

MATERNAL HEALTH AWARENESS: COMMUNITY HEALTH WORKERS, DOULAS AND MIDWIVES



OVERVIEW

The chart below is a side-by-side comparison of the services offered by CHWs, doulas and midwives. Some new and expecting mothers may choose to combine the services of two or more of these professionals while some may choose just to work with an OB/GYN.

	COMMUNITY HEALTH WORKERS	DOULAS	MIDWIVES
DEFINITION	<p>Community health workers (CHWs) are frontline public health workers that facilitate access to health services and education by working one-on-one with patients and their families. They can provide in-home services, making their assistance convenient, reliable and easily accessible</p>	<p>Doulas are a trained professional who provides continuous physical, emotional and informational support to their client before, during and shortly after childbirth to help them achieve the healthiest, most satisfying experience possible</p>	<p>Midwives are members of a woman's care team that are responsible for the physical health of mother and baby throughout the birthing process. Midwives are not doctors, but may be certified nurse-midwives or certified professional midwives (CPMs) (most have undergone some level of medical training depending on state requirements)</p>
SERVICES PROVIDED	<p>CHWs can assist with maternal care by helping patients:</p> <ul style="list-style-type: none"> • Understand doctor's instruction • Identify organizations and resources in the community who can help with access to food, housing, transportation, and more • Access educational resources on care and nutrition • Navigate the complexities of health insurance 	<p>Doulas can be a key part of a new or expecting mother's support team as they can:</p> <ul style="list-style-type: none"> • Help women remain comfortable and calm during labor, acting almost like a coach • Meet with expecting mothers several times throughout pregnancy to discuss their goals for birth and to build a supportive rapport • Can work closely with OB/GYN teams to ensure a smooth delivery • Assist with post-birth instructions for recovery, healing, and the first few weeks of motherhood 	<p>Midwives often offer services such as:</p> <ul style="list-style-type: none"> • Health care services throughout the course of pregnancy, childbirth, newborn care and postpartum health • Reproductive care such as pap smears, pelvic exams, breast exams or contraceptive counseling • Can work alongside a woman's OB/GYN team to ensure holistic care
INSURANCE	<p>CHW services are covered by some insurance and Medicaid depending on the state</p>	<p>Private insurers often do not cover doula care, although some employers and hospital systems will either help pay for doula care or offer doula programs</p>	<p>Some private insurance may cover midwife services and Medicaid reimburses for specific midwife services depending on the state</p>
ADDITIONAL RESOURCES	<p>Learn more by finding state information on the CHW Services website</p>	<p>Doula support throughout pregnancy and birth has been linked with better maternal health outcomes including fewer C-sections and premature deliveries</p>	<p>Midwife services by state can be found here</p>