



ICEA Approved Cultural Competency Contact Hours

Cultural Competency training requirement

The ICEA Board of Directors has made the decision that 4 hours of the 24 hours required for recertification need to be in an area of Cultural Competency, Cultural Awareness, Diverse Cultural Practices and/or the like. This decision was made in order to ensure that our educators and doulas have a greater understanding of the diverse perinatal practices that are intertwined in the communities around us, and a deeper knowledge of the areas of improvement that are needed in our healthcare systems. Four hours is a very minimal requirement but will provide an opportunity to begin exploring how we can all do a better job teaching and serving families.

Below is a list of courses and trainings that have been recommended as possible ways to meet the requirement. This list will continue to grow as other options become available. You will need to do the research to decide which course, training, or other activity will work best for you.

- Dignity in Pregnancy and Childbirth online training
 - [Find Link Here](#)

- Paradigm Reach
 - [Find Link Here](#)

Cultural Enrichment Activities and Historic and Diverse Birthing Practices CE options

Each activity/option counts for 2 CE hours. Only 4 hours total (so 2 of these activities) of these Cultural Awareness activities per recertification cycle is accepted.

Birth in Nepal (23min 41 sec)

[Find Link Here](#)

Follow up questions:

- How do you see childbirth education and/or birth support playing a role in the births in this video?
- What are the advantages vs disadvantages of having a baby at the health posts vs at home in the village?
- What is the Nepalese government doing to improve birth outcomes?
- What are the women’s fears during pregnancy, birth, or during the postpartum time?

Saving Nepal’s Mothers by 101 East (25 mins)

[Find Link Here](#)

Follow up questions:

- How do you see childbirth education and/or birth support playing a role in the births in this video?
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Birthing in Guatemala

[Find Link Here](#)

This is about training indigenous midwives in villages so that better care can be accessed by the remote villages. Also, there is a more collaborative care model now between the standardization of the training of traditional midwives and the link between them and the medical staff.

Follow up questions:

- How would you define the circle of care here?
- What has been improved upon?
- What is currently being worked on to improve birth outcomes, and what still needs to happen?
- Compare and contrast this to birthing in the US.

Birthing in the Amazon

[Find Link Here](#)

Discuss barriers to care, the importance of traditional midwives, and how they learned and trained. Compare and Contrast birthing in the Amazon vs another country.

Motherland: Birthing in the Philippines (1 Hour 34min)

[Find Link Here](#)

Prime Video \$3.99

What were your....

–3 main takeaways from this documentary

–3 parts you could relate to

–3 new things you learned

–3 things you saw that seemed to be working well in this culture

–3 things you observed or that were mentioned that were areas that could be improved by a doula or educator.

–3 things that are different from your culture.

Ancient Chinese pregnancy and birthing customs vs now

[Find Link Here](#)

Postpartum hospitals in China are like spas with chefs!...They take the first 30 days seriously!

[Find Link Here](#)

Watch both videos and Compare and Contrast birthing in China vs the US in 2 to 3 paragraphs.

Birthing in US The Cost:

[Find Link Here](#)

Summarize this short video, and then add a paragraph adding a summary of your own research on costs to birth in the US.

History of Birthing in the US from a black-centered perspective:

Medical Bondage and the Birth of Gynecology: [Find Link Here](#)

Discuss 3 key takeaways and any action points for doulas and educators?

Lost Mothers: Maternal Mortality In The U.S. (12 mins)

[Find Link Here](#)

Black Mothers Keep Dying After Giving Birth. Shalon Irving's Story Explains Why America is Failing its Black Mothers

[Find Link Here](#)

Listen to and read the above 2 articles and summarize in your own words in 2 paragraphs.

Paragraph one: summary of articles. Paragraph 2: Potential Doula or educator action points

CDC: History of birthing in the US...A look at the numbers and proposed action points:

[Find Link Here](#)

Where do you see doulas and educators fitting into the CDC's proposed next steps?

Bringing midwifery back to black mothers

[Find Link Here](#)

Action points for doulas and educators?

3 key takeaways

Culture war of Midwives and OBGYN's

[Find Link Here](#)

Birth disparities per state...can midwifery care help?

[Find Link Here](#)

[Find Link Here](#)

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Question: What Conclusions can you draw from these 3 resources? How do you see doulas fitting into a mother's circle of care and affecting positive change given the midwifery and OBgyn accessibility realities where you live? Answer in 2 to 3 paragraphs.

Birth In the US

Impacting Communities and the effects of chronic stress and birth outcomes

Jennie Josephs: [Find Link Here](#)

Action points for doulas and educators?

3 key takeaways

Doula'ing through tragedy:

[Find Link Here](#)

Baby Alexandra's Story (18:57mins)

A culture of not listening led to tragedy:

- If you were her doula, what would you have done?
- What kind of resources are in your area for this type of birth scenario for the parents?
- List how and who to submit formal complaints in your area.

Lost Mothers:

[Find Link Here](#)

Action Point for Credit:

- Read and then find out your region or state's maternal and perinatal statistics. Summarize your findings in a paragraph or an infographic and tag icea or email attachment.

US historical numbers and maternal mortality disparities by defined leading causes using enhanced vital records and better coding

[Find Link Here](#)

Read this and summarize in your own words. Make an Instagram infographic and link to ICEA.

If you take a course or training that does not offer CE's, we ask that you submit the time spent attending or viewing the event and then give us a brief synopsis of what you learned (3/4 to 1 page) and if you recommend this educational event. If you would like to earn additional CE's you may choose to submit what you learned in blog format to be published on our blog page. This is subject to requirements for submission. Please contact info@icea.org for more information.

An alternate activity would be to read a book on Culturally Diverse Birthing Practices, Historical Birthing Practices, or Disparities in Healthcare and submit the time spent reading along with a synopsis. Similarly, you could attend a community event or work event and submit the same information. We will allow for partial hours in several activities that equal up to 4 CE's.

It is strongly recommended that you pick an activity outside of the approved list that you submit for approval prior to attending so that you know the CE's are approved. Simply send the details of the event or activity to info@icea.org.

These hours will not be subject to the occasional transfer fee that applies to other outside CE's