

Dial-a-Doula Program

The Dial-a-Doula Program connects individuals giving birth at the University of Michigan Von Voigtlander Women's Hospital with trained volunteer birth doulas.

Overview

In 2013, in collaboration with UM Nursing and Women's Studies students, UM Midwife and Professor, Lisa Kane Low started the Dial-a-Doula program. This hospital-based program fills gaps for families who desire a doula but do not have the resources or time to secure a doula prior to being admitted into Labor and Delivery. Ideally, families connect with a doula prenatally that can work with them throughout their entire maternity care experience.

★ *Thus, as a program, we do not provide full-scope doula services and we encourage you to explore partner organizations as a priority and reserve Dial-a-Doula's services as a safety-net.*

Dial-a-Doula strives to help pregnant people and families to:

1. Provide physical, emotional, and informational support
2. Increase access to quality health care services
3. Have the most satisfying birth experience

How clients request our services:

Any person admitted for labor or induction at the Von Voigtlander Women's Hospital may request a doula to work with during their labor and birth, free of charge. *All a client must do is ask their nurse for a doula!* Dial-a-Doula volunteers sign-up for 12-hour shifts and will arrive at the hospital within one hour of being called. While our services are not guaranteed, typically doulas are on-call 24/7.

What is a DOULA?

Doulas are trained community health workers that give continuous labor and birth support to pregnant people and their families. Doulas work with the maternity care team, but they do not provide any medical care. Some of the skills and services doulas provide include:

- Laboring position support
- Comfort measures such as massage, hydrotherapy support, and warm/cool compresses
- Support for partners, friends, and family
- Breastfeeding assistance
- Community resources and referrals

Our doula training requirements

1. Complete a DONA International approved birth doula training
2. Complete written application
3. Complete Michigan Medicine volunteer orientation
4. Complete Dial-a-Doula Orientation



70 Volunteers



7 Births/Month



3 Postpartum Visits/Month