

## **DOULA PACKAGE – Services, Limits and fees**

### **Letter of Agreement Describing Doula Labour Support Services, Limits and fees**

#### **What do I do as your doula?**

As a doula, I accompany women in labour to help ensure a safe and satisfying birth experience. I draw on my knowledge and experience as a doula and mother to provide emotional comfort and, as needed, communication with other caregivers to make sure that you have the information you need to make informed decisions as they arise in labour. I can provide reassurance and perspective to you and your partner by making suggestions for labour progress, and help with relaxation, massage, positioning and other techniques for comfort. I am independent and self-employed. As your doula, I am working for you, not your caregiver or hospital.

#### **Choosing a doula**

I prefer to meet with you and your partner at least once before labour to become acquainted, to explore and discuss your priorities and any fears or concerns, and to plan how we might best work together. The first meeting does not obligate you to use my services and we can discuss my fees at that time. Prior to the birth I would like to become familiar with Birth Plan or wishes, including your preferences regarding labour management options and the use of pain medication. I also want to learn about your own best ways of coping with pain and fatigue and how you and your partner foresee working together.

I will also inform you of times when I am not available for labour support. To cover those times, I will arrange one or more back-up doulas that you may meet with before the due date. Of course, you have the choice over your back-up doulas as your primary doula. We will also decide on other meeting times and will certainly want to remain in touch by telephone.

Consultations with me which are not part of the doula services are R450.00 p hour.

#### **When you are in labour**

Please call me when you think you are in labour on 0845507218. Do not send a sms or leave a message as I might not hear or see it. Even if you are not sure. I can answer questions and make suggestions over the phone. We will decide if I should come right over or wait for further changes. I usually need approximately one to two hours to get to you from the time you ask me to come. We will also decide where to meet – at your home if you are in the PMB area or at the hospital. Except for extraordinary circumstances, I or my back-up will remain with you throughout labour and birth.

I am available for telephone contact to answer questions about the birth and your baby and I would like to get together with you on a weekly basis for 6 weeks post birth as part of my doula package.

#### **After birth**

I usually remain with you for one to two hours, until you are comfortable, your questions are answered and your family is ready for quiet time together. I will help with the initial breastfeeding.

#### **What Doulas do not do! As a Doula, I do not:**

Perform clinical tasks, such as taking blood pressure, fetal heart checks, vaginal exams. I am there to provide only physical comfort, emotional and informational support and advocacy.

Make decisions for you. I will help you get the information necessary to make an informed decision.

Speak to the staff instead of you regarding matters where decisions are to be made. I will discuss your concerns with you and suggest options, and I will help you identify key questions that may help you with your decisions,

but you and your husband or partner must speak to the clinical staff. I will not prescribe, diagnose or treat any medical problems that may arise and will be liable for interpreting diagnostic procedures. This is the role of your provider.

In the event of a rapid labour or emergency situation, I will call the necessary specialists and hospital. In the event of an emergency delivery I will do what measures I am capable of to try to keep you and the baby safe and comfortable until EMS arrives. This will fall under The Good Samaritan Law.

**Failure of a Doula to provide service:**

I will make very effort to provide the service described here. Sometimes this is impossible (for example, with a rapid labour). If I, or my back-up, fail to make it to your birth due to either our error, or your inability to call me in an emergency. You will not be liable for the balance of my fee. If it is due to your failure to call me, payment will be owed in full.

**Scheduled Caesarian Clause**

Occasionally a woman will have something arise during her late pregnancy that necessitates a scheduled Caesarian Birth. If this decision is made 2 weeks prior to the due date, you may cancel my services with no further payment owed beyond the deposit. Alternatively, you may choose to have me come with you to theatre and assist with the breastfeeding and adjustment in the first few hours after your caesarian. In this instance my full fee will be payable.

**FEES:**

Full doula package – R5180.00 which includes a prenatal visit, labour & birth support, Post birth visits in the hospital and at home for 6 weeks on a weekly basis for weighing and discussing the baby’s wellbeing.

Extra consultations will be R450.00 per hour.

R2500.00 as a retaining fee, due when you select me as your doula (non- refundable).

Balance of fee paid by the time you are 38 weeks pregnant.

Please deposit into my account or EFT to **V.A. Oosthuizen, Nedbank Ltd, Account No: 1001908589.**

**Branch Code: 151925.**

**I/we have read this letter describing the doula services and agree that it reflects the discussion we have had.**

**Date:** .....

**Client.....**

**Clients Partner or husband .....**