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Addressing the Black Maternal Mortality Rate

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Sanders, Kennedy; Venkataraman, Venkateswar; and Whelihan, Kate, "Addressing the Black Maternal Mortality Rate" (2024). *Rowan-Virtua Research Day*. 172.

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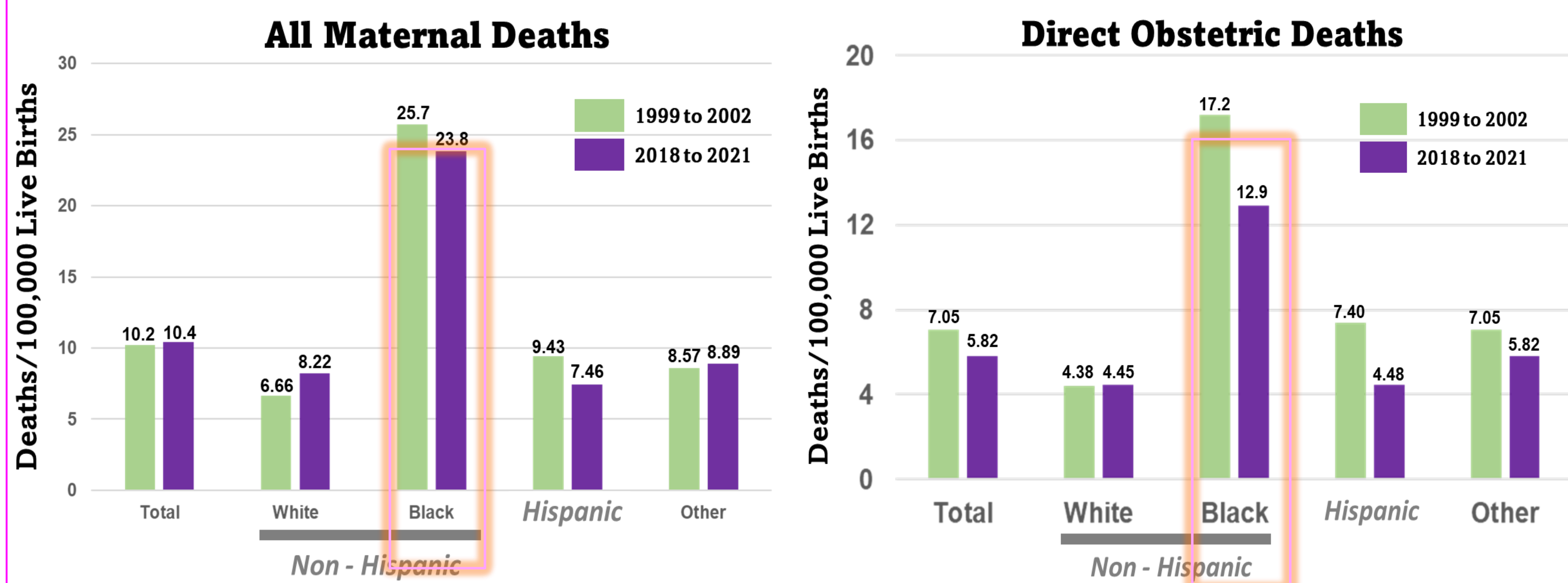
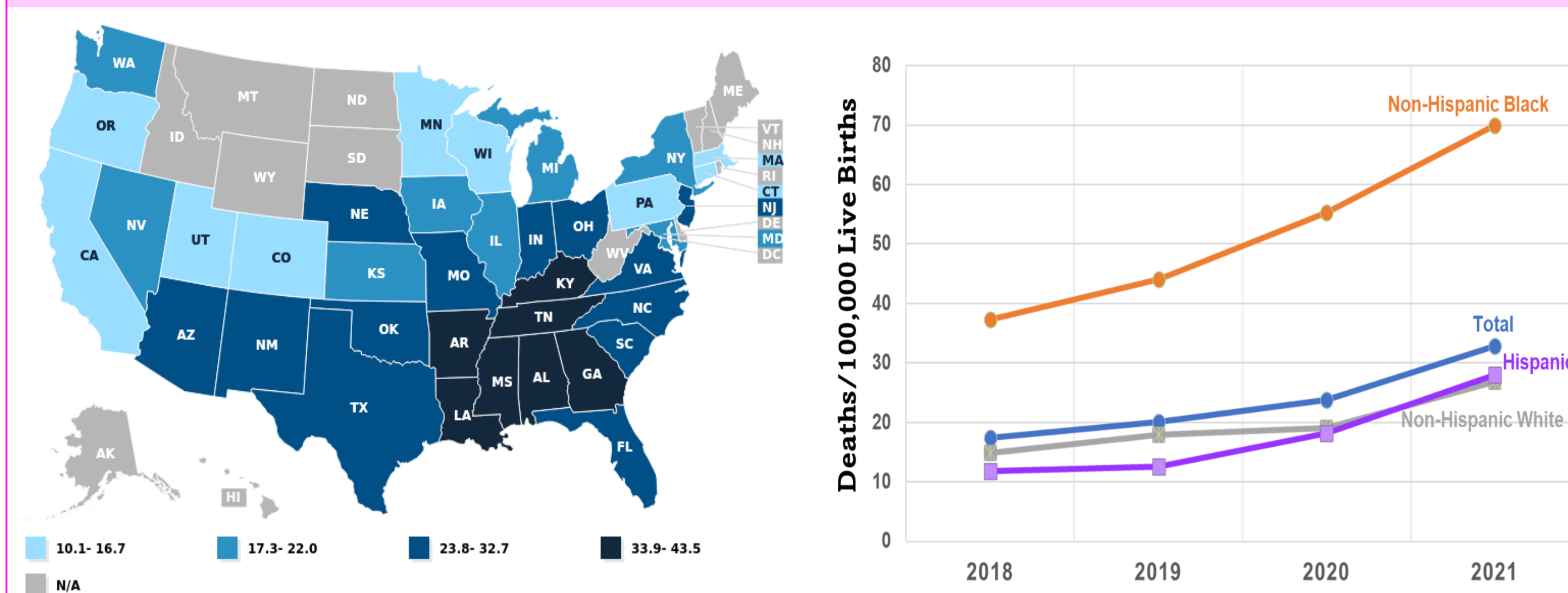
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Can Doulas Impact the Black Maternal Mortality Rate and Birth Experience?

