



SCOPE OF PRACTICE

As a birth doula I:

- Give you information about different medications and interventions prenatally, upon request.
- Offer help and advice on comfort measures such as breathing, relaxation, movement and positioning, touch, visualization, hydrotherapy, rebozo, and heat therapy.
- Sit silently with you.
- Work with your birth team as allies with the same objectives and priorities by reminding you to tell your nurses, physicians, and midwives what is most important to you about your birth.
- Include birth team members when they are present. This is crucial in establishing a calm environment.
- Inform you of an unannounced intervention the physician is about to do, if I can see it.
- Remind you if there is a departure from your wishes for your birth.
- Aid in your understanding of medical procedures and treatment by reminding you to ask questions regarding your care. I cannot ask these questions for you:
 - What are the benefits/risks of the intervention?
 - What are the treatment options?
 - How much time to decide a course of action? (If there is time to discuss an intervention, I might invite another birth team member to stay with us in case you need any more medical information.)

As a birth doula I do NOT:

- Perform clinical tasks such as, but not limited to, vaginal exams, assessing fetal heart tones or perineal massage.
- **Diagnose medical conditions, offer second opinions or medical advice and I do not interfere with medical treatment in the event of an emergency situation. I cannot offer my own medical information about certain treatments during labor**, but I can help you solicit that information from the medical staff.
- Make decisions for you or project my own values onto you by telling you what to do, or what I would do in your situation.