



Doula care guidelines

Doulas play an important role in supporting patients and families during labor. They are trained professionals who provide physical and emotional support before, during and after labor. It is important to note that doulas are not medical providers and are present only at the request of the patient or family.

At **CHRISTUS Health** in Alamogordo, we welcome doulas and ask that they follow our guidelines to help us maintain a safe and supportive environment.

During labor and delivery

A doula can:

- Support your physical comfort through touch, movement and positioning
- Provide emotional support by offering encouragement, reassurance and a steady support
- Share information, participate in certain care conversations and help you understand the labor and delivery process
- Advocate for you by encouraging communication with your medical team about your care

A doula cannot:

- Provide clinical or medical care, including assessments and exams (such as blood pressure or temperature checks, fetal heart tone monitoring, or vaginal examinations)
- Offer medical advice, diagnose conditions or give medications
- Document anything in your medical record
- Perform lab tests
- Make medical decisions for you
- Interfere with or attempt to influence any medical procedures performed by licensed healthcare providers
- Handle medical equipment
- Share private (confidential) information unless you have given permission
- Care for more than two patients at a time in labor and delivery
- Solicit clients while in the hospital

Your doula must wear their visitor ID at all times and respect patient privacy. By requesting their presence, you authorize CHRISTUS Health in Alamogordo to share protected health information in your doula's presence.

A doula may be asked to leave if they violate any guidelines, policies or procedures, or if your care team identifies any risk to health, safety or privacy. We are not responsible for the actions of doulas who are not hospital employees.

Questions?

If you have questions about what your doula may do or bring with them, please speak to your provider or call the hospital and ask to speak to someone from labor and delivery.

