

Community Outcomes and Responses to the Alamance Doula Program

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We surveyed 23 women who had a doula-attended delivery at Alamance Regional Medical Center.

100% of mothers reported their doula was beneficial to their experience, providing information, physical comfort, and courage.

33% said their doula helped support their partner.

47% felt their delivery was not what they envisioned, but their doula gave them confidence.

Survey Quotes

"My doula was exceptional. She listened, didn't allow me to give up, and gave me the experience I wanted."

"It was great having a person there who was solely focused on me and what I needed."

"She helped [my partner] to stay calm and be more confident about fatherhood"

"Doulas should be offered to every pregnant mother, period."

Doulas are trained to offer physical and emotional support before, during, and after child birth. They are proven to improve health outcomes for both mother and baby and overcome maternal and child health disparities (Gruber et al., 2013).