



# Guidelines for Doula Care at Mount Sinai

At Mount Sinai, we welcome doulas and recognize the important role they play in supporting our patients and families during labor.

The health and safety of you and your baby will always be our top priority. All doulas must follow Mount Sinai guidelines to help us maintain a safe and supportive environment.

## 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.

**WE FIND A WAY**



A **doula** is a trained professional who provides physical and emotional support before, during, and after labor. Doulas are not medical providers. They are present only at the request of the patient or family.

### During labor and delivery, a doula can:

- Support your physical comfort through touch, movement, and positioning.
- Provide emotional support by offering encouragement, reassurance, and their presence.
- Share information, participate in certain care conversations, and help you understand the labor and delivery process.
- Encourage you to talk to your medical team about your care.

### During labor and delivery, a doula cannot:

- Provide clinical or medical care, including assessments and exams (for example, they may not take your blood pressure or temperature, or perform fetal heart tone checks or vaginal examinations).
- Offer medical advice, diagnose conditions, or give medications.
- Document anything in your medical record.
- Participate in or perform lab tests.
- Make medical decisions for you.
- Interfere with medical treatment of any kind.
- Handle medical equipment.
- Share private (confidential) information unless you have given your permission.
- Care for more than two patients at a time on labor and delivery.
- Solicit clients while in the hospital.

Your doula must always wear their visitor ID sticker or badge while in the hospital. They must respect patient privacy. By requesting your doula's presence, you agree to allow Mount Sinai to share protected health information in front of your doula.

Your doula will be asked to leave the hospital if they violate any of our guidelines, policies, or procedures, or if there is a risk to patient health, safety, or privacy as determined by your care team. Mount Sinai is not responsible for the actions of any doula who is not an employee of Mount Sinai.