



ADVANCING INTEGRATED HEALTHCARE
MomsPRN

Session Topic: Engaging with Doulas-Empowering Birthing People

Facilitator:

Faculty Presenter(s): Quatia Osorio BSBA, BS-HSM, SPM, CCHW, CLC, MCHS, CPE, CHC

Case Presenter(s): Nicole Siegert, MD and Jennifer Fichter-Kloczkowski

Date & Time: February 18, 2025, noon-1PM

PLEASE NOTE: Project ECHO case consultations do not create or otherwise establish a provider-patient relationship between any clinician and any patient whose case is being presented in a project ECHO setting

Care Transformation Collaborative of RI

Agenda

Time	Topic	Presenter
12:00 – 12:05 PM	Welcome & Faculty Introduction	Marybeth Sutter, MD
12:05 – 12:25PM	Didactic:	Quatia Osorio BSBA, BS-HSM, SPM, CCHW, CLC, MCHS, CPE, CHC
12:25 – 12:40PM	Case Presentation	Nicole Siegert, MD and Jennifer Fichter-Kloczkowski
12:40 – 12:55PM	Q&A and Discussion	Marybeth Sutter, MD
12:55 – 1:00PM	Wrap up; Evaluation; Announcements	Susanne Campbell, CTC-RI



Welcome

Please note that the didactic portion of an ECHO session will be recorded for educational and quality improvement. The case presentation portion of an ECHO session will never be recorded.

Remember to never disclose protected health information (PHI), verbally or in writing, to preserve patient confidentiality.

We are participating in an open and welcoming learning environment. Thank you for generously sharing your knowledge and experience so that all can benefit from it!

Video Meeting Etiquette



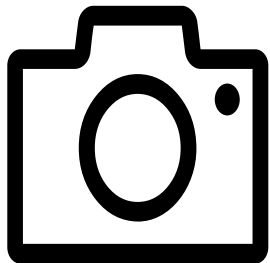
Mute your microphone when not talking.



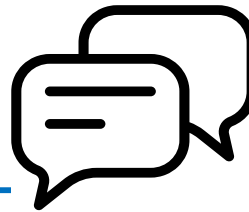
Limit distractions as best as possible.



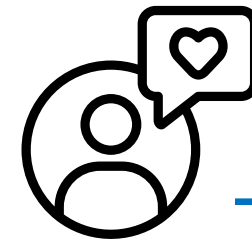
Use reactions & the raise hand feature.



Engage and turn your camera on if you are able.



Use the chat to ask introduce yourself, ask questions and share resources.



Engage - ask questions, offer feedback, provide support.

Faculty Introduction

Quatia Osorio BSBA, BS HSM, SPM, CCHW, CLC, MCHS, CMCHW, CPE, CHC Doula is a Rhode Island native state born and raised. A Mother of 5, married for 14 years. Currently, she is enrolled at the National School of Midwifery and precepting at Agroterra Midwifery to become a Licensed Midwife.

When she is not providing care, training professionals, presenting, building systems of equity, or hosting conferences, or workshops you can find her working in one of her two USDA-registered urban farmers, growing food for the community.



Disclosures

Session presenters have no financial relationships with a commercial entity producing healthcare-related products used on or by patients.

If CME credits are offered, all relevant financial relationships of those on the session planning committee have been disclosed and, if necessary, mitigated.

Learning Objectives

- Learn about community based perinatal supports and pediatric/family medicine/prenatal providers in community
- Learn how to quickly and efficiently connect your client to resources from community-based providers
- Learn the different ways to develop a referral system to connect families to community-based providers

What Is a Doula?

- Doulas are trained perinatal care professionals who work directly for pregnant, birthing, and postpartum people and their families.
- Doulas provide informational, physical, emotional and advocacy support for pregnant people and their families.
- Certified Perinatal Doulas (CPD) are insurance covered independent community based private practitioners who provide full spectrum doula support to families. Many of these CPDS have advanced training that may included lactation, childbirth education, miscarriage/loss/abortion, and newborn care specialist training. - rhodeislandbirth.com

Certified Perinatal Doula

- Certified Perinatal Doulas (CPDs) are regulated by the Rhode Island Certification Board
- Certified Perinatal Doulas are authorized for insurance reimbursement for RI based Medicaid and Commercial insurance coverage
- Certified Perinatal Doula are independent practitioners and entrepreneurs (**146 Registered CPDs**)

Data on Benefits of using Doulas...

- Increase in spontaneous vaginal births
- Reduction in cesarean birth which decreases costs.
- Reduction in need of analgesia/anesthesia for pain
- Reduction in use of epidural anesthesia
- Reduction in vacuum- or forceps-assisted vaginal birth
- Reduction in length of labor
- Reduction in low Apgar scores.
- Reduction in negative/trauma childbirth experiences

What Is NOT a Doula?

- **Community Health Worker.** Community Health Workers are trained through core competency and specialized training. They function in a variety of roles in case management and community settings, from hospitals to housing agencies to social service organizations. - CHWARI
- **Midwife.** Midwives (LM, CNM, CM) are licensed clinical healthcare providers who is trained to provide obstetric and gynecological services, including primary care, prenatal and obstetric care, and routine gynecological care like annual exams, well woman care and family planning. Providers of low to mid level uncomplicated Ob/Gyn care.

