

FIGO 2023

EVIDENCE FOR DOULA SUPPORT IN CHILDBIRTH



Step 4: Offer Continuous Support

[The International Childbirth Initiative: 12 Steps to Safe and Respectful MotherBaby-Family Maternity Care](#)

Inform the mother of the benefits of continuous support during labour and birth, and affirm her right to receive such support from companion(s) of her choice. Support during labour improves outcomes for women and newborns including: a more positive birthing experience, an increase in spontaneous vaginal birth, a shorter duration of labour, a decrease in the number of caesarean and instrumental vaginal births, less need for analgesics and a low 5-minute Apgar score. Such care appears to be most beneficial when given by a person who is present solely to provide support and is not a member of the woman's own network, is experienced in providing labour support, and has at least a modest amount of training (such as a doula).

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