



# Are you planning a VBAC (Vaginal Birth After Cesarean)?

## **VBAC and Doula Support**

A Randomized Controlled Trial (RCT) is being carried out on the effects of doula support for women attempting Vaginal Birth After Cesarean (VBAC). A doula is a non-medical labour support person who provides continuous emotional and physical support to women during labour and birth, as well as support for partners if needed. The doula meets with the woman prenatally to determine her preferences for supportive care during labour and birth. In addition to attending the birth the doula also has one visit with the new mother and her partner in the early postpartum period.

## **Who can join the study?**

Women are eligible if:

- a) their care provider has indicated that it is safe for them to have a VBAC
- b) they have decided to plan a VBAC
- c) they are planning to give birth and are preregistered at BC Women's Hospital
- d) they are carrying only one baby
- e) the baby is in the head down position
- f) they are not planning to hire a doula privately

## **What does the study involve?**

The study will take place at BC Women's Hospital. Women in the study will be asked to fill out a short, five-minute questionnaire. Women will then be randomly assigned into two groups; standard care or standard care plus doula support. Those in the doula support group will be provided with a trained, experienced doula free of charge to support them through their VBAC.

For both groups, a researcher from the study will visit the women briefly in hospital to ask them to complete a short questionnaire about their birth experience. This questionnaire can also be completed on-line. Additional information will be collected from the hospital chart including, length of labour, pain relief methods and model of delivery.

To join or for more information:  
**Call the Best Birth Clinic at  
604-875-2424 x6387**



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