

PREGNANCY, BIRTH  & BREASTFEEDING

HARAMBEE
VILLAGE *Douglas*

FOUNDER & CEO

TIA MURRAY

BS, CLC, CD(DONA)



Tia Murray, BS, CLC, CD(DONA), a mother of five beautiful children, was born and raised in Madison, Wisconsin and always dreamed of giving back to her community. She is a certified Birth Doula, through DONA (Doulas of North America International) and a certified lactation counselor. Mrs. Murray is also a PhD student at the University's School of Human Ecology, studying the intersections of Reproductive Justice and Human Development and Family Studies.

Tia has passionately worked with women, children and families in multiple capacities throughout her professional career. Her work has focused heavily on social justice, reproductive justice, access to culturally-inclusive maternal and child health care, and the promotion of community-based intervention and prevention programming. She strongly believes that it is crucial to meet families where they are at, to be curious and inclusive, and to provide culturally and socially inclusive support services.



COMMUNITY CARE FOR ALL PREGNANCY EXPERIENCES

HARAMBEE VILLAGE

Collective of birth professionals
who support underrepresented
women and families through both
birthing services and community
advocacy

Structure: For profit

Founded: 2014

Location: Dane County, WI



Black Infant Mortality
2-3x higher

Black Maternal Mortality
5x higher



What do we do?

Low to no cost doula services

Training and hiring of doulas

Policy & systems change





**Trained 50+
doulas**

**Served 2000+
families**

**Families of
Color**

**Medicaid
Eligible**

Outcomes at the Village

Babies born at later gestational ages

No incidences of Maternal Mortality

~%100 Breastfeeding initiation rate

~80% Breastfeeding rate at hospital discharge





WHAT DO DOULAS DO?

What is a Doula?

Mainstream definition:

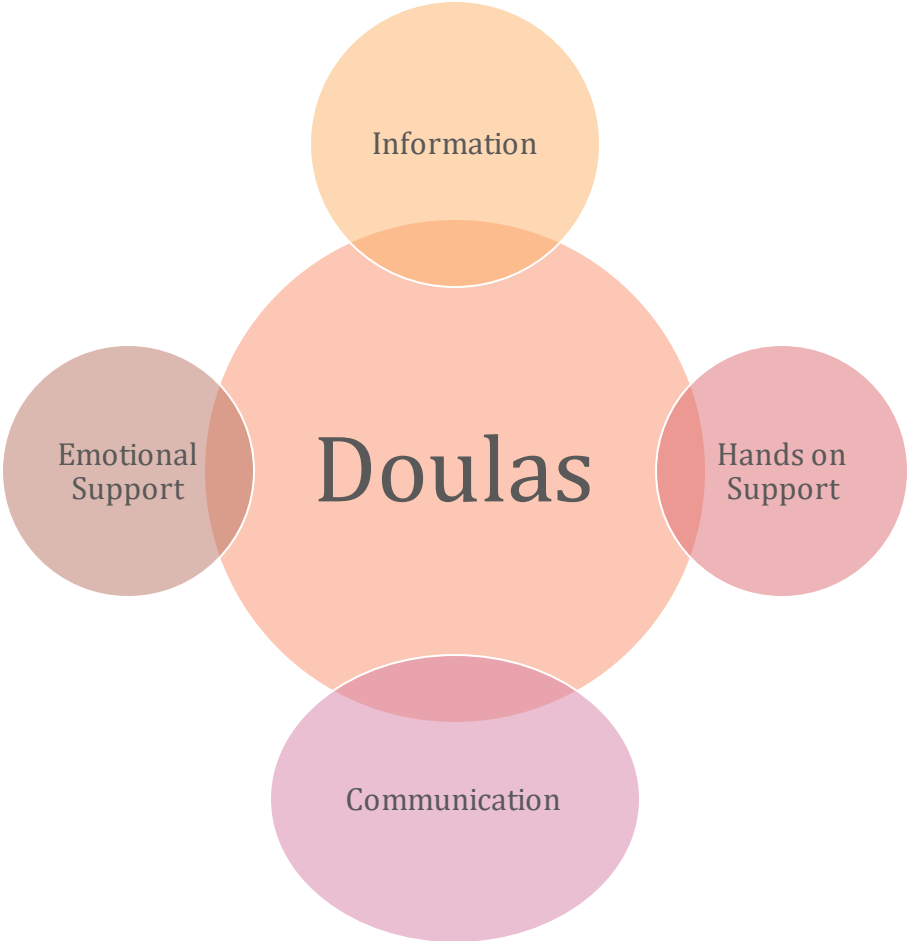
A Doula is a trained perinatal health professional that provides social, emotional, evidence-based, informational and physical support to birthing people during pregnancy, childbirth and the postpartum period



