



## New Beginnings Childbirth Services

Birth Doula Certification - approximately 150-200 hours

Course Overview

Dec 29, 2024

Requirements for certification:

- Read through the instruction modules provided.
- Complete the assignments presented in each unit.
- Complete and submit the skills checklist found in the birth packet. These skills can be done at your two births, or practiced on friends or family. These will need to be initialed by anyone who saw you do them.
- You will need to attend at least two births. After the births, it is recommended that you discuss with the nurse or other care providers what they did and did not like about your role in the birth. A debriefing form (Medical Team Debriefing) will be provided to be completed as a part of the birth packet. Please be prepared to approach a medical person for feedback after the birth.
- For each birth, write up a care plan on the form provided. The care plan should follow the theories of Maslow's Hierarchy of Needs and the Nursing Process. You should also make sure each of your clients signs a confidentiality-release-form.
- Attend at least two clients for whom you provide full care. This includes a prenatal interview, a meeting with their care provider, and a postpartum interview.

### Required Readings

Specific assignments that are required for your training will be taken from the following two (2) books. You will need to purchase these books separately as they are not included in the cost of registration. More details on books can be found [here](#).

- The Birth Partner, 6th Ed. by Penny Simkin
- Homebirth in the Hospital, 1st Ed. by Stacey Marie Kerr

### Optional Readings

These books are recommended in order to gain an understanding of different childbirth philosophies, but they are not required.

- The Nurturing Touch at Birth, 3rd Ed. by Paulina Perez
- Hypnobirthing, by Marie Mongan
- Husband Coached Childbirth, by Robert Bradely
- The Official Lamaze Guide: Giving Birth With Confidence, by Judith Lothian

## Course Content

### Introduction

- Course Overview
- End Goals and Timeline
- Course Overview
- Scope and Standards of New Beginnings Doulas
  - Definition of a doula
  - Doula scope and standards of practice
  - Referrals
  - Characteristics of New Beginnings Doulas
  - Development and function of New Beginnings doulas
  - The function of competencies in standards
  - Standards and Competencies
- Copyright and Disclaimer

### Doula Foundations

- Unit 1: Labor support and professional doulas
  - Collaboration and the birth team
  - The role of the doula
  - Working together
    - Conflict and working toward collaboration
    - Implicit bias training
    - Cultural competency
  - Doulas as change agents
    - Support for vulnerable populations
    - Understanding social drivers of health
  - Trauma Informed Care
  - Prenatal Mental Health
  - Continuous support for families during childbirth
  - Doula support for epidurals, c-sections, and preterm labor
  - Listening to mothers
    - Supporting clients in informed choices even when the doula doesn't personally agree with the choice
  - Labor support for nurses
  - Unit 1 project - give a presentation about the role and purpose of doulas, and gather feedback from those who attend/watch the presentation
  - Medical Terminology
- Unit 2: Nursing process for doulas
  - Defining the nursing process
  - Ways of solving problems
    - Types of decision making
  - Focus on research - The Cochrane Collaboration

- 5 steps of the nursing process and implications of using the nursing process
- Nursing process step 1: Assessment
  - Medical history
  - Prenatal interview
  - Gathering information for clients about local providers and birthing locations
- Medical terminology
  
- Unit 3: Maslow's hierarchy of needs and doula actions
  - Nursing process step 2: needs identification
  - Maslow's hierarchy of needs
  - Safety needs
  - Nursing process step 3: Planning - bringing it together
  - Prioritizing needs
  - The use of birth theories in doula care
    - Fear-tension pain theory
    - Gate theory of pain
    - Project on a selected birth theory
  
- Unit 4: Pain during labor and birth
  - Defining pain
  - Causes of pain
  - How pain is processed
  - Research on pain
  - Effects of pain
  - Assessing pain
  - Locus of control
  - Medical terminology
  
- Unit 5: Anxiety during pregnancy and birth
  - Defining anxiety
  - Causes of anxiety
  - Physiology of anxiety
  - Effects of anxiety
  - Assessing anxiety
  - Medical terminology

## Childbirth

- Unit 1: A healthy pregnancy
  - Physiological birth and models of care
  - Meeting needs in pregnancy
  - Common complaints and community resources
  - Exercise: natural movement
  - Nutrition

- Anatomy and physiology of labor
- Unit 2: Labor and birth
  - Places of birth
  - Progressive model of labor
  - Labor progress
  - Physiological pushing
  - Interventions
- Unit 3: After birth care
  - Newborn physiology
  - Cord clamping
  - Third stage of labor
  - Newborn procedures
  - Pregnancy loss
  - Lactation and infant feeding

## Birth Doula Actions

- Unit 1
  - Acupressure
  - Aromatherapy
  - Birth affirmations
  - Communication
    - Conflict resolution
    - Assertiveness training
    - Managing anger
  - Compresses
  - Deep breathing
  - Environment
  - Hydration
  - Hydrotherapy
  - Informed consent, trauma informed care, and reproductive rights
  - Massage
  - Mindfulness and self care
- Unit 2
  - Movement
  - Music
  - Positioning
  - Progressive relaxation
  - Rebozo
  - Reflexology
  - Spirituality
  - Stress management
  - Visualization

- Yoga

#### Birth doula case studies

- Chorioamnionitis
- Planned epidural
- Severe variable decelerations
- Avoiding the first c-section: what do I do about fetal monitoring?
- Anemia
- Gestational diabetes
- Post dates induction
- Placenta previa
- Non-medicated birth
- Pre-eclampsia
- Late decelerations

#### Birth packets:

- Skills checklist
- Birth packet 1
- Birth packet 2