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Background

Maternal Mortality Rate is significantly higher in Non-Hispanic Black Mothers

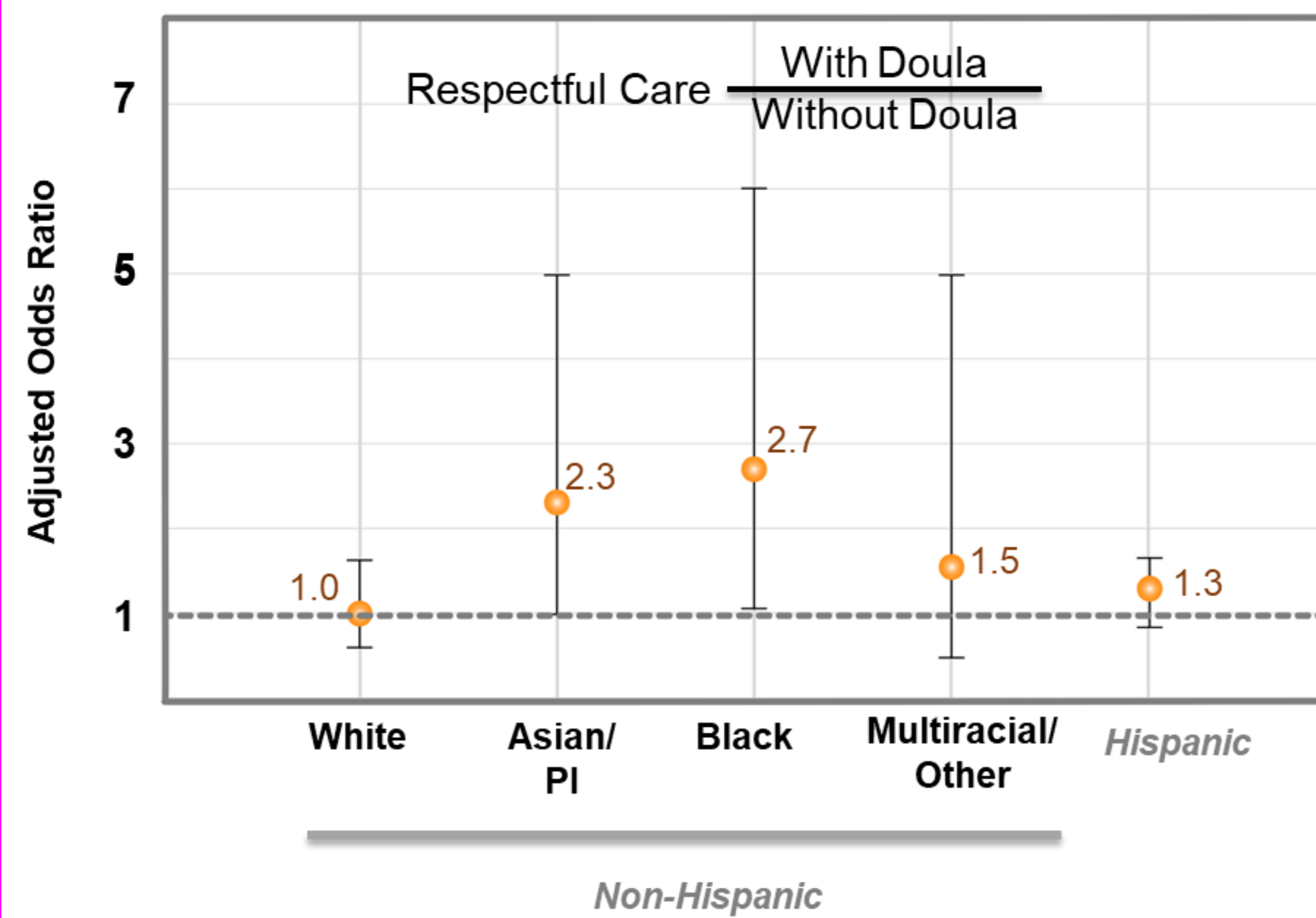


Can Doulas help?

- ✓ Provide education on birth & pregnancy
- ✓ Provide emotional & physical support
- ✓ Helps with pain management during labor
- ✓ Act as a coach during birth
- ✓ Advocates for you in medical situations
- ✓ Helps you understand medical language
- ✓ Able to give informed consent



Results



Perinatal Period	Perinatal Outcomes	Citation
Antepartum	Improved self-esteem	12
	Increased perceived social and clinically related support among Black patients	5
	Improvement in knowledge and advocacy among Black patients	5
Labor & Delivery	Increased rates of spontaneous vaginal delivery	4
	Decreased cesarean rates	3, 11
	Reduced intrapartum analgesia	4, 6, 13
	Decreased likelihood of low 5-minute APGAR scores	4
	Decreased rates of preterm birth	8, 11, 16
Postpartum	Decreased rates of preterm birth and low birthweight among Black patients	18
	Increased rates of breastfeeding initiation and maintenance	2, 11, 14, 15
	Improved self-esteem	17
	Increased infant safety practices	2

Table 1: Impact of Doulas on different facets of perinatal care .

Methods

DATABASE	DATE	KEY WORDS	# of hits
PubMed	4/28/24	Maternal Mortality Rate	10041
		+ Race	473
		+ Race + Ethnicity	276
		+ African American	174
		+ Doulas	6
		improving perinatal care	9970
		+ Race	64
		+ Doulas	6

