



Adding to Your Labor Support Toolbox (5 CE's)

Amy L. Gilliland, Ph.D., BDT(DONA) Trainer, ADT(DONA), CSE (AASECT)

1. Introduction to Birth Doula Support (10 minutes)
 - A. Tell whether events surrounding labor are usually of long term significance in women's lives, as described by women years after they gave birth.
 - B. List the impact of doula care on obstetrical outcomes.
 - C. Describe the impact of doula care on maternal infant outcomes.

2. Common conflicts between nurses and birth doulas (10 minutes, may vary)
 - A. Is she really a *professional* doula?
 - B. Differences in expectations
 - C. Clients expecting involved decision making with nurse and physician
 - D. Desire to work together but possible lack of experience/skills in how to do so
 - E. Evidence based practice in obstetric care may take 17 years to become established standard of care in hospitals

3. Proven Concepts in Labor Support (3+ hours)
 - A. Illustrate Relaxation, Rhythm, and Ritual for effective labor coping
 - B. What Effective Labor Coping Looks Like and How To Chart It
 - C. Characterize Kinesthetic, Visual, and Auditory Coping Styles
 - D. Predict Difficulties in the Transition from Home to Hospital in Labor
 - E. Interpret Intention and Caring Touch Communication
 - F. Perform Comfort Measures That Work
 - G. Reconstruct Positions for the First Stage of Labor That Alleviate Back Pain and Enhance Labor Progress
 - H. Facilitate Positioning for the Second Stage of Labor That Enhance Descent and Alleviate Dystocia
 - I. Contrast Spontaneous Pushing and Maternal Led Breathing with Directed Pushing in a Hospital Setting
 - J. Model A Strategy to Assist With Women Getting An Urge To Push or Working With Labor Contractions During Second Stage With An Epidural
 - K. Adapt Positioning Strategies that Enhance Labor Progress and prevent both first and second stage dystocia with an epidural
 - L. Using **peanut balls** to enhance labor progress

4. Engaging and Including Fathers in Labor (45-60 minutes)
 - A. Review the research evidence on paternal satisfaction in labor
 - B. Review the research on paternal preferred involvement in labor support
 - C. Develop strategies that work to emotionally support fathers

Teaching Methods: Lecture, guided discussion, demo-return demo, small group discussion, role-play, brainstorming, facilitated practice, videos, case studies, storytelling,