

Resolution 5

TOPIC: **IN SUPPORT OF INCREASED NURSING EDUCATION RELATED TO THE POSITIVE IMPACTS OF DOULA CARE**

SUBMITTED BY: **Student Nurses At Penn (University of Pennsylvania) Philadelphia, PA**

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WHEREAS, doulas work alongside nurses and nurse midwives to provide “continuous emotional support, reassurance, and comfort throughout childbirth” which can allow the birthing person to have a more positive birth experience; and

WHEREAS, continuous individualized emotional support of the birthing person during labor, such as by a doula, is associated with less cesarean births, newborns with low Apgar scores, use of analgesia, and operative deliveries, as well as a shortened duration of labor and fewer reports of dissatisfaction by the birthing person; and

WHEREAS, in Alabama, birth outcome disparities improved with doula support including reduced rates of epidurals and caesarean sections in communities of low-resource birthing people; and

WHEREAS, having a doula from your own cultural background can increase comfort, trust, and emotional understanding during birth, as well as “address representation in the field of birth work and cultural safety in birth experience”; and

WHEREAS, issues of interprofessional tension and conflict can result between nurses and doulas, which may be due to a lack of knowledge by nurses of the doula’s role and scope of practice; and

WHEREAS, The Birth Companion program at Johns Hopkins University found that nursing student doula support of birthing persons of low socioeconomic status and in vulnerable populations had a cesarean rate of 5.1% lower than the national average; and

WHEREAS, Accelerated BSN students at Duke University School of Nursing received doula training through Doulas of North America and reported that they felt greater "self-confidence and satisfaction" while caring for birthing people; therefore, be it

RESOLVED, that the National Student Nurses’ Association (NSNA) advocate for increased nursing education about the role of the doula and the benefits of doula care; and be it further

RESOLVED, that the NSNA impress upon its constituents the importance of collaboration between nurses and doulas; and be it further

RESOLVED, that the NSNA publish an article in *Imprint* emphasizing the need for nursing students to receive education about the role of doulas, if feasible; and be it further

RESOLVED, that the NSNA send a copy of this resolution to the American Nurses Association, National League for Nursing, American Association of Colleges of Nursing, Organization for Associate Degree Nursing, American College of Nurse Midwives, Child and Postpartum Professionals Association, and all others deemed appropriate by the NSNA Board of Directors.