



## **CERTIFIED PERINATAL DOULA**

### **Content Outline | September 2021**

#### **BIRTH CARE**

1. Knowledge of birth plan development.
2. Knowledge of birth settings/environments.
3. Understand the role of a doula as a part of the birth team.
4. Provide a range of caring, non-clinical and highly beneficial techniques including physical comfort measures, educational support, and emotional support before, during and after the birth and/or loss.
5. Knowledge of the physiology of birth.
6. Knowledge of stages of labor and positions.
7. Knowledge of the physical and emotional impacts of pregnancy, labor, birth, and lactation.
8. Provide resources to the expectant, laboring, and postpartum individual.
9. Maintain communication between the individual and their birth partner(s).
10. Knowledge of support and resources for emotional and mental health issues.

#### **POSTPARTUM CARE**

1. Provide resources, education, care, and emotional support for the individual after the pregnancy ends.
2. Knowledge of physical and emotional recovery from birth.
3. Knowledge of newborn and infant care.
4. Educate, support, and assist with breastfeeding/infant feeding and refer when needed.
5. Knowledge of support and resources for emotional and mental health issues.
6. Support the individual and family in the recovery process and postpartum plan development.
7. Knowledge of referral and community resources.

#### **LOSS, BEREAVEMENT AND TERMINATION**

1. Provide emotional support.
2. Knowledge of miscarriage, stillbirth, termination, and infant loss.
3. Knowledge of delivery methods for miscarriages and stillborn babies in each trimester.
4. Knowledge of referral, resources, and support services.
5. Knowledge of how loss, bereavement, and termination effect the individuals and family.
6. Knowledge of the impact and issues related to subsequent pregnancy after a loss.
7. Knowledge of the physical and emotional recovery of the individual after miscarriage, stillbirth, termination, and infant loss.

#### **ADVOCACY**

1. Work with individuals and families to understand and exercise their rights.
2. Support the individual in their right to make decisions about their own body and/or newborn.
3. Assist individuals and families to have confidence and autonomy over decisions and resources that affect their health and well-being.
4. Encourage individuals to identify and prioritize their personal and family needs.

5. Encourage individuals to identify and gain access to resources to meet their specific needs and goals.
6. Knowledge of a variety of approaches to advocate for individuals to attain needed care, attention, resources, and meet goals.
7. Knowledge of social, political, and environmental advocacy.

## **CULTURAL COMPETENCY**

1. Knowledge and understanding of the connection between one's own culture and its impact on work with diverse individuals, families, and colleagues.
2. Use cultural background and life experience while maintaining objectivity and professional behavior.
3. Recognize, respect, and understand different aspects of culture, language, and identity and how these can influence the thinking, beliefs, and behavior of others.
4. Understand that organizational, systemic, and social culture and conditions can influence the way services are delivered and the way individuals experience services.
5. Knowledge of systemic racism and oppression.
6. Interact sensitively and non-judgmentally with individuals from diverse cultures.
7. Understand one's own implicit bias(es) and practice cultural humility.
8. Identify when individuals need language assistance, translation, and/or interpretation, and know how to obtain these services
9. Advocate for and promote the use of culturally and linguistically appropriate services and resources.
10. Knowledge of facilitating communication between providers and partners when working with individuals from diverse cultures.
11. Respect different aspects of community and culture and how these can influence an individual's health beliefs and behavior.
12. Use language and behavior that is responsive to the diversity of cultures encountered.

## **COMMUNICATION, INTERPERSONAL AND PROFESSIONAL SKILLS**

1. Provide physical, emotional, and educational support.
2. Engage the individual and establish rapport.
3. Ability to communicate in a non-judgmental and professional manner.
4. Practice active listening and repeating back important information as necessary to confirm mutual understanding and trust, continually working to improve communication in a culturally appropriate and responsive manner.
5. Recognize and respond to non-verbal behavior.
6. Explain terms and concepts in ways that individuals, families, community members, and professional colleagues can understand.
7. Address conflicts that may arise in a professional and safe manner.
8. Utilize affirming statements to provide positive encouragement.
9. Understand communication access for all populations, including reasonable accommodations required under state or federal law.

## **SAFETY AND SELF-CARE**

1. Understand internal and external factors that affect time management.
2. Identify and practice ways to cope with personal and family stressors.
3. Understand limitations and boundaries as they relate to self-care.
4. Promote one's own health and well-being.
5. Knowledge of personal safety risks in various settings.
6. Understand limitations and boundaries around safety.

7. Manage commitment to your work while considering the safety of self and others.
8. Learn appropriate strategies to de-escalate conflict.
9. Knowledge of perinatal crisis and/or emergency situations.

## **PROFESSIONAL AND ETHICAL RESPONSIBILITIES**

1. Conduct self in an ethical manner by adhering to professional codes of ethics and standards of practice.
2. Knowledge of ethical issues as they relate to legal and social challenges in the perinatal period.
3. Adhere to and communicate confidentiality and privacy rights in accordance with employing organization, business entities, HIPAA and/or legal reporting requirements.
4. Adhere to requirements set by states, the federal government, and/or employing organization.
5. Function within the scope of practice, responsibilities, and boundaries.
6. Recognize when to refer to other professionals.
7. Knowledge of mandatory reporting laws.
8. Maintain appropriate boundaries that balance professional and personal relationships.
9. Promote peer support, training, continuing education, networking, and other resources for professional development for self and colleagues.
10. Comply with required documentation for regulations and policies.