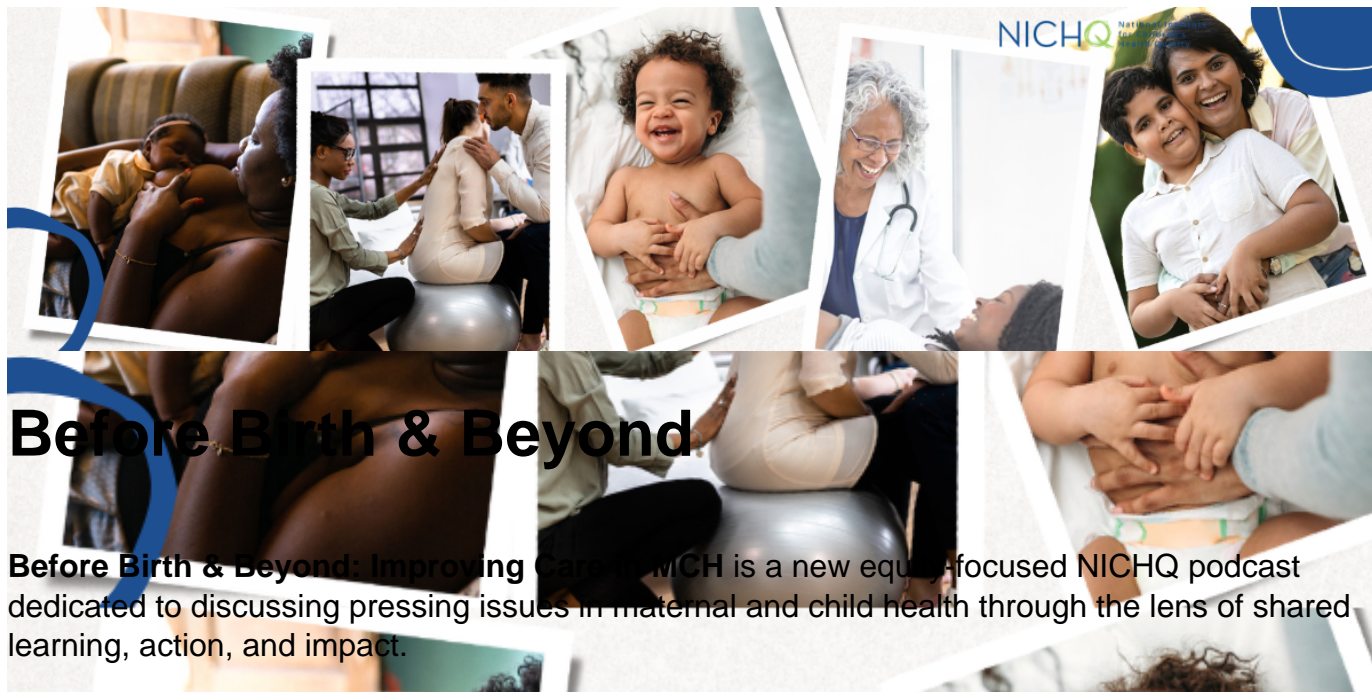


PODCAST EPISODE | S2. E2. Doula Services Improve Maternal and Birth Outcomes



Before Birth & Beyond

Before Birth & Beyond: Improving Care in MCH is a new equity-focused NICHQ podcast dedicated to discussing pressing issues in maternal and child health through the lens of shared learning, action, and impact.

Before Birth & Beyond: Improving Care in MCH

S2. E2: Doula Services Improve Maternal and Birth Outcomes

March 27, 2024 SEASON 2 EPISODE 2

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S2, E2 Show Notes

EPISODE 2 SUMMARY: In this episode of Before Birth & Beyond, celebrate World Doula Week with NICHQ as we discuss the ways doula support improves maternal and child health outcomes and patient and family engagement with LaToshia Rouse CD/PCD(DONA), owner of Birth Sisters Doula Services. Rouse currently serves as the Patient and Family Engagement Co-Chair of the National Network for Perinatal Quality Collaboratives Executive Committee and joined NICHQ's Board of Directors in March 2022.

Main Story: Doula Services Improve Maternal and Birth Outcomes

SEGMENT SUMMARY: Celebrate World Doula Week with NICHQ! [Studies examining the impact of continuous support by doulas](#) report significant reductions in cesarean births, instrumental vaginal births, need for oxytocin augmentation, and shortened durations of labor. In this episode of Before Birth & Beyond, we discuss the ways doula support improves maternal and child health outcomes and patient and family engagement.

TAKE ACTION: Join NICHQ in celebrating World Doula Week 2024.

RELATED LINKS:

- READ | [Doula Support Improves Maternal and Child Health Outcomes, Patient and Family Engagement](#)
- VIDEO ON DEMAND | [NICHQ's 3/27 Doula Webinar](#)

EQUITY: Join NICHQ for, "The Equity Exchange" Reproductive Justice + Black Feminism

SEGMENT SUMMARY: Join NICHQ for a virtual event in honor of Black Maternal Health Week 2024. The Equity Exchange, held on April 16 from 1-2 PM EDT, will focus on reproductive justice and Black feminism. This year's official theme "Our Bodies STILL Belong to Us: Reproductive Justice NOW!" focuses on widespread restrictions on abortion care access coupled with rising cases of criminalization due to pregnancy loss continue to widen the gaps of adverse maternal and birth outcomes in the U.S.

TAKE ACTION: Register for the upcoming [The Equity Exchange](#)

RELATED LINKS:

- Register for [NICHQ's Equity Engagement Hub](#)
- WATCH | [The Equity Exchange: The State of DEI + The Equity Systems Continuum](#)
- [Equity Systems Continuum Project](#)

Why I Work in MCH

This month, we're joined by Tatiana Egbuna, NICHQ Project Coordinator for the Supporting Healthy Start Performance Project, who shares how she utilizes her expertise with patient and family engagement, gained through her training as a certified doula, to better support grantees and project participants.

Learn more about Ana and the rest of NICHQ's team at <https://www.nichq.org/about/team>.