

## POST-TEST

### ICEA POSITION PAPER: ROLE AND SCOPE OF THE POSTPARTUM DOULA

1. A postpartum doula is someone who:
  - a. Provides care only to women who do not have partners
  - b. Provides medical care such as taking temperatures and blood pressure
  - c. Provides physical, emotional, and informational support to a woman and her family
  - d. Is unnecessary if the woman has a partner
  
2. All of the following are part of the eleven domains of postpartum care except:
  - a. Emotional support
  - b. Advocacy
  - c. Household organization
  - d. Providing medical advice
  
3. Emotional support of a postpartum mother may include:
  - a. Respecting her parenting style
  - b. Providing opportunities for the mother to ask questions or express concerns
  - c. None of the above
  - d. Both a and b
  
4. A postpartum doula may not:
  - a. Describe medical procedures
  - b. Give medical advice
  - c. Clarify an issue
  - d. Offer possible alternatives
  
5. A postpartum doula:
  - a. Focuses on normal postpartum recovery
  - b. Gives unbiased evidence based information
  - c. Can help facilitate communication between the mother and her provider
  - d. All of the above
  
6. A postpartum doula can:
  - a. Speak for her client because she knows what is best, is experienced and has training
  - b. Tell a mother that her friends and family don't know what they are talking about because they gave birth many years ago
  - c. Provide referrals as necessary
  - d. None of the above

7. A postpartum doula support can:
  - a. Provide a lasting and important impact on the family
  - b. Increase confidence in the mother and her family
  - c. Reduce feelings of anxiety, stress and isolation
  - d. All of the above
  
8. When a client has questions about medical issues, the postpartum doula can:
  - a. Help facilitate conversations between the mother and the appropriate provider
  - b. Answer her questions because she has been trained and knows the answers
  - c. Tell the mother she doesn't need the answers to that right now
  - d. Have the mother go to the internet and do a search because the answers can always be found online
  
9. A certified doula understands:
  - a. That she can provide all of the answers the family needs because she is a trained professional
  - b. That families need individualized and culturally appropriate care
  - c. That all families recover the same way and need the same care
  - d. All of the above
  
10. After certification, a postpartum doula:
  - a. Does not need to take any further training or continuing education ever
  - b. Is on her own and can act in any way she chooses because she is an independent provider and works for herself
  - c. Must complete the re-certification process every three years to keep her certification
  - d. Does not need to do anything else because she was trained and is certified for life