

# Helpful Info for Doulas

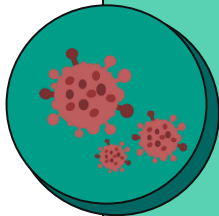
*Luminis Health values the essential role doulas play in supporting our patients, recognizing their profound impact on the childbirth experience. We are committed to supporting doulas as vital members of our team, providing the best possible care for our patients.*

## General Information



- For closest access to Clatanoff Pavilion, park in Garage C.
- All visitors, including doulas must check-in at the North Pavilion Information Desk.
- Bring a copy of your approval letter with you to the hospital and photo ID.
- For a tour, questions, or concerns please notify the RN or unit Charge RN
- There is a café and cafeteria on-campus. For food delivery, orders can be left at the North Pavilion Info desk. We ask you check with the patient's care team to verify any dietary restrictions.

## Safety & Infection Control



- Doulas are expected to follow the hospital's infection control policies and protocols.
- Infection control protocols are subject to change based on the most current CDC and state recommendations. Up-to-date info: [www.luminishealth.org/visitation](http://www.luminishealth.org/visitation)
- Please make sure to sanitize upon entry and exit to the patient's room.
- Refrain from entering/cross contaminating the sterile field.
- Items not permitted for use in the hospital include electronic diffusers, electrical fans, extension cords, or wax candles that have a flame when lit. Patients are welcome to bring flameless candles or battery-operated fans.

## Labor and Delivery



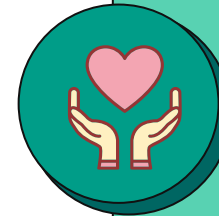
- At arrival, check-in with the Secretary to receive a green doula band.
- Team members may include Charge RN/Primary RN, OB Provider, Anesthesiologist, OB Hospitalist, Residents, RN students, and NICU NP & NICU Charge RN.
- Prior to any major positional changes, please check with the patient's care team.
- Doulas may remain with the patient and family in triage, during epidural placement, and in the Post-Anesthesia Care Unit (PACU)
- Only one support person is permitted to remain with the patient in the OR.

## Postpartum



- Introducing yourself upon arrival is the perfect time to discuss the patient's preferences and roles for a positive and safe postpartum experience.
- Any assistance with breastfeeding is greatly appreciated. Please write down any feedings and diapers on the log provided.
- If the patient is on magnesium, one support person must remain with them.
- Vaginal deliveries typically discharge in 24-48 hours and C-sections 3-4 days, depending on clinical status.

## Beyond Scope



- Administering medications, including herbal preparations to patient or newborn.
- Provide oxygen support, operate IV pumps, or perform cervical exams.
- Push with laboring patient without prior direction from clinical team.
- Remove or reposition fetal or uterine monitoring devices.
- Make medical decisions for the patient.
- Create a hostile environment between the patient and medical care team.