

LABOR SUPPORT PATHWAY

	PRODOMAL	LATENT	ACTIVE	TRANSITION	PUSHING	RECOVERY
PROGRESS	None	0-100% effacement 0-3 cms dilation	4-6 cms dilation	7-10 cms dilation	Stretching of vagina; descent and birth of baby	Birth of placenta and involution
TIME	up to several days	0-9 hours	3-4 hours	1/2-1 hour	up to 2 hours	1-3 hours
CONTRACTION PATTERN						
BREATHING STRATEGIES	Abdominal	Full chest	Upper chest	Pant, pant-blow and variations; blowing out	Physiological; modified ValSalva; exhalation	Abdominal or full chest breathing as needed when placenta is delivered
COMFORT STRATEGIES	Rest, eat and drink lightly, visualization, walk	Eat and drink lightly, walk, visualization, read, watch TV, finish preparations; life proceeds as usual	Walk, rock, vary positions, slow dance, massage, back pressure, tub bath, warm compresses, showers, fluids, music, focus, distraction, imagery	Eye-to-eye, calm voice, reassurance, breathe with her, verbal imagery, rest between contractions, position of choice	Clear, concise instructions, optimal positioning, verbal imagery, calm approach, warm compresses, perineal massage	For birth of placenta: position, bear down lightly, breathe with contractions; introduce baby to family; assist with breastfeeding, photos, voice recordings
MEDICATIONS FOR COMFORT	Nembutal, Seconal	Demerol, Nubain	Nubain, Demerol, Phenergan, epidural	Epidural	Pudendal block, epidural, local	Local
INTERVENTION	Pitocin induction	Pitocin augmentation, intermittent EFM, IV	Pitocin augmentation, EFM, IV, cesarean birth	Vacuum extraction, forceps delivery,	Suturing of episiotomy	

DOULA AND LABOR SUPPORT

SELF EVALUATION

The professional doula is responsible for maintaining both her knowledge base and practical skills. This two-part self evaluation provides the framework for that process.

Part I is a written review of information presented in the Doula and Labor Support materials. ICEA believes that mastery of this information is essential for the ICEA Certified Doula.

Part II is a self-assessment of the doula's practical skills. ICEA expects that the ICEA Certified Doula will be able to function independently in each of the areas identified. Each doula may add individualized strategies and practical skills to this list. It should be an ongoing document of the doula's competency, and may even be shared with prospective clients if the need arises.

6. Describe the Labor Pathway by completing the following chart:

	Prodromal Labor	Latent Labor	Active Labor	Transitional Labor	Pushing and Birth
Average Length					
Anticipated Progress					
Draw the contraction pattern and describe the frequency, duration and quality					
Possible emotional reactions to labor					
The doula's repertoire of comfort measures					

7. Describe the benefits and drawbacks of active management of labor as defined by the research of Friedman.

Benefits

Drawbacks

8. For each of the following medical interventions, list the purpose, the benefits and drawbacks and the appropriate comfort measures if indicated.

	Purpose	Potential Benefits and Drawbacks	Possible Comfort Measures
Artificial Rupture of Membranes			
IV			
Augmentation of Labor			
Induction of Labor			
Electronic Fetal Monitoring			
Epidural Anesthesia			
Forceps Delivery			
Vacuum Extraction			
Episiotomy			

9. List 5 ways a doula can help to prevent an unnecessary cesarean birth.

10. Here is a list of doula challenges — physical and emotional reactions that some women experience during labor. For each one, identify a possible cause, and the doula’s repertoire of support measures or interventions.

	Possible Cause(s)	Doula’s Repertoire of Skills
Back pain		
Shaking of the extremities		
Bright red spotting or frank bleeding		
Pain in the thighs and legs		
Rectal pressure		
Crying		
Refusal to continue		

11. Identify four effective positions for pushing.

12. Which of the following maternal positions will slow the descent of the baby during the pushing phase of labor? Circle the correct answer.

- A. Squatting
- B. Sitting, as in a birthing bed or chair
- C. Side-Lying
- D. Kneeling

13. Three support techniques which will help women to give birth with an intact perineum are:

14. Describe the normal newborn.

A. Skin color: _____

B. Vernix: _____

C. Lanugo: _____

D. Head shape:
Molding _____
Caput _____
Cephalohematoma _____

E. Milia: _____

F. State of Consciousness:
Sleep States: _____
Alert States: _____

G. Reflexes: _____

H. Sensory capabilities:
Vision: _____
Hearing: _____

15. Briefly describe the techniques you will use to acquaint parents to the capabilities of their new baby.

16. What will you do if you observe the following?

A. Mother states: "I don't want to be a mother. I wish I could just die." _____

B. The birth partner answers all the questions, makes all the decisions, and refuses to allow you to be alone with the laboring woman. _____

C. At the initial client interview, the mother tells you she thinks she has an STD. _____

17. List the essential components of Universal Precautions:

18. Describe the methods of advertising that will be most effective for you in your community. Explain your rationale.

True or False:

19. _____ Grief is a normal part of birth.

20. _____ Every woman needs a doula during labor.