

POST-TEST

ICEA POSITION PAPER: THE ROLE AND SCOPE OF BIRTH DOULA PRACTICE

1. *A birth doula is someone who*
 - a. Attends the woman in labor when no other social support is available
 - b. Provides physical, emotional, and informational support to women and their families
 - c. Unnecessary when you have a good health care provider
 - d. Only attends women who plan an unmedicated birth

2. *Women who have labor support are:*
 - a. 34% less likely to rate their childbirth experience negatively
 - b. 31% less likely to use synthetic oxytocin
 - c. 9% less likely to use pain medication
 - d. All of the above

3. *Labor support provided by a doula*
 - a. Has no effect on the rate of cesarean birth
 - b. Increases the rate of cesarean birth
 - c. Reduces the rate of cesarean birth
 - d. Is contraindicated for cesarean birth

4. *Prior to birth a birth doula*
 - a. Provides information to her clients about the birth process
 - b. Collects her fee and waits for the client to go into labor
 - c. Cannot help her client
 - d. _____

5. *A doula supports the woman by*
 - a. Offering culturally appropriate care
 - b. Ignoring others who try to support the woman
 - c. Sticking to her own (the doula's) agenda and ignoring the woman's desires
 - d. Making sure she stays in bed for the duration of labor

6. *Physical support of the woman may include*
 - a. Changing positions
 - b. Encouraging fluid intake
 - c. Use of heat and cold therapy
 - d. All of the above

7. *A doula may NOT*
 - a. Describe a medical procedure
 - b. Give medical advice
 - c. Clarify a procedures benefits and risks
 - d. Offer possible alternative procedures

8. *When a client has questions about medical issues, the doula can*
 - a. Remind her that she is just a patient and doesn't need to have all the answers
 - b. Tell the client that it is too late to learn anything new once she is in labor
 - c. Consider it an opportunity to facilitate communication between the client and her caregivers
 - d. Give up because this client is beyond help

9. *If a doula contradicts a health care provider, she could*
 - a. Undermine a woman's confidence in her own decision-making ability
 - b. Prove that she is smarter than the health care provider
 - c. Alleviate the woman's anxiety during labor
 - d. Improve the reputation of her doula colleagues

10. *Once a doula is certified*
 - a. Continuing education is no longer necessary
 - b. She is not accountable to anyone for the way she practices
 - c. She should maintain professional relationships with others who care for her clients
 - d. Happiness and great wealth are just around the corner

Name _____