

# Interdisciplinary End of Life Symposium

## The Role of a Death Doula

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# Disclosures

- I do not have any relevant financial relationships.

*This presentation and/or comments will provide a balanced, non-promotional, and evidence-based approach to all diagnostic, therapeutic and/or research related content.*

# Cultural Linguistic Competency (CLC) & Implicit Bias (IB)

## STATE LAW:

The California legislature has passed [Assembly Bill \(AB\) 1195](#), which states that as of July 1, 2006, all Category 1 CME activities that relate to patient care must include a cultural diversity/linguistics component. It has also passed [AB 241](#), which states that as of January 1, 2022, all continuing education courses for a physician and surgeon **must** contain curriculum that includes specified instruction in the understanding of implicit bias in medical treatment.

*The cultural and linguistic competency (CLC) and implicit bias (IB) definitions reiterate how patients' diverse backgrounds may impact their access to care.*

## EXEMPTION:

Business and Professions Code 2190.1 exempts activities which are dedicated solely to research or other issues that do not contain a direct patient care component.

## ***The following CLC & IB components will be addressed in this presentation:***

- *Encourage an approach of cultural humility through adopting a stance of respectful curiosity and acceptance.*
- *Promote honest self-reflection to recognize ingrained conditioning and biases as to avoid assumptions and imposing personal beliefs and values.*

# HOW DOULAS COMPLEMENT PALLIATIVE CARE AND HOSPICE

FRANCESCA LYNN ARNOLDY

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# TOPICS

- Deathcare Doulas Defined
- Role and Scope
- Case Example
- Creating Harmony



# WHO ARE DOULAS AND WHAT DO WE DO?



The main tasks of the doula are to **provide emotional support** and **personalize the experience** based on each client's identity, beliefs, and wishes.

PRIVATE PRACTICE  
DOULAS DO NOT  
PROVIDE MEDICAL  
OR MENTAL  
HEALTH CARE

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*Doulas do not act as  
licensed funeral directors*

*Doulas do not push an  
agenda or prescribe a  
certain type of "good death"*

# COMPASSIONATE CARE

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- Death Literacy Education
- Advance Care Planning
- Life Reviews
- Legacy & Remembrance Projects
- Respite Visits
- Planning, Preparing, & Processing
- Scheduling and Team Communication
- Completion/Closure Work
- Deathbed Vigiling
- Grief Visits
- Hired privately
- Self-determined schedule and “caseload”
- No documentation requirements or HIPAA oversight
- Professional liability insurance option



# COMPLEMENTARY CARE

~Working in tandem to create harmony~

# DOULA CONTRACT

Care Coordination – With granted permission, Francesca will communicate with your care providers, natural network of friends and family members, and additional sources of support to build a customized care plan that prioritizes your wishes and needs. Francesca will also research available options related to your circumstance and questions. Care Coordination includes assistance with organizing your calendar.

\*For Care Coordination:

I, \_\_\_\_\_ (client), grant Francesca Arnoldy (doula) permission to communicate with my care providers, natural network of friends and family members, and additional support providers about my medical needs and preferences relating directly to the building of a comprehensive care plan.

Signature, Date, and Additional Instructions/Stipulations:



## CASE EXAMPLE

Client: \_\_\_\_\_

- Assisted living apartment
- Chronic, incurable neurodegenerative disease
- Advanced but not terminal
- Steady wish to hasten death
- Loving, supportive family

Doula role:

- Regular visits
- Planning and preparing
- Communication with providers and team

# FOSTERING COMMUNICATION AND CLARITY

## **Palliative Care Team**

- Provide regular updates with notable changes and signs of decline
- Ask pertinent questions
- Transition client onto hospice
- Share death day wishes

## **Family**

- Provide regular updates
- Ask and answer questions
- Gather information and resources
- Create personalized plan for client's "daffodil day"
- Prepare loved ones for final visits and meaningful participation
- Provide supportive, continuous presence during client's death
- Grief check-ins

Honestly, as determined as mom was to do this her way, we don't think it would have happened without you. Your quiet, supportive, caring + loving presence through the entire process brought hope + peace to mom, and peace + confidence to the three of us.

## FINAL THOUGHTS

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1. Doulas do not duplicate
2. Doulas do not usurp the roles of friends or family members
3. Doulas do not provide medical care or advice
4. Doulas can act as a bridge between clients and services
5. Doulas offer customized guidance and a steady presence

THANK YOU



*Francesca Lynn Arnoldy*

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