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**September 2020 Learning Institute Breakout Session Notes**

**Session Title**: Midwives and Doulas: An Essential Part of the Maternity Care Team

**Session Number**: 2D

**Main session takeaways (no more than 5)**

1. Statistics show that midwives provide high quality care and excellent outcomes
   * Lower rate of labor induction & augmentation
   * Significant reduction in the incidence of 3rd and 4th degree perineal tears
   * Lower use of regional anesthesia
   * Lower the national average rate for episiotomy
   * Lower the national average rate for primary cesarean
   * Higher than the national average rate for breastfeeding initiation
   * Fewer technological and invasive interventions
2. Doulas
   * Provide emotional, informational and physical support before, during and after birth for childbearing women and their partners
   * Evidence: those that receive continuous labor support were more likely to have spontaneous vaginal birth and less likely to have an epidural, vacuum or forceps assistance or a cesarean. AGOC position papers in 2014 & 2017 support the use of doulas & outcomes of birthing women.
3. Intersection of doulas and midwives – both are professionals working together to make sure that families are fully supported
4. Midwifery care reduces health care costs by appropriate use of expensive technology and reducing cesarean rates. Cost saving for doulas saves cost by decreasing cesareans, repeat cesareans, epidurals, complications and chronic conditions while increasing breastfeeding.