

Studies

Studies have shown that attending to women's emotional and physical needs during childbirth, not only contributes to women's satisfaction and self-confidence, but is also associated with improved birth outcomes and less need for medical interventions.

A national survey indicated that over 50% of US hospital obstetrics units are short-staffed. The Medical Leadership Council stated that the inability to provide continuous coverage to laboring women could increase the chance of a cesarean birth. Women who are accompanied by Doulas in childbirth are more satisfied with their birth experiences. They feel more confident, are more likely to interact closely with their infants and less likely to have postpartum depression. Mothers who are cared for by labor Doulas are much more likely to initiate and continue breastfeeding and fewer newborns have complications.

Hospitals who already have Doula programs have seen the increased benefit of women's satisfaction with more personalized care in labor and postpartum and a reduction in their costs for obstetrical care.

Eleven studies showed the following effects of Doula support:

- labors are shorter.
- there are fewer complications.
- cesarean rates are reduced.
- there is less need for oxytocin to speed up labor.
- use of forceps is reduced, women request less pain medication and epidurals.
- The effects on the mother is greater satisfaction with childbirth, more positive assessments of their babies, less postpartum depression.

About Your Doula

Roxanne Cortese has been in private practice for over 16 years as a Holisitc Practitioner providing services in the area of Hypnosis, Massage, Reiki and Reflexology.

She has been teaching and helping clients to use hypnosis for achieving natural childbirth by using Hypno-birthing.

In 2002 she decided to educate herself about becoming a Doula and took the required training to enhance the area of childbirth into her practice feeling it allowed her to create a full range of services for an expectant mother and baby.

She also has over 20 years of medical background, 8 of those years being in OB/GYN.

Roxanne conducts many seminars in the areas of motivation, stress reduction, fears/phobias, smoking cessation, weight reduction, and sports enhancement. She has also been a frequent guest speaker on local Cable TV and local radio stations on the subject of Holistic Health Care.

She is also the author of 3 books, Parenting the Parent of an ADD/ADHD Child, Medical/Legal Handbook for Hypnotherapists and A 21 Day Stop Smoking Program.

Roxanne has a sincere passion to help her clients to find the strengths that are within themselves to achieve their goals and success, what ever they may be.

It all starts with just a thought

A Baby's Magical Journey



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A Birth Doula

- Recognizes childbirth as a key life experience that the mother will remember for all of her life.
- Understands the physiology of birth and the emotional needs of a woman in labor.
- Assists a woman and her partner in preparing for and carrying out their plans for their birth.
- Stays by the side of the woman throughout the entire labor.
- Provides emotional support, physical comfort, an objective viewpoint, positive encouragement, as well as helping the woman get information she needs to make informed decisions.
- Facilitates communication between the laboring woman, her partner, and clinical care givers.
- Sees her role as nurturing and protecting the woman's memory of the birth experience.
- Helps to give comfort advice, enhance relaxation with meditation, massage, keeping the room calm by lowering lights and playing soothing music, some massage.
- Will accompany the mother on walks, taking showers, stretching on exercise ball and helping the body to prepare for the birth of her baby.

What Is A DOULA?

In this era of high-tech childbirth, an age-old concept is quickly re-emerging: having a Doula present to help the woman and her partner throughout labor and birth. The presence of a Doula has greatly improved obstetrical outcomes in many ways.

The word "Doula" comes from an ancient Greek word and refers to a trained and experienced woman who provides continuous physical, emotional, and informational support to a woman before, during, and immediately following childbirth. With a Doula, a woman is never left alone during labor and birth. Nurse's leave to tend to other mothers and you could be left alone for hours as you are progressing.

The benefit of having a Doula's support in labor has been recognized by the World Health Organization, the Society of Obstetricians and Gynecologists of Canada, the Institute for Health Care Improvement (Boston) and the Medical Leadership Council, an organization of 1200 US hospitals.

The Doula's encouragement, reassurance, and practical knowledge of comfort measures and labor enhancing techniques can decrease pain and anxiety for the laboring mother. The Doula works together with the family, Doctor, Midwife and Medical Staff to meet the individual needs of her client and her family. Fathers present in labor appreciate the guidance and assistance of Doulas.

Doulas have received national attention in the New York Times, on CNN, Good Morning America, Parent Magazine, TLC, (the learning channel cable TV,) in major newspaper articles and the Today Show.

After You Choose Your Doula

You will meet with your Doula at approximately 32 weeks gestation or earlier in pregnancy depending on what birth choice you prefer. She will mail a packet for the birth parents to fill out with questions. You will mail her back the packet so she will be prepared with your answers. Most of the time she will come to your home to meet with you and your husband, significant other, friend or family member who will be with you as your birth partner. This is approximately one and a half hours long for the appointment and interview.

This is considered your first pre-natal visit to access what will most help you and to begin on developing a friendly and bonding relationship. These questions pertain to previous births, your fears and concerns, your belief systems, your disappointments from a previous birth, what you would like to happen differently, and answering questions like, "do you like touch/massage,? what things can I say to make you feel less stressed? where is your safety place? and many more things that can help the Doula make things comfortable and safe for you. Your answers help her to tailor her role to best fit your needs and to make recommendations to increase the likelihood of a safe, positive birth experience.

Roxanne has several options to choose from to fulfill your childbirth plans. She is available for 2 or more visits, can teach pain management through hypnosis, give pregnancy massages for relaxation, teach how to use a birthing ball and how to prepare in a natural way to receive your child into the world.