, and mothers' wellbeing in a Mexican public hospital: A randomized clinical trial. *British Journal of Obstetrics and Gynaecology*, 105(10), 1056-1063. **(Outcomes #1, 5, 7)**
 - McGrath, S.K., Kennell, J.H. (2008). A randomized controlled trial of continuous labor support for middle-class couples: effect on cesarean delivery rates. *Birth*, 35(2), 92-7. **(Outcomes #2, 5, 8)**
 - Mottl-Santiago, J., Walker C., Ewan, J., Vragovic, O., Winder, S., Stubblefield, P. (2008). A Hospital-Based Doula Program and Childbirth Outcomes in an Urban, Multicultural Setting. *Maternal and Child Health Journal*, 12(3), 72-377. **(Outcomes #1, 8)**
 - Nommsen-Rivers, L.A., Mastergeorge, A.M., Hansen, R.L., Cullum, A.S., Dewey, K.G. (2009). Doula Care, Early Breastfeeding Outcomes, and Breastfeeding Status at 6 Weeks Postpartum Among Low-Income Primiparae. *Journal of Obstetric, Gynecologic, and Neonatal Nursing*, 38(2), 157-73. **(Outcomes #1, 7)**
 - Scott, K.D., Berkowitz, G., & Klaus, M.H. (1999). A comparison of intermittent and continuous support during labor: a meta-analysis. *American Journal of Obstetrics and Gynecology*, 180(5), 1054-1059. **(Outcomes #2, 7, 8)**
 - Sosa, R., Kennell, J.H., Klaus, M.H., Robertson, S., & Urrutia, J. (1980). The effect of a supportive companion on perinatal problems, length of labor, and mother-infant interaction. *The New England Journal of Medicine*, 303(11), 597-600. **(Outcome #3)**
 - Zhang, J., Bernasko, J.W., Leybovich, E., Fahs, M., & Hatch, M.C. (1996). Continuous labor support from labor attendant for primiparous women: a meta-analysis. *Obstetrics and Gynecology*, 88(4), 739-744. **(Outcomes #2, 8)**
-