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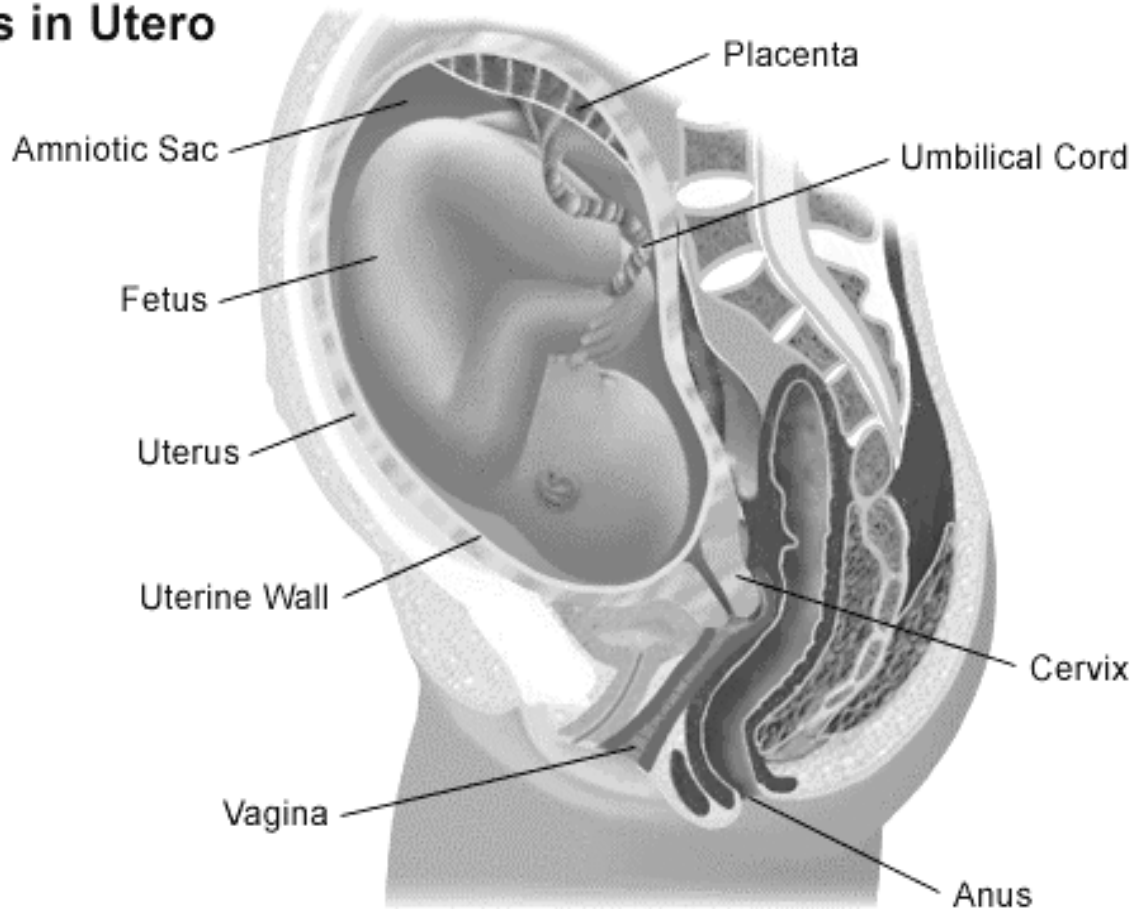
CAPPA Pre-Workshop Study Guide For Labor Doula Certification Workshops

This guide is to help you prepare for the Labor Doula Certification Workshop you are planning on attending. Please complete this study guide prior to your workshop and submit to your trainer. Contact your trainer to get specific instructions on how and where to submit this guide. You may use additional paper if necessary.

Anatomy of Pregnancy:

1. Describe the significance during pregnancy and birth of each item noted on the diagram below.

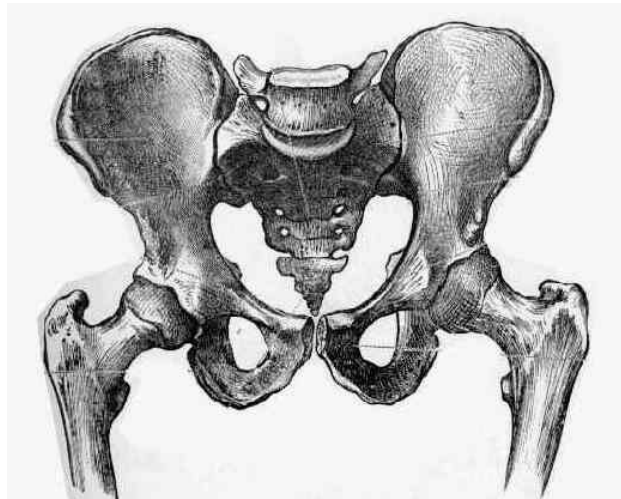
Fetus in Utero



2. Describe amniotic fluid and what purpose it serves.
3. Define relaxin and its purpose in pregnancy.
4. Describe a Kegel exercise.
5. Identify and describe 5 pre-labor signs that may be experienced in the last weeks of pregnancy.

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6. Define effacement and dilation in terms of labor and birth. Describe how they are measured.
7. Identify the proper way to time contractions.
8. Define preterm labor.
9. List common methods to treat pre-term labor.
10. List the stages and phases of labor.
11. List the physical & emotional hallmarks for each stage and phase of labor.
12. Describe the emotional state of a woman in transition.
13. Physiologically, what happens during a uterine contraction?
14. On the pelvis model below label the following landmarks: Iliac Crests, Symphysis Pubis, Pelvic Inlet, Ischial Spines, Coccyx, Sacrum, Ischium, and obturator foramen.



15. List the hospital staff that a laboring woman and her family are likely to come in contact with during her admission.
16. Who may be considered a support person for a laboring woman?
17. List three support services a doula provides.
18. List three people who can provide vaginal exams.
19. List three natural induction or augmentation techniques.
20. What is the normal length of hospital stay following a vaginal birth? A cesarean birth?

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21. When might a vacuum assisted birth be necessary?
22. List 4 reasons for a planned cesarean birth.
23. List 4 reasons for an emergency cesarean birth.
24. What does the term GBS positive mean? What interventions might this indicate?
25. In your own words, describe what role relaxation plays in labor.
26. Describe a technique to cope with back labor.
27. How long should a laboring woman stay in the water during active labor?
28. APGAR scores determine what?
29. Who is most at risk for developing postpartum depression?
30. What do you feel are the most important reasons for breastfeeding?
31. What reasons might a woman have who chooses not to breastfeed?
32. List pros and cons of bottle-feeding.
33. List the pros and cons of artificial infant milk feeding.
34. Describe the differences between breastfeeding, bottle-feeding, and artificial infant milk feeding.
35. List three alternate methods of feeding a newborn (besides nursing).
36. List three resources in your community for pregnancy and/or family support.

Define the following:

Hyperemesis Gravidarum

Incompetent Cervix

Placenta Previa

External Fetal Monitoring

Internal Fetal Monitoring

IUPC

Analgesia

Name: _____ Phone: _____

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Anesthesia

Anti-Emetic

Uterine Fundus

Gestation

Informed Decision-Making

Couvade

Effleurage

Nesting Instinct

Vertex Presentation of Fetus

Breech Presentation of Fetus

VBAC

Spleen 6

Acupressure

OP

OA

Station