History of the “Doula” (Labor Support Person)



Doula Scope of Work



Doula Scope of Work

Non-Clinical

Support

Health Related Social Needs

Community Based

Home Visitation/Telehealth

Support Groups

Accompany families to clinical visits

Continuous Support- childbirth/labor

Prenatal-Birth-Postpartum-Lactation-Parenting

Advocacy



Doula Studies



Thomas et al. (2017):

lower rates of preterm birth (6.3 vs. 12.4%
 $p < 0.001$)

Lower rates of low birth-weight (6.5 vs. 11.1%,
 $p = 0.001$)

Gruber et al. (2008):

4 times less likely to have a low birth weight
(LBW) baby,

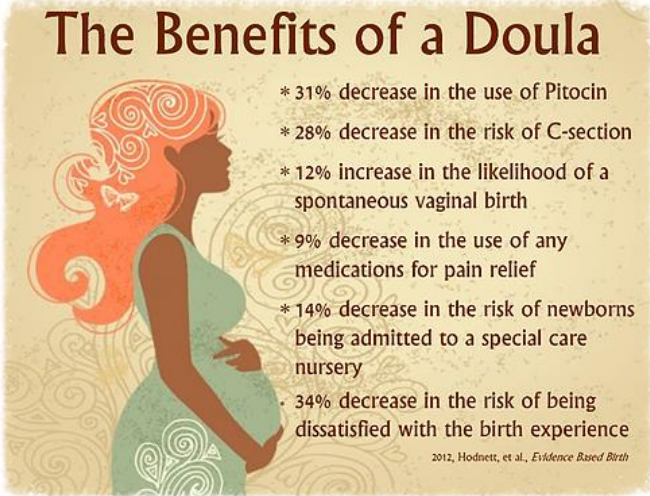
2 times less likely to experience a birth
complication, significantly more likely to initiate
breastfeeding

Doula Studies

Hodnett et al. (2012):

Meta analysis of 14 RCT documented numerous positive benefits of the use of doulas

Enhanced maternal & neonatal outcomes, increased psychosocial benefits, health care cost savings, increased patient satisfaction



The Benefits of a Doula

- * 31% decrease in the use of Pitocin
- * 28% decrease in the risk of C-section
- * 12% increase in the likelihood of a spontaneous vaginal birth
- * 9% decrease in the use of any medications for pain relief
- * 14% decrease in the risk of newborns being admitted to a special care nursery
- * 34% decrease in the risk of being dissatisfied with the birth experience

2012, Hodnett, et al., Evidence Based Birth

Community Based Doula Work

Support and resources beyond just birth

Consider influences of race, culture and similar life experiences

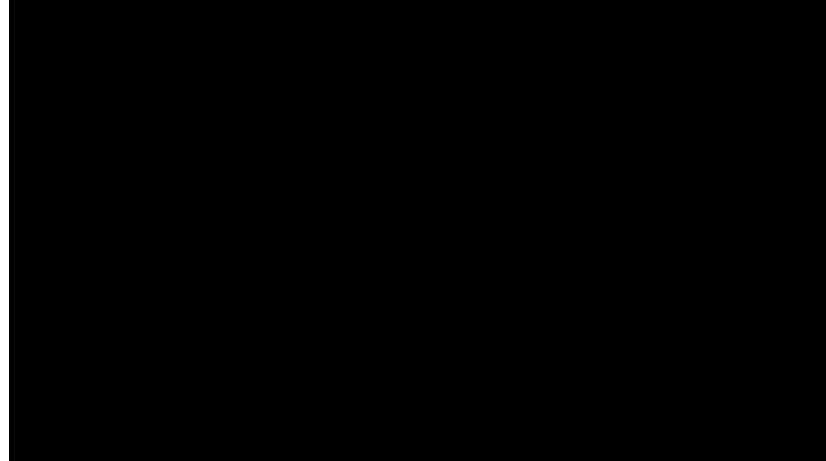
Recognize/witness to institutional biases within healthcare system and attempt to mediate effect on birthing person

Reproductive Justice as a praxis

Policy & Systems Change

Link for video above:

<http://drive.google.com/file/d/1gMbTs6llw58Tkra7D3W1pyBljQcI7CTO/view>







Key Takeaways

Doulas are NOT the silver bullet- It takes a Village!

Doula supported pregnancies-produce better outcomes

Imperative to have collective understanding of WHAT doulas do

Navigating relationships among care team/respecting roles & scopes of work

Help facilitate communication with providers

Creating opportunities for patients to feel confident advocating



THANK YOU!

Tia L Murray

Founder & CEO, Harambee Village Doulas

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