



TRADITIONAL HEALTH WORKER

BIRTH DOULA



BIRTH DOULA

INTRODUCTION

A Birth Doula is a birth companion who provides personal, nonmedical support to women and families throughout a woman's pregnancy, childbirth, and post-partum experience. They support families in making informed decisions and having better access to appropriate care during a woman's pregnancy. The state model for birth doula care includes at least two prenatal visits, intrapartum care, and at least two postpartum visits. Priority populations for doula services include women with racially or ethnically diverse background including black/ African American, Latino, or multi-racial, homeless women, women who speak limited to no English, women with limited family support, and women under the age of 21. Full-time work for a doula has been identified as taking 4 -5 births or families a month and some doulas have expressed that taking 5 births or families a month frequently was too strenuous to be sustainable (48 to 60 families a year). But prioritized populations might need additional prenatal visits to be successful. A family may be receiving additional services such as WIC, CaCoon, or possible DHS involvement. So, it is important to coordinate to ensure a balance in care being received.

CERTIFICATION REQUIREMENTS

(Please refer to Appendix A)

Certification is required for being eligible for Medicaid Reimbursement

- Complete an OHA approved training program
- Provide documentation that the individual has completed all birth doula training requirements listed in OAR 410-180-0375 *(Please refer to Appendix B)*
- Meet cultural competency course requirements through an approved training program for doulas
- Be CPR -certified for both children and adults
- Create a community resource list on an Authority approved form
- Document attendance at a minimum of three births and three postpartum visits using an Authority approved form

SCOPE OF PRACTICE

CARE COORDINATION AND SYSTEM NAVIGATION

Coordinate with systems of care
Assist with referrals
Assist with creation of birth plan
Connect people to community and/ or social service resources

OUTREACH AND DIRECT SERVICES

Provide anticipatory guidance before, during, and after birth
Support client informed decision making
Outreach

COACHING AND SOCIAL SUPPORT

Assist with transitions between providers and phases of care
Referral to social service and/ or community resources

ADVOCACY, ORGANIZING AND CULTURAL MEDIATION

Serve as a cultural liaison
Advocate for client's needs before, during, and after birth

EDUCATION

Increase health literacy
Support stress management
Share culturally appropriate and accessible health education and information

TRAINING

Shafia Monroe Consulting/ Birthing CHANGE

- OHA approved training – Full Circle Doula/ Birth Companion SMC Training

PAYMENT MODELS

- Bundled Fee-for Services (FFS) (Funding Source: Medicaid)
 - Bundling: Set rate of \$350 for 2 visits prior to birth and 2 visits after birth
 - Itemized: \$150 for each day of birth; \$50 for each individual visits; Cap of \$350
- Grants and Contracts (Funding Source: Medicaid, CCO, Philanthropic Funds)
 - An organization patches necessary funding together from multiple streams
- Direct Employment
 - Salaried staff at the organization they work

REIMBURSEMENT

- Birth Doula should obtain both a National Provider Identifier (NPI) and a DMAP (Division of Medical Assistance Program) ID to support the medicaid billing process
- Any billing entity that will be used by the birth doula for the purpose of billing will also need an NPI and a DMAP ID.

ASSOCIATIONS

- Oregon Doula Association
- Portland Doula Association

UPCOMING EVENTS

- Grow & Flow Workshop for Doulas
November 17th, 2019
Eugene, OR

APPENDIX - A

OAR 410-180-0315

BIRTH DOULA CERTIFICATION REQUIREMENTS

- (1) To be certified as a birth doula, an individual shall:
 - (a) Complete all required training specified in OAR 410-180-0375 through:
 - (A) An Authority approved birth doula training program; or
 - (B) A combination of programs that results in meeting all the requirements through equivalent credit.
 - (b) Complete an Authority approved oral health training;
 - (c) Be CPR-certified for children and adults;
 - (d) Create a community resource list on an Authority approved form;
 - (e) Document attendance at a minimum of three births and three postpartum visits using an Authority approved form;
 - (f) Complete all application requirements to be in the state registry;
 - (g) Complete the Authority certification process; and
 - (h) Be successfully accepted into the state registry.
- (2) Individuals who hold national or non-Oregon state certification and are in good standing with their certifying body may be granted reciprocity or receive equivalent credit for previously completed training. The Authority shall determine the criteria for reciprocity and equivalent credit.

Source: <https://secure.sos.state.or.us/oard/viewSingleRule.action?ruleVrsnRsn=248078>

APPENDIX - B

OAR 410-180-0375

BIRTH DOULA CERTIFICATION CURRICULUM STANDARDS

(1) All birth doulas seeking certification with the state shall complete a minimum of 40 contact hours from an Authority approved training program that includes the following:

(a) A minimum of 28 in-person contact hours addressing the core curricula topics set forth in section (2) of this rule through an Authority approved training program for birth doulas or through another training program provided by a birth doula certification organization;

(b) Six contact hours in cultural competency training; and

(c) Six contact hours in one or more of the following topics as they relate to doula care:

(A) Inter-professional collaboration;

(B) Health Insurance Portability and Accountability Act (HIPAA) compliance; and

(C) Trauma-informed care.

(2) All core curriculum for training birth doulas shall, at a minimum, introduce students to the key principles of the following topics:

(a) Anatomy and physiology of labor, birth, maternal postpartum, neonatal transition, and breastfeeding;

(b) Labor coping strategies, comfort measures, and non-pharmacological techniques for pain management;

(c) The reasons for, procedures of, and risks and benefits of common medical interventions, medications, and Cesarean birth;

(d) Emotional and psycho-social support of women and their support team;

(e) Birth doula scope of practice, standards of practice, and basic ethical principles;

(f) The role of the doula with members of the birth team;

(g) Communication skills, including active listening, cross-cultural communication, and inter-professional communication;

(h) Self-advocacy and empowerment techniques;

(i) Breastfeeding support measures;

(j) Postpartum support measures for the mother and baby relationship;

(k) Perinatal mental health;

(l) Family adjustment and dynamics;

(m) Evidence-informed educational and informational strategies;

(n) Community resource referrals;

(o) Professional conduct, including relationship boundaries and maintaining confidentiality; and

(p) Self-care.