

Nebraska Doulas Association Membership Application*

Name: _____ Date: _____

Business Name (if applicable): _____

Address: _____

Primary Phone Number: _____ Secondary Phone Number: _____

E-mail: _____

Website: _____ Birthday (month & day): _____

Birth Doula Postpartum Doula Both

Are you certified (or previously certified) or in the process of completing certification? No Yes

If Yes, through which organization?

DONA ALACE CAPPA ICEA Birthworks Other: _____

If No, what type of training or experience do you have? _____

Do you have expertise in any other related field (Childbirth education, lactation, etc.)? _____

Number of births attended as a primary doula: _____

Number of clients served as a postpartum doula: _____

How long have you been a doula? _____

Tell us about yourself and/or your philosophies about labor and birth: _____

Would you be interested in volunteering for events or activities hosted by NDA? Yes No

Annual Membership Fee is \$15 which includes online advertisement of your services, if desired.

You may wish to include a short biography and/or photo. Biography may be written on the back of this page or emailed with optional photo to: **birthne@yahoo.com**

All doulas who wish to join the NDA must return the following information:

1. Membership application
2. **Signed** Standards of Practice, Code of Ethics, and Membership Disclosure forms
3. Check or money order in the amount of **\$15** payable to Nebraska Doulas Association

Mail to: Nebraska Doulas Association
c/o Carrie Laughlin
5025 Aspen Drive
Omaha, NE 68157

Thank You and WELCOME to the Nebraska Doulas Association!

NDA's Standards of Practice

I. Scope of Practice

A. *Services Rendered*

1. The birth doula accompanies the woman in labor, provides emotional and physical support, suggests comfort measures, and provides support and suggestions for the partner. Whenever possible, the doula provides prenatal and postpartum emotional support, including explanation and discussion of practices and procedures as needed. Any information or suggestions provided within the role of the doula must be in the proviso that the doula advises her client to discuss with her healthcare provider before using the application.
2. The postpartum doula provides in-home assistance, guidance and education of the mother regarding baby care, feeding, and family adjustment. She supports the mother emotionally and physically and may include household assistance.

B. *Limits to Practice:* The doula does not perform clinical or medical tasks such as taking blood pressure or temperature, fetal heart tone checks, vaginal exams or postpartum clinical care. Doulas who are also healthcare professionals may provide these services within the scope and standard of their profession provided they do not use the title of doula while performing such a role.

C. *Advocacy:* The doula advocates for the client's wishes as expressed in her birth plan, in prenatal conversations, and intrapartum discussion. She helps the mother incorporate changes in the plan if and when the need arises and enhances communication between client and caregiver. Clients and Doulas must recognize that the doula's role does not include speaking on behalf of or making decisions for the client. The doula's role is best described as support, information, and mediation or negotiation.

D. *Referrals:* For clients needs beyond the scope of the Doulas training, referrals are to be made to the appropriate resources.

II. Continuity of Care

A. The doula should make back-up arrangements with another doula to ensure services to the client if the doula is sick or unable to be reached. Should any doula feel a need to discontinue service to an established client, it is the doula's responsibility to notify the client in writing and arrange for a replacement, if the client so desires. This may be accomplished by one or more of the following:

1. Introducing the client to the doula's back-up.
2. Suggesting that another member of NDA may be more appropriate for the situation.

B. The doula will follow up with the client or back-up doula to make sure the client's needs are being accommodated.

III. Training and Experience

A. *Certification:* Doulas on the referral list are not required to hold current certification, however, some formal training in the field of childbirth support is required. **Doulas who are not certified or have never attended a Doula Training workshop must have equivalent professional experience determined by number of births attended and years of service.**

B. *Continuing Education:* A doula will participate in at least one continuing education event per year relevant to maternal/child health.

IV. Record Keeping

A. *Documentation:* The doula maintains clear and accurate records of each client encounter and the birth.

I agree to adhere to NDA's Standards of Practice

Signature _____ Date _____

NDA's Code of Ethics

I. Rules of Conduct

- A. Propriety:** The doula will maintain high standards of personal conduct in the capacity or identity of a doula.
- B. Competence and Professional Development:** The doula will strive to become and remain proficient in the professional practice and the performance of professional functions through continuing education, affiliation with related organizations and association with other Doulas.
- C. Integrity:** The doula will act in accordance with the highest standards of professional integrity.

II. Ethical Responsibility to Clients

- A. Primacy of Client's Interests: The doula's primary responsibility is to her clients.**
- B. Rights and Prerogatives of Clients:** The Doulas will make every effort to foster maximum self-determination on the part of her clients.
- C. Confidentiality and Privacy:** The doula will strive to respect the privacy of clients and hold in confidence all information obtained in the course of professional service.
- D. Obligation to Serve:** The doula will assist each client seeking support by either providing service or making appropriate referrals.
- E. Reliability:** When the doula agrees to work with a particular client, her obligation is to do so reliably, without fail, for the term of the agreement. The agreement should clearly state any limitations on the doula's availability, and include clear back-up plans for such situations when the doula is unavailable.
- F. Fees:** When setting fees, the doula should ensure that they are fair, reasonable, considerate, and commensurate with the service performed.

III. Ethical Responsibility to Colleagues

- A. Respect, Fairness, and Courtesy:** The doula will treat colleagues with respect, courtesy, and good faith.
- B. Dealing with Colleagues' Clients:** The doula has the responsibility to relate to the clients of colleagues with the same ethical and professional consideration as with her own clients.

IV. Ethical Responsibility to the Doula Profession

- A. Maintaining the Integrity of the Profession:** The doula upholds and advances the values, ethics, knowledge and mission of the profession.
- B. Community Service:** The doula will assist the profession in making labor and postpartum support services available to the general public.

V. Ethical Responsibility to Society

- A. Promoting Maternal and Child Welfare:** The doula promotes the general health of the women and their babies, and whenever possible, that of their families and friends as well.

I agree to adhere to the NDA's Code of Ethics
Signature _____

Date _____

NDA's Membership Disclosure

All members of the NDA are encouraged to take part in volunteer committees associated with running the NDA and with providing services and education to its members as well as the public whenever possible.

All members will observe good conduct while participating in any NDA related event or correspondence. Members will adhere to the NDA Standards of Practice and Code of Ethics. Members will not act in any manner that damages or is likely to affect the reputation of the NDA or its members. Members can be suspended or expelled from the association if they commit any such act. All grievances should be filed with a Board Member. Members involved in the dispute will be notified of the filed grievance immediately. The Board of Directors will hold a grievance hearing where all parties will be allotted time to present their case. The board will then determine a finding for the grievance that shall be final and binding.

I have read and agree to NDA's Membership Disclosure

Signature _____ Date _____