Where Can I Find Doulas?

- **Urban Perinatal Education Center (Doula Hotline):** The mission of the Urban Perinatal Education Center is to create a space for perinatal equity through three lenses: culturally congruent care and community, supporting equity in care, and building a workforce for change.
- **RI Birth Worker Cooperative:** A member owned corporation of doulas who accept insurance in Rhode Island.
- **Doulas of Rhode Island:** Founded in 2011, Doulas of Rhode Island or DoRI is the business industry association for all doulas, including Certified Perinatal Doulas.

Community Care Coordination

- Local hotline for direct referral connection provides opportunity for a network of doulas to respond based on availability, cultural match, and consented selection. **(1-833-RI-DOULA)**
 - <https://urbanperinatal.org/doula-referral-request>
- Engagement with local referral systems that were automated for streamline processes and systems integration. **(2-1-1, UniteUs, Mahee, UPEC Fax Integrated into EMR/EHR)**
- Doulas of Rhode Island, Urban Perinatal Education Center, Doulas Conectadas, RI Birth Worker Cooperative, RhodeIslandBirth.com

Connecting with Doulas

- Attending community events and happenings (Facebook Events/EventBrite/Newsletter)
- Initiating “Getting to Know” meeting (Email/Call)
 - Coffee and Chat
 - Greeting and information exchange on-site
- Sponsoring Efforts or Supporting through Volunteerism
 - Grand rounds
 - Community Engagement Day

Collaboration & reciprocity

- Time, Trust, and Honesty
- Reciprocity beyond exposure (unless indicated)
- The “doula” tag doesn’t equate to doula leadership or community agreement
- Building relationships promotes opportunities for invitations of mutual authentic collaboration, which benefits public health and population
 - Don’t engage with doulas just for research projects/funding
 - Subject matter expertise from community provider doulas includes fair and equitable compensation
 - Review your boiler plate legal documents

Challenges

- Care Coverage
 - Not overnight support
 - Limited newborn/infant care (NCS)
- Coverage
 - RI based insurance coverage (not out of state)
 - Limited RI commercial coverages
- Unconscious bias
 - Intimidation/threatened
 - Assumed authority/assumptions
 - Personal trauma/
- Assume good intent

Resources

- RhodeIslandBirth.Com
 - <https://rhodeislandbirth.com/doulahome>
- Urban Perinatal Education Center
 - <https://urbanperinatal.org/downloadables>
- RI Doula Campaign Video
 - <https://www.youtube.com/watch?v=ZkgiE2juals>



ADVANCING INTEGRATED HEALTHCARE

Case Presentation

Nicole Siegert, MD

Assistant Professor of Family Medicine

The Warren Alpert School of Brown University, Providence, RI

Care Transformation Collaborative of RI

Stop Recording

Case

35 y/o pregnant patient at term

- High risk pregnancy
- Abdominal surgery in third trimester, two prior cesarean sections, no prior vaginal birth, non-English speaking, very limited resources (no cell phone access) and social support
- Passive suicidal ideation in the week prior to delivery
- Desires vaginal birth
- Arrives at WIH with spontaneous contraction

Case- continued

- Patient has trouble coping with pain and desires cesarean section
- With doula support changes her mind and wants to try for vaginal delivery
- Doula present at bedside throughout
- Patient achieves vaginal birth
- Mother and baby in stable condition
- Doula provides ongoing support postpartum

Case- Provider perspectives and comments regarding doula care

- “The doula brought everybody in the room together and was engaged with the team”
- “Created good energy in the room”
- “She was really cradling the patient”
- “Patient declined interpreter with doula at bedside”
- “Doula made sure that patient knew what was going on at all times”
- “A true support and advocate for the patient”

Case- Provider perspectives and comments regarding doula care

- “Was very persistent that the patient was heard”
- “That her pain was accounted for”
- “Really helped explain the risks of cesarean section vs vaginal birth to the patient”
- “Reorienting us to the patient”

Patient perspective on doula care

- Thank you to our volunteer!

Questions? And Contact information

- **Didactic:**

Quatia Osorio BSBA, BS-HSM, SPM, CCHW, CLC, MCHS, CPE, CHC
info@urbanperinatal.org

- **Case Presentation:**

Nicole Siegert, MD

Assistant Professor of Family Medicine

The Warren Alpert School of Brown University, Providence, RI

nicole.siegert1@gmail.com

Evaluation & CME



- Please provide us your feedback!
- Evaluation/Credit Request Form :
<https://www.surveymonkey.com/r/MomsPRNECHOeval>
- Anyone requesting CME credits or SW CEU credits, or a certificate of participation must fill out the evaluation.
- All participants that signed up to be “full” participants, must complete the evaluation to be counted for attendance.
- Certificates will be emailed ~30 days from today’s ECHO[®] session.

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Application for SW CEU credit has been filed with the NASW RI Chapter. Determination of credit is pending.

Announcements & Reminders



Recording, Presentation & Evaluation link	Will be emailed today
Certificates of Participation:	January CME Certs will go out this week February CME Certs will go out next month
Next Session Date:	March 18, 2025, noon-1PM
Topic:	DCYF
Presenter:	Ashley Deckert, MSW, MA, Director & Stevens Robillard

THANK YOU!