

# STANDARD OF PRACTICE

## 1. SCOPE

A. *Services Rendered.* The doula accompanies the woman in labour, provides emotional and physical support, suggests comfort measures, and provides support and suggestions for the partner. Whenever possible, the doula provides pre- and post-partum emotional support, including explanation and discussion of practices and procedures, as needed. Upon receiving an Association of Ontario Doulas referral request for information or service from a community member/potential client, the doula shall respond promptly and professionally. The requirement is to return a call within 48 hours. Failure to do so on 2 occasions will result in removal from the referral list with forfeit of membership fees, should the member resign from the Association of Ontario Doulas.

B. *Limits to Practice.* The doula does not perform clinical or medical tasks such as taking blood pressure or temperature, fetal heart tone check, vaginal examinations or postpartum clinical care.

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 plans if and when the need arises, and enhances communication between client and caregiver. Clients and doulas must recognize that the advocacy role does not include the doula speaking on behalf of the client or making decisions for the client. The advocacy role is best described as support, information and mediation or negotiation.

D. *Referrals.* For client needs beyond the scope of the doula's training, referrals are made to appropriate resources.

## 2. CONTINUITY OF CARE

The doula should make back-up arrangements with another Association of Ontario Doulas. Inc. 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 contact the Association of Ontario Doulas to arrange for a replacement.

## 3. TRAINING AND EXPERIENCE

A. *Training.*

i. Doulas who are certified by DONA/CAPPA will have completed all the requirements as set forth in the DONA/CAPPA requirements of certification.

ii. Equivalent to DONA/CAPPA requirements for certification. Contact Association of Ontario Doulas. for further details.

B. *Experience.*

i. Doulas certified by DONA/CAPPA will have the experience as set forth in the DONA/CAPPA requirements for certification.

ii. Equivalent to DONA/CAPPA requirements for certification. Contact Association of Ontario Doulas for further details.