

UCSF Labor and Delivery exception policies For Doulas and Labor support personnel

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As of July 2020, Doulas are welcomed back to the UCSF Birth Center. Doulas or labor support persons are considered to be an **essential part of the medical care team** and should be allowed to accompany a pregnant individual and their family during their labor and delivery experience.

The UCSF Birth Center Doula policies listed below were created to maintain a healthy and safe environment for our patients, healthcare workers and our doula community members.

- ◇ Doulas will be required to pass the hospital-mandated health screens upon entry to the hospital. If a doula develops symptoms while in the hospital, they will be asked to leave as per usual COVID-19 hospital policy.
- ◇ A Doula is defined as anyone who the patient deems can provide them with continuous or extra support as part of their labor and birthing experience. No credentialing or license is required.
- ◇ Doulas will be required to wear a hospital-provided mask at all times. They will follow PPE guidelines as designated by L&D policies.
- ◇ Doulas will be restricted to the patients' rooms and will not use shared spaces such as waiting rooms and the pantry.
- ◇ Doulas can switch with each other every 12 hours while their patients are in labor.
- ◇ Doulas can enter the unit whenever their patient needs them; at any phase or stage of labor (as long as the patient is admitted to their labor room/antepartum room). Doulas are restricted from entering L&D triage/OB ED.
- ◇ There can only be ONE support person (doula or partner/visitor) in the operating room at any time.
- ◇ There can be only one visitor/support person in the postpartum unit at any given time. Doulas can be included in postpartum visitation as per the usual "one-visitor" policy which rotates every 24 hours.
- ◇ The UCSF Labor and Delivery Doula policy is subject to change depending on the status of the COVID-19 pandemic and UCSF hospital rules and policies.