195. Mothers' Perception of Doulas During Childbirth

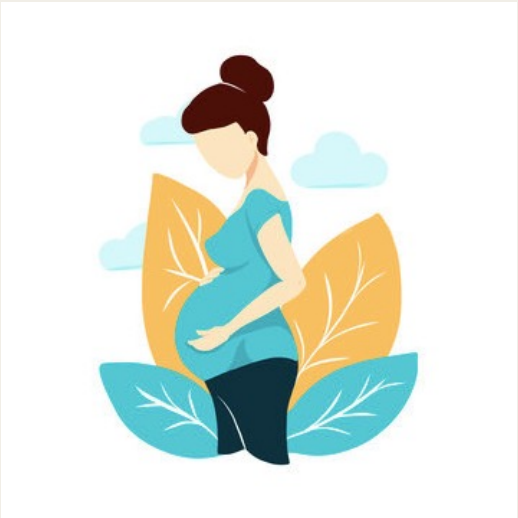
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Background

- Birth doula: trained professional that provides emotional, physical, and information support to mothers during labor
- Privately hired by the birth mother to aid delivery in a clinical setting or at home
- Doulas are associated with positive outcomes:
  - Normal birth weight babies
  - Vaginal deliveries
  - Fewer non-indicated caesarean deliveries
  - Satisfying birth experience
  - No known harm
- Only 6% of women use a doula during childbirth as of 2012
- Current research does not explore the mother's perception of the doula during the childbirth experience
- Current research regarding doulas has been localized to varying states and is not representative of the national population

Purpose

- To understand the lived experience of a mother that has utilized a doula during childbirth.



Methods

Design

- Phenomenological qualitative design
- Each participant will participate in an unstructured recorded interview with the lead researcher
- Interview Recordings will be transcribed by a transcriptionist for analysis

Sampling

- Purposive sampling technique with snowball sampling
- Women who have utilized a birth doula for assistance during their birthing experience
- Projected sample size is 5-10 participants

Procedure

- Lead Researcher will participate in a bracketing interview prior to data collection
- Lead Researcher will meet with participants via Zoom for approximately one hour or until no new information can be gathered
- Participants will be asked to answer a few demographic questions at the beginning of the meeting including: age at time of birthing experience, race, ethnicity, education level, state of residence, average yearly income, marital status, number of years married (if applicable), number of children, and location of birthing experience
- Each interview will begin with the question: "Tell me about your experience with using a doula during the birth of your child"

Findings and Analysis

- As many interview transcripts as possible will be brought to the Transdisciplinary Phenomenology Research Group. The PI will work with the members of the research group in order to identify significant remarks made by the participant in order to begin developing themes.
- Each transcript will be analyzed in such a way as to develop an understanding of the phenomena as a whole
- Field notes will be used in conjunction with the interview transcripts during analysis

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References Available Upon Request