

Instructional Module 6
Magnolia Doula Community Clinical Experience

1. What did you learn from observing the doula that you could apply in your own nursing practice?

Emily was so calm, loving, and knowledgeable! Unfortunately I did not get to witness her in action with a postpartum mom, I was lucky enough to observe a post-partum visit. I was able to see the way Emily communicates and loves on her clients and it was really cool to see her interact.

2. What role did the doula play in informed decision-making and patient autonomy?

The doula role is all about empowering the mother and helping her make informed decisions that are best for mom and baby.

3. How do you think having a doula impacted the patient's birth experience and outcomes?

The client we met with was about 24 hours postpartum. She had a pretty rough birth experience but she was so strong. I could tell that the mom valued Emily as a person and really trusted her. I feel like the client felt supported and having an educated person available to ask questions to will help her with her recovery.

4. How can nurses and doulas work together effectively to provide optimal care?

Nurses and doulas can work together to help the mom have the best possible birth experience. Nurses can handle the medical aspect and the doulas are like masters of comfort and peace. Both roles have different skill sets and knowledge bases. If we work together, mom and baby can be happy and healthy!

5. What non-medical comfort measures did the doula use or discuss with the patient?

I was shown different positions, tinctures, and methods to help mom during pregnancy, labor, and postpartum. Emily showed me different things positions and methods like 'spinning baby' and also let me practice. She also showed me how to use the rebozo and that was really cool!

6. How did the doula address the patient's cultural, spiritual, or personal values during labor?

During the birth planning the doula goes over the clients values and wishes for her birth experience and the doulas are big advocates for doing what the mom wants, if safety allows.

7. Were there any moments where the doula acted as an advocate for the patient? Describe.

When we went to the hospital to visit our client, she told us how she has been waiting for hours to see if the nurse could remove the IV. Emily went to the nurses station to ask for an update because we wanted to make mom comfortable. The nurse came in and took out the IV. That was really cool to see her actually go and ask, getting the job done and ultimately making the client comfortable in the end.

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8. How did observing a doula influence your perspective on the labor and birth process?

Emily just made the whole experience feel magical. She was so passionate about the pregnant woman and the birthing process, it made me remember how amazing the body really is.

9. What surprised you most about the doula's role?

Emily and I talked about how the doula role has sort of a stigma around it. Being thought of as super holistic and 'crunchy' usually ends in someone being mad. I can only speak for the two amazing doulas that I met but they were so passionate about empowering women, it really opened my eyes to how some women go through this process totally alone and they shouldn't have to. Everyone should have a doula!

10. How did the doula demonstrate professionalism in her interaction with the patient, family & healthcare team? Provide specific examples and reflect on how this influenced your understanding of professional behavior in a birth setting.

I wasn't able to see my doula work with a laboring mom but we did visit a postpartum mom in the hospital. The clients mother and husband were at bedside and super supportive. The clients mother had some questions, which Emily answered with confidence and knowledge.