

Volunteer Doula Program FAQs

What are the requirements to participate in the program? We ask that all volunteer doulas:

- ✓ Have completed a certified Doula Training program, OR have two years of experience serving as a doula.
- ✓ Attend an orientation at Mission prior to starting.
- ✓ Complete the "On-boarding process" asked of all volunteers at Mission Hospital.
- ✓ Commit to volunteering for at least six months.
- ✓ Volunteer for a minimum of 24 hours per month, which can be done as one 24 hour shift or can be fulfilled with two 12 hour shifts (a day shift 8am-8pm and a night shift 8pm-8am).
- ✓ Attend at least two doula meetings each year (held quarterly).
- ✓ Be within 30 minutes of Mission Hospital during their shift.

How does the call schedule work?

Our goal is to have one doula available at any given time. When a laboring woman requests a volunteer doula, the scheduled doula will be contacted by a Mission Hospital nurse and is expected to arrive within 30 minutes. One hour prior to the end of the shift the next doula will be called.

Do I need to be on-site at Mission for the duration of my shift?

No! You just need to be within a 30 minute radius of Mission Hospital during your shift.

Will I have to pay for parking during my volunteer shifts?

No! You will receive badge parking access.

Will I need to pay for meals?

No! One meal will be expensed during your shift.

What kinds of patients will I serve as a volunteer doula at Mission?

All kinds! Volunteer doulas may be called for women pursuing an unmedicated birth in the midwifery birth center suites, in labor with an epidural, or undergoing an induction. You may be working with midwives or physicians. Should a cesarean be necessary, doulas will be encouraged to attend the birth in the OR.

What's the dress code when I serve as a volunteer doula?

You will be provided with a shirt when you start in the volunteer doula program. Doulas will be required to wear black pants and close toed shoes when serving as a volunteer doula.

What are the perks of being a volunteer doula?

- ✓ Doulas are gifted a welcome bag with usual doula supplies (rebozos, fans, heat pads, etc).

- ✓ You will be promoted on the Mission Hospital website (photo and bio) as a “Preferred Doula Partner.” Families interested in hiring a private doula will be directed to this website.
- ✓ Potential advertising of your private doula services on social media and/or mailings.
- ✓ An opportunity to get to know nurses, midwives, and physicians at Mission.

Why is Mission Hospital starting a volunteer doula program?

Mission Hospital is committed to enhancing birth options for women in Orange County. We recently opened the midwifery birth center suites for women who are desirous of an unmedicated birth with a midwife. We have aromatherapy and sound bars in all rooms to enable a more comfortable and intimate laboring experiencing. We now have nitrous oxide available as an additional option for pain relief, and will have tubs for hydrotherapy available in the next few weeks.

The benefits of doulas are supported by evidence, and women in our community are increasingly asking for doulas. Offering a volunteer doula program is yet another way to enable women to have safe and empowering birth experiences.

How do I become a volunteer doula program?

If you have further questions, we invite you to attend an information session. If you are ready to commit to the program, please contact Sue Bovee (email: sue.bovee@stjoe.org) to get started. You will need to complete all requirements expected of Mission Hospital volunteers:

- Background Check
- Physical, drug, alcohol screening
- Vaccination verification
- TB and flu shot up to date
- Hospital Orientation 6 hours
- Birth Center Orientation 2 hours