

International Childbirth Education Association (ICEA) Certified Professional

BIRTH DOULA WORKSHOP

MARCH 19–20, 2020

8:30am – 5:30pm

(Check-in begins at 8:15am)

CERTIFIED PROFESSIONAL BIRTH DOULA

HLSC 500: 201 CRN 26522

DMACC – Ankeny Campus, Building 24, Room 201

Cost: \$365

Includes snacks and box lunches on both days

Please specify dietary requirements during registration.

REGISTER

Online at ce.dmacctraining.com

Phone: 515-964-6800

Questions? Contact Jill Whitson at

jawhitson@dmacc.edu or 515-256-4907

To drop or withdraw your registration and receive a full refund, you must notify DMACC two business days before the start of class.

INTENDED AUDIENCE

Nurses, health professionals, or others interested in pursuing a career as a doula; health professionals working in a mother baby unit.

PRESENTER

Jennifer Callahan, M.A. Ed, ICBD, ICCE, MCH, ICEA Director of Education.

PURPOSE

This training will provide the hands-on education and skills that can enable you to facilitate the expectant parent's mental and physical preparation for pregnancy, labor, birth, and parenthood. During this course, participants will practice and demonstrate labor-enhancing comfort measures, understand the physical and emotional progression of labor, identify the impact that doulas have on the lives of families served, and evaluate and identify opportunities for starting a rewarding doula business. The training promotes the concept of the birth doula as an advocate of the natural process of childbirth and the right of the expectant parent to make informed decisions based on their knowledge of alternatives.

OBJECTIVES

- > Identify and describe the scope of practice and benefits of doula care
- > Demonstrate the ability to develop a birth plan that would clearly communicate the needs of the client
- > Describe basic emotional and developmental issues associated with pregnancy, labor, and birth
- > Discuss various philosophies of care and how they affect labor and birth
- > Describe pre-labor and positive signs of labor
- > Describe how the progress of labor is assessed
- > List appropriate doula tasks during each stage of labor

- > List sources of pain during labor
- > List labor comfort measures and coping skills and describe their appropriate uses
- > Discuss non-pharmacologic forms of pain relief and the doula's role when used
- > Discuss pharmacologic forms of pain relief and the doula's role when used
- > Explain the benefits of skin-to-skin contact immediately after birth
- > Demonstrate strategies that facilitate bonding in the immediate postpartum period
- > Describe practices that support and enhance breastfeeding initiatives
- > List short-term and long-term breastfeeding benefits
- > Distinguish between postpartum blues and postpartum depression
- > Describe postpartum mood disorders
- > Describe the doula's role during a c-section birth
- > List effective strategies for supporting women who choose a VBAC birth
- > Describe the doula's role when working with survivors of abuse
- > Define the basics of starting a doula business and the importance of contracts used with doula services

Nurses will be awarded 16.0 contact hours for IBON Approved Provider DMACC #22. Full attendance required to earn contact hours. No partial attendance credit will be awarded. It is the licensee's responsibility to determine if the continuing education programs they attend meet the requirements of their professional licensure board.

CE.DMACCTRaining.COM

For more information, contact: Jill Whitson
515-964-6800 | jawhitson@dmacc.edu

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