

# DOULA SUPPORT AT HACKENSACK MERIDIAN *HEALTH*

The Hackensack Meridian *Health* Network is pleased to support patients who wish to have a specially trained and/or certified doula present during their labor and postpartum care.

## 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 that includes:

- Provide massage and relaxation techniques
- Assist with breathing, relaxation, emotional encouragement, movement, and positioning, as well as all other on-site comfort care
- Support patients and partners in making informed decisions
- Support patients and infants during breastfeeding and skin-to-skin time
- 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 HACKENSACK MERIDIAN *HEALTH*

- All doulas will work collaboratively with the patient's plan of care, and the patient's physician, nurse and any other HMH hospital 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. An additional person may accompany the patient if all surgical team members agree.

**To view the full Hackensack Meridian *Health* Doula Policy, or for any questions, please call 848-888-4538 or email [HMHdoula@HMHN.org](mailto:HMHdoula@HMHN.org).**

Please be sure to indicate the hospital location where the patient is delivering.

Hackensack Meridian *Health* reserves the right to make changes to the policy at any time for the safety of the patient.