In addition to the search strategy above, title and abstract searches were used to expand number of relevant articles. Public databases such as CDC were also used.

Exclusion Criteria: Articles not in English and not available as full-text

Inclusion Criteria: systematic and narrative reviews, qualitative as well as quantitative primary publications.

Data Analysis:

- Data extracted from publications/databases were analyzed through IBM SPSS v29.0, GraphPad Prism v 12.0 and/or functions in Excel for quantitative analyses.
- Thematic word searches were used for qualitative analyses.
- Images were generated with GraphPad Prism v 12.0 and/or functions in Excel with enhancements from the Adobe suite.

Discussion

Doulas can have a positive impact on maternal mortality rate, especially in the African American community.²⁰

What are the barriers?

For patients:

- ⊗ Awareness of the option
- ⊗ Availability of doulas in close proximity
- ⊗ Cost

For Healthcare Providers:

- ⊗ Conflicts between medical and natural birth "cultures"
- ⊗ Cultural Divide

Possible solutions:

- ⊕ More integration of doulas into healthcare/insurance
- ⊕ Increasing patient/practitioner exposure to doulas
- ⊕ Adequate, evidence-based training for doulas
- ⊕ Education for
 - ✓ mutual respect between doulas and providers
 - ✓ training details on doulas
 - ✓ clarification of roles in decision-making



Doula

Acknowledgement

The involvement of the Black Collective, knowledge and discussions are gratefully acknowledged.

References

