

Many families have said they were so thankful the staff took the time to explain and suggest having a bereavement doula and the continuity of care has been very helpful in their journey.



Beautiful car seat for dignified transport from room to morgue



Breast care packages

Fact Sheet for Perinatal Health Care Providers

We are pleased to introduce a resource for your patients experiencing a miscarriage, IUFD or life-limiting diagnosis. **Pittsburgh Bereavement Doulas** is a non-profit organization that came about in response to a recognition of the need for specialized perinatal loss support for women and their families during pregnancy, birth and postpartum when a loss has occurred or is anticipated. PBD Doulas providing this support have been trained in the *Resolve Through Sharing*® model, which is considered the gold standard in bereavement training for perinatal death. Our services are provided free of charge, without judgment and without religious affiliation. We honor all spiritualities.

We are here to:

- Provide doula support on an emergency basis when a miscarriage has occurred or is in process (at home or in hospital), or when a baby is expected to be stillborn or pass shortly after delivery.
- Help women with fatal diagnoses prepare for d&e, or birth and compassionate care of their newborn.

For more information, please contact

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As the care provider, **you are the most important resource for these families** as you hold information about these specialized services. Most people, including care providers, do not know they exist. The need to connect family to doula is usually immediate as emotional, and sometimes physical, responses prohibit parents from researching resources. Doulas work together as a team with all of the specialists your facility has to offer- nurses, social work, chaplains, etc. and your suggestion of having the companionship of a bereavement doula can make a significant difference in the quality of patient care they receive.

Highlight that along with traditional labor doula support, our bereavement doulas:

- Respect parents' wishes for baby care and offer options
- Assist with bathing and dressing
- Provide appropriate soothing music
- Write their birth story
- Assist with final disposition arrangements, finding free/reduced cost.
- Offer postpartum care and follow-ups

Photos with momentos/keepsakes that we provide



Name bracelets



Plaster casts

Family handprint artwork



HOW TO SUGGEST A BEREAVEMENT DOULA TO YOUR PATIENT

- FIRST, before offering a bereavement doula to a patient, **always call to make sure someone is available.** We aim to be available any day, at any time, but we do ask that you call for availability before presenting the option to your patient.
- **Sit down** next to the patient and ask them if they know what a doula is. If they do not know, explain what doulas do. In any case, add that bereavement doulas have special training in pregnancy loss and are sensitive to the needs of these families. Our doulas **want** to be here.
- Offer our brochure and stay with them while they read it to answer any questions. This card really explains what we can offer. Become familiar with it!
- Even if the patient has family members present, they too need support just as much as the patient. In their own grief, they may not be able to or know how to support the patient.
- Remind them that this is a free service.