

Doula Design Document

<i>Business Purpose</i>	<p>This module will provide information for Labor Doulas regarding the importance of emotional support to a pregnant woman. Emotional support can dramatically reduce the stress upon a pregnant woman who is in labor.</p> <p>Maintain a clear definition of the role of the Doula. There are parameters that must be understood so that Doulas do not find themselves in legal situations.</p> <p>Recognize ways to provide emotional support for pregnant women prior to labor and in labor to reduce the stress upon the woman and the child.</p>
<i>Target Audience</i>	<ul style="list-style-type: none"> • Newly trained Doulas or those who require a refresher for ongoing certification
<i>Training Time</i>	<ul style="list-style-type: none"> • 30 minutes to complete all of the required reading and tasks
<i>Training Recommendation</i>	<ul style="list-style-type: none"> • This is one eLearning module which would be a part of a larger course for new and existing Doulas • This course focuses on Emotional Support (there are additional elements for Doulas that could be created in additional courses) • After information is presented, there will be knowledge checks (the amount will be based on the difficulty of the information presented) • There will be a graded quiz at the end of the course for the learner to evaluate the learner's progress. Learners will have the opportunity to retake the quiz if necessary
<i>Deliverables</i>	<ul style="list-style-type: none"> • One eLearning course <ul style="list-style-type: none"> ✓ Developed in Articulate Rise ✓ Scenarios ✓ Knowledge checks ✓ Quiz at the end ✓ Links to resources
<i>Learning Objectives</i>	<ul style="list-style-type: none"> • Providing Emotional Support <ul style="list-style-type: none"> ✓ Recognize the role of the Doula ✓ Identify the scope of practice for a Doula ✓ Advocate for the patient without conflict with caregivers ✓ Explain the 3 R's of emotional support ✓ Describe various techniques that provide emotional support
<i>Training Outline</i>	<p>Section 1- The Role of the Doula</p> <ul style="list-style-type: none"> • Lesson 1 Why Choose a Doula? <ul style="list-style-type: none"> ✓ Definition of Doula ✓ Statistics of benefits of Doula ✓ Roles in the delivery room (flip cards) • Lesson 2 Scope of Practice <ul style="list-style-type: none"> ✓ No clinical tasks

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	<ul style="list-style-type: none">✓ Advocate (evidence-based information, not opinions)✓ FREDA✓ Scenario in labor/delivery room knowledge check <p>Section 2- Emotional Support</p> <ul style="list-style-type: none">• Lesson 1 Know the Science<ul style="list-style-type: none">✓ Understand the scientific standpoint✓ Know where symptoms are coming from✓ Recognize hormones emitted in labor✓ Matching knowledge check• Lesson 2 Providing emotional support from prenatal visits to delivery<ul style="list-style-type: none">✓ Meet with the mother and her partner prior to delivery to establish a rapport and develop a bond to build emotional support✓ Research the client's physician to see if they have prior experience with Doulas/check out their reviews and meet with them, if possible, to avoid unnecessary tension in the delivery room✓ Discuss and create a birth plan with the mother and partner✓ Clarify the Doula's role with the mother✓ Bring your "BRAINS" to labor (flip cards)• Lesson 3 The 3 R's in childbirth preparation (graph/roadmap to labor image of emotions)<ul style="list-style-type: none">✓ Relax✓ Rhythm✓ Rituals✓ Matching knowledge check of the 3 R's• Lesson 4 Emotional Support Comfort Measures for Labor<ul style="list-style-type: none">✓ Alleviate the physical pain so the mother is more likely to be receptive to emotional support✓ Examples from list✓ The roving body check✓ Scenarios to apply knowledge of emotional support and physical comfort measure to simulated labor situations. <p>Section 3 Quiz</p> <ul style="list-style-type: none">• Multiple choice with scenarios<ul style="list-style-type: none">✓ Questions for scenario ("yes/maybe"-out of scope, "no"-within scope)
<i>Evaluation Plan</i>	<ul style="list-style-type: none">• Assessment questions at the end of the course• Learner must score 80% in order to complete the course• Learner must review the course and retake the quiz if the score is less than 80%