

MIDWIVES OR DOULAS?



What are the differences? Why do I need one? How do I choose? Can I have both?

Did you know Midwives and Doulas have been managing and supporting women in labor and childbirth for decades? However, most of the public do not understand differences in role and range of services. Midwives certified by AMCB are regulated in all 50 states to medically manage low-risk pregnancy and childbirth, and care for essentially healthy women. Doulas are trained professionals, that may or may not be certified, who provide continuous physical, emotional and partner support in labor, birth and early postpartum. Both have decades of rigorous research demonstrating reduced cesarean and pre-term birth rates and high satisfaction by families.

MIDWIVES

DOULAS

Managing Labor Pain!



- Assess and manage with non pharmacologic methods
- Can order pharmacologic medication and epidurals
- Follow preferences

- Assist in non pharmacologic comfort measures
- Provide continuous support, bedside assistance and comfort measures one contraction at a time

What IS the difference?



- Provide routine prenatal care visits that focus on education and anticipatory guidance
- Encourage questions and informed decision making
- Oversee pregnancy, birth and postpartum period
- Refer to other health professionals as needed
- Work in team-based model in all settings

- Provide home visits before labor and after birth to familiarize, engage, and support family
- Augment education provided by health care provider and childbirth educators to assure family is aware of choices
- Works at discretion of family, independently, rather than an extension regulated by the health care team or professional state licensure requirements

Cost & Work Setting?



- Midwives are reimbursed by Medicaid and many commercial payers as global fee for services
- Practice in hospital, birth center, home, community clinics and in the military
- High satisfaction reported by families

- Doulas are typically reimbursed by family, called self-pay
- Some states are working on reimbursement for doula services
- Some charge fees based on hours of provided services
- Practice in all birth settings
- High satisfaction reported by families