



Doula 201: Twins, Triplets, or More: Supporting the Pregnancy with Multiples

This 2-hour informational course was created specifically for Doulas! Over the last forty years, there has been a significant increase in the number of pregnancies with multiples—people have found that doulas are necessary for support during birth and especially for postpartum support. Multifetal (multiple) pregnancy occurs in up to 1 out of 30 deliveries. Due to a shift towards an older maternal age at conception when multifetal gestations are more likely to occur naturally, and an increased use of assisted reproductive technology (ART), the rate of multifetal birth increased 76% between 1980 and 2009, with a slight decrease in the number of twin births by 4% from 2014-2018. With the increased incidence in multifetal gestations, there is also a rise in the number of complications encountered. We will discuss the anticipated course of birth for multiple gestations, risks, and potential interventions will be covered in this class.

Understanding the risks of a pregnancy with multiples will help doulas to best support clients and their families through their pregnancy journey. Knowing standards of care will increase awareness of potential changes to a client's birth plan—all this can assist in the care provided to the family with multiples.

- 1) Pregnant with multiples? Now what?
- 2) Mono-Mono, Mono-Di, Di-Di—what does that mean for doulas?
- 3) Risks with Multiple Pregnancy:
 - a. Gestational Hypertension

- b. Preeclampsia
 - c. Preterm Labor
 - d. Gestational Diabetes
 - e. GI Problems
 - f. Hemorrhage
 - g. Cesarean Section- Reasons why
 - h. Postpartum Depression
- 4) Risks for Babies:
- a. Risk for prematurity
 - b. Risk for growth discordance
 - c. Risk for twin-to-twin transfusion (10% Monochorionic pregnancies)
- 5) Birth
- a. Inductions
 - b. Vertex-Breech- How often does it happen?
 - c. Cesarean Section
- 6) Q&A