

You Have the Right to a Doula

Presbyterian supports your right to have a **doula of your choice** during pregnancy, childbirth, and the postpartum period.

Who Is a Doula?

A **doula** is a trained, **non-medical support person** who provides:

- Emotional support
- Physical comfort measures
- Advocacy and information

Doulas may support patients **before, during, and after birth**, including up to **12 months postpartum**.

Your Rights

- You may choose **any doula** to support you
- Your doula may accompany you in **Presbyterian facilities**
- You do **not** need to pay a hospital fee for doula access
- Your doula does **not** need to be credentialed by the hospital

This right is protected by New Mexico law.

Doulas MAY

- Provide comfort measures (breathing, positioning, massage at your request)
- Offer emotional support and encouragement
- Help you communicate your preferences

Doulas May NOT

- Interfere with patients' clinical care team
- Provide medical or clinical care
- Perform procedures or exams
- Make medical decisions

Your medical care is always provided by your licensed healthcare team.

Questions or Concerns?

Please speak with your **nurse, provider, or Patient Relations**.

Presbyterian Healthcare Services complies with the **New Mexico Doula Credentialing and Access Act** (NMSA 1978, § 24-36-1 to -8)