

PREVENTIVE SERVICES LIMITATIONS

Doula Services

A doula provides physical, emotional, and educational support services to pregnant individuals during the prenatal, labor and delivery, and postpartum periods. Doula services are aimed at preventing perinatal complications and improving health outcomes for birthing parents and infants.

Doula services must be recommended by a licensed health care provider in the state of Kansas. These licensed providers are: a registered nurse, clinical social worker, nurse practitioner, physician assistant, certified nurse midwife, or physician.

Services:

Prenatal

- Promoting health literacy and knowledge
- Assisting with the development of a birth plan
- Supporting personal and cultural preferences around childbirth
- Providing emotional support and encouraging self-advocacy
- Supporting beneficiary in attending recommended medical appointments
- Reinforcing practices known to promote positive outcomes.
- Empowering beneficiary with evidenced-based information to choose best practices for birth, breastfeeding, and infant care
- Coordinating referrals or linkages to community-based support services to address social determinants of health

Labor and Delivery

- Providing physical comfort measures, information, and emotional support
- Advocating for beneficiary needs
- Being an active member of the birth team

Postpartum

- Educating regarding newborn care, nutrition, and safety
- Supporting breastfeeding
- Providing emotional support and encouraging self-care measures
- Empowering beneficiary with evidenced-based information on infant feeding, emotional and physical recovery from childbirth, and other issues related to the postpartum period.
- Supporting beneficiary in attending recommended medical appointments
- Coordinating referrals or linkage to community-based support services to address social determinants of health
- Grief Support Services

KANSAS MEDICAID STATE PLAN

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Doula Services (cont.)

Limitations:

- Beneficiaries are allowed prenatal visits /postpartum visits and one Labor & Delivery Care visit.
- Visits may be conducted in person or via telehealth, but the Labor & Delivery Care visit may not be conducted via telehealth.
- Doulas will coordinate directly with the beneficiary to determine the most appropriate service location for prenatal and postpartum visits, which may include the beneficiary's residence, the physician's office, the doula's office, a hospital, or in the community.
- For the Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) population, services are furnished based on medical necessity.

Training:

- Doulas must complete required certification as defined by the State of Kansas.