



Topics covered in Doula certification trainings

Learning about Labor

Anatomy, Vocabulary, & Fetal Development
Signs of Labor, including Warning Signs for Preterm Labor
Labor begins on its own & Ways to progress in labor
Stages & Phases of Labor

Learning about Stages and Phases

Labor Stations & Comfort Measures

Intro to DONA International & the Role of the Doula

Significance of Birth
Doula's Role & Research on Doula Support

2nd Stage of Labor: Pushing

Follow Body's urge to push
Positions for pushing & Breathing Techniques
Immediate Postpartum
Appearance of Newborn & Newborn Procedures
Breastfeeding

Ideal Birth

Informed Consent
Rights of a Childbearing Woman
Values Clarification

Prenatal Support

Client Contact & Support
Communication
More on Birth Plans

Pain & Comfort in Labor

Gate Pain Theory
Stress, Pain, & Catecholamines
Hormones of Labor

Emotional & Physical Support

Doula as a Comfort Measure
Supporting the Birthing Person & Partner
Assessing & Assisting, Stage by Stage

Challenging Childbirth

Supporting a woman during induction/augmentation
Back Pain in Labor
Support a woman with an epidural

Cesarean Birth & VBAC

Reasons for
What to expect
How to support as a doula

No Separation of Mom & Baby

The Newborn Mother
First Breastfeeding

Postpartum Visit

Processing Birth Experience & Closure
Postpartum Mood Disorders & Referrals

Doula certification provided by Beautiful Birth Choices, based on DONA International standards.

Beautiful Birth Choices
<http://www.bbcroc.com/bbc/>

DONA International
<https://www.dona.org/>



Doula Partnership of
Cayuga, Cortland, and Madison



Birth Doula FAQs

What is a birth doula?

According to DONA International, a birth doula is "a trained professional who provides continuous physical, emotional and informational support to a mother before, during and shortly after childbirth to help her achieve the healthiest, most satisfying experience possible."

What are the benefits of working with a doula?

A doula will provide resources and information to support the pregnant individual in understanding their options to make the best decisions about their birth plan. *Evidence shows that birth outcomes - for both the birthing person and the baby - are often improved with the presence of a doula. Having support from a doula has been reported to:

- Shorten labor by 41 minutes on average
- Increase in the likelihood of a spontaneous vaginal birth by 15%
- Decrease in the risk of Cesarean birth by 39%
- Decrease the use of any medications for pain relief by 10%
- Decrease in the baby's risk of a low five-minute Apgar score by 38%
- Decrease in the risk of being dissatisfied with the birth experience (in a hospital setting) by 31%

*2017 Report from the Department of Reproductive Health and Research, World Health Organization

What is the difference between a birth doula and a midwife?

Both a doula and midwife are trained to provide support to the pregnant individual prenatally, during the birth, and postnatally. A doula is a certified, non-medical birth coach who does not provide medical care, give medical advice, or make medical decisions for the pregnant person. The doula is present to provide continuous support and encouragement -- both physically and emotionally -- including teaching techniques for pain management in advance, offering suggestions for more comfortable positions during labor, and providing guidance, support, and soothing massage during labor. The midwife is a trained medical professional who will provide medical care such as monitoring vital signs, performing vaginal exams and delivering the child.

How will the birth doula impact the role of my healthcare provider and staff?

A birth doula is involved to support the pregnant individual at home (prenatally and postnatally) and during labor. They do not offer medical advice or interfere with the care from the provider. During labor and delivery, their focus is wholly on the emotional needs and physical comfort of the pregnant individual and their role does not conflict with the roles of the nursing or medical staff at the hospital.

What services will the Doula Partnership of Cayuga, Cortland, and Madison offer a pregnant person?

Our trained Birth Doulas will offer three prenatal visits, advocacy and support at the hospital during labor and delivery, and three postpartum visits.

What is the cost of working with a birth doula through the Doula Partnership of Cayuga, Cortland, and Madison?

There is no out-of-pocket cost for low-income pregnant individuals to work with a birth doula through the Doula Partnership of Cayuga, Cortland and Madison.

How do I have my patients or client sign up for Doula services?

Doula services through the Doula Partnership of Cayuga, Cortland, and Madison are available to low-income pregnant residents living in one of those counties. Cayuga has an ongoing program with current openings for pregnant individuals. Cortland and Madison will be enrolling pregnant individuals for the 2023 term. Please contact us to get connected with a program representative to enroll a patient or client or to have them enroll themselves directly.

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Doula Partnership of
Cayuga, Cortland, and Madison



Memorandum of Understanding

The Doula Partnership of Cayuga, Cortland, and Madison County is a collaborative effort of Cayuga Community Health Network, Seven Valleys Health Coalition (Cortland), and the Madison County Rural Health Council to promote and provide doula services for community members who qualify as low-income and may have challenges accessing prenatal, birth, and postnatal support.

The Doula Partnership of CCM seeks to secure support and partnership from community medical practices and local human support organizations to improve maternal and infant health outcomes through the proven strategy of increasing doula-attended births for low-income residents.

By signing below, you are stating that you understand the purposes of the Doula Partnership of CCM and agree to support the program and its efforts.

The purposes of the Doula Partnership of CCM are to:

- Increase doula-attended births for low-income pregnant individuals
- Decrease adverse maternal/child health outcomes
- Develop community partnerships with area providers and programs serving pregnant individuals
- Increase community knowledge on the benefits of having a doula-attended birth
- Increase public awareness of the Doula Partnership of CCM program

Support of the Doula Partnership of CCM program can include, but is not limited to:

- Sharing Doula Partnership of CCM information with patients or clients
- Referring a patient or client to the program
- Posting and sharing program advertisements (flyers, brochures, social media posts, etc.)
- Providing feedback on the referral process and program outcomes

Name: _____

Date: / /

Organization/Practice: _____

Signature: _____