

HEART HEALTH DOULA RESEARCH STUDY



ABOUT OUR STUDY

Having a new baby can make it hard for moms to take care of themselves, especially for those who are recovering from high blood pressure in pregnancy. This study will help us learn if providing doula support after you give birth improves heart health.

If you take part in our study, *all* women will receive education and self-monitoring of blood pressure. *Some* women will receive education and self-monitoring of blood pressure **AND** heart health doula support after delivery. This is decided at random, like flipping a coin.

WHAT IS A POSTPARTUM DOULA?



A postpartum doula is a trained professional who can provide physical and emotional support, partner support, and evidence-based information and advocacy to you after having a new baby.

YOU CAN PARTICIPATE IF YOU:



Are pregnant or up to two weeks postpartum



Are diagnosed with high blood pressure during pregnancy



Delivered or plan to deliver at Magee-Womens Hospital



Live in Allegheny, Westmoreland, Beaver, Butler, or Washington County, or within 100 miles of Allegheny County

WHAT YOU WILL BE ASKED TO DO:

All women will

- Attend 2 in-person visits, 1 video visit, and have 2 check-in phone calls
- Complete health surveys
- Receive a blood pressure cuff

Some women will be chosen at random to:

- Meet weekly with a postpartum doula for 8-12 weeks
- Receive a body weight scale to use.

As a thank you for completing the study visits, all women will be given up to \$175 (or \$100 + a Fitibit).



Contact us:
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