

Doula Guidelines

At Virtua, we welcome doulas and value their critical role in patient care and the birthing experience.

We are committed to working collaboratively with the support team that each patient chooses to ensure the best possible birth experience for both patients and their families. To help create a positive and seamless experience, we've outlined the following guidelines for doulas attending births at Virtua.

Doulas are recognized as part of the care team and may be present alongside the three support individuals chosen by the patient during their labor and birth.

- Triage Access: While the patient is being evaluated in triage, doulas are welcome to accompany the patient, along with one designated care partner.
- Cesarean Support: In the event of a cesarean section, the doula may accompany the patient in the operating room alongside the care partner to continue providing emotional and physical support.

To ensure a safe and respectful environment, we kindly ask that doulas follow these guidelines:

Doula support focuses on emotional, physical, and informational assistance during pregnancy, labor and birth, and postpartum.

- Medical tasks, such as taking vital signs, managing monitors, or assisting the mother in or out of bed, are for nurses and other medical staff. If a doula does assist with these tasks, it is done in collaboration with the medical care team.
- Decisions about medical care are made collaboratively between the patient and their chosen medical team. If the medical team requests a private discussion with the patient, we ask that doulas honor this request.
- Virtua strives to maintain a collaborative environment and requests that all members of the support team respect the expertise of the medical team, who have been selected by the patient to ensure a safe birth experience.

Note: Virtua may ask anyone to leave the patient care area or delivery room if deemed necessary.

We welcome feedback and questions. Please contact Virtua Doula Services at ecooper1@virtua.org

