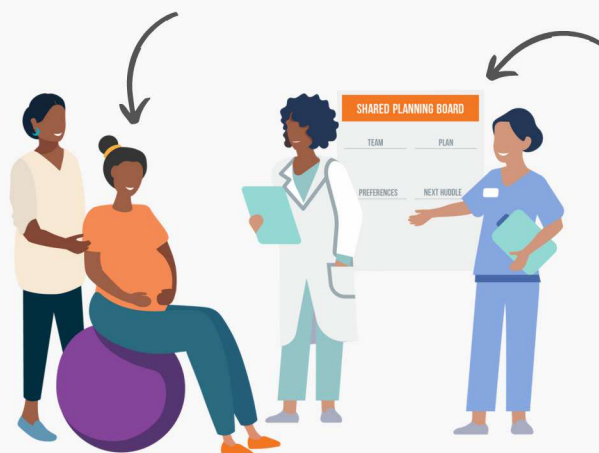


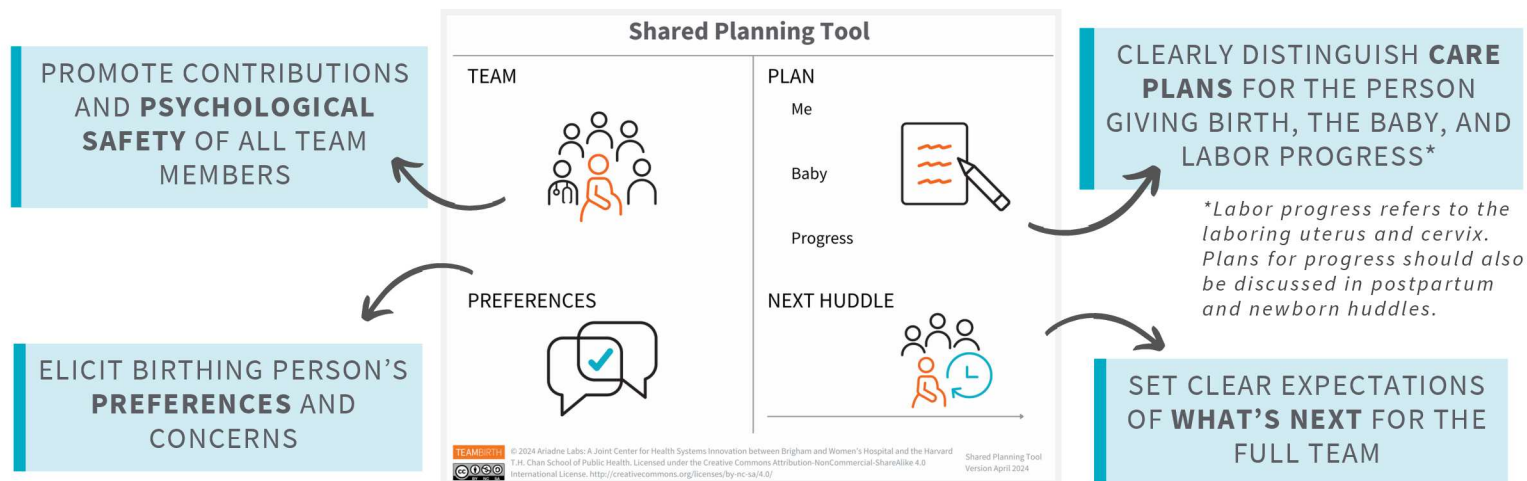
WHAT IS TEAMBIRTH?

TeamBirth is a care process innovation designed to **shift the power dynamics** in a hospital setting by supporting **open communication** among patients, their support people, and clinicians across the maternal health continuum.

The full care team meets in bedside **huddles** during the birth process to **discuss preferences** and to **set clear expectations** for what will come next.



Huddle conversations are written on a **shared planning board**.



WHAT CAN I EXPECT?

Initial huddles occur:

- At or around admission

Ongoing huddles occur:

- At key decision points
- With changes to the plan of care
- By request of any team member

The doula is considered a member of the team, invited into the labor and birthing process by the birthing parent(s). Doulas are encouraged to participate in huddles, contributing their unique perspective and expertise.

The doula can also request a huddle, and should advocate to participate, if necessary.

HOW CAN I PARTICIPATE?

Offer..

- ✓ Grab the whiteboard marker and write on the board
- ✓ Help identify what's most important to the birthing person during the huddle

Ask...

- "Is this a TeamBirth site?"*
- "When is a good time for a TeamBirth huddle?"*
- "Is it helpful if I update the board as we huddle?"*

Suggest...

"It sounds like labor progress is being evaluated. I'm requesting a **TeamBirth huddle** so we can discuss options together."



OTHER CONSIDERATIONS

Promote Collaboration

TeamBirth aims to minimize separate conversations about plans, options, and concerns and instead facilitate patient centered shared decision-making. Doulas are encouraged to advocate for moments to huddle.

Birth Plan

Your birthing person may have prepared a birth plan. Huddles are designed to encourage the care team to acknowledge and address specific preferences in discussions about the current plan of care as it changes throughout the birthing process.

Remote Participation

Doulas can participate in huddles via speakerphone when not physically present (e.g. during a labor evaluation in triage, or during a postpartum huddle). In-person huddles are ideal; virtual is next best option!

HOW DO I KNOW IT'S WORKING?

A doula providing support at a TeamBirth birthing facility should be:

- **Invited** to add their name to the team section of the shared planning board.
- **Included** in huddles as a part of the team.
- **Empowered** to request huddles when they feel it is needed; any team member can request a huddle.
- **Encouraged** to write notes on the board, reflecting huddle conversation.

