

# Labor Support Best Practices

Empowering Hospitals to Improve Birth



Create policies around acceptance of doulas in the hospital setting and on the patient's team.



Write or review policies on the unit for Electronic Fetal Monitoring and Intermittent Auscultation that include appropriate patients.



Have resources available and connect patients to resources about childbirth education.



Enable labor support education for the hospital staff, including Spinning Babies and CPCQC Labor Support Workshop.

Discuss policies about contingency and on-call staffing.

Plan for appropriate numbers of nurses to provide direct labor support.



Write and review policies that permit patients to have support persons in their room.  
Allow for support persons to be around for 24 hours.



Educate staff around trauma-informed support and continuously work on this practice.



Allow for freedom of movement of the patient. Embrace delivering a baby in different positions comfortable for the patient.