

What is a Professional Labour Assistant?

- She was friend, my strength, my shield, my teacher, and, most of all, my anchor in a sea of confusion, pain, and fatigue.



Gentle Guide

- She was to me what a lighthouse is to a ship- a gentle guide showing me my destination and helping me to avoid unnecessary hazards

Two Types of Professional Labor Assistants

- Doula
- Montrice

Doula

- provides continuous emotional and physical support during labour and birth

Montrice

- provides continuous emotional and physical support during labour and birth
- provides clinical skills to assess fetal and maternal well being

Advantages of using a Professional Labour Assistant

Benefits of having a professional labour support person: reduction in labour time (25%), less pain medication (30%) and epidurals (60%) requested, decreased chances of cesarean section (50%), reduced use of forceps or vacuum extraction (30%), decreased use of artificial oxytocin to speed labour (40%), mothers feel more in control and less anxious, increased chances of successful breastfeeding, greater satisfaction with childbirth, resulting in a more positive birth experience and reduced incidence of postpartum depression.

The dilemma of the L&D nurse

- Often those of us that work as labor & delivery nurses don't have the privilege to continually support the laboring woman

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Mothering the Mother, M. Klaus MD, P. Klaus, and Kennel MD