



## Labour Doula Certification Program Pre-workshop Study Guide

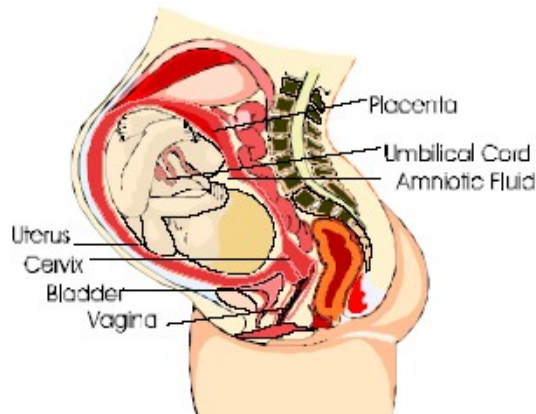
Name: \_\_\_\_\_

Date: \_\_\_\_\_

Workshop date/location: \_\_\_\_\_

- Complete each question using point and/or paragraph form.
- Use additional sheets if necessary. Please write legibly.
- Please bring this study guide and a list of childbirth community resources in your area to the first day of the workshop.
- Please fill out what you know, leave blank what you don't. This will be a true measure of what you know and what you will know once the workshop is completed.

### 1. Explain the significance of each term below with regards to pregnancy and/or birth.



**Uterus** –

**Cervix** –

**Bladder** –

**Vagina** –

**Placenta –**

**Umbilical Cord –**

**Amniotic Fluid –**

**2. List the Stages and Phases of Labour.**

**3. Name three (3) pregnancy warning signs that need to be reported immediately to a physician/midwife.**

- 1.
- 2.
- 3.

**4. List five (5) pre-labour signs.**

- 1.
- 2.
- 3.
- 4.
- 5.

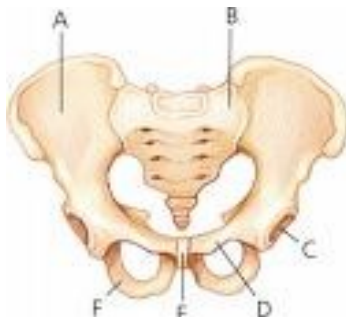
**5. Define Braxton-Hicks contractions.**

**6. Explain how to time the duration and the frequency of contractions.**

**7. Define effacement and dilation as they apply to labour and birth.**



14. Label the bones of the pelvis.



- A.
- B.
- C.
- D.
- E.
- F.

15. Define precipitate labour.

16. Define the term dystocia.

17. Identify the common cause of back labour.

18. Explain the differences between analgesia and anesthesia. List at least one type of each that may be used in birth.

Analgesia	Anesthesia

19. Describe the differences between an epidural and a spinal.

Epidural	Spinal

20. Name two types of instrumental, vaginal deliveries.

- 1.
- 2.

**21. Explain all aspects of an episiotomy and name at least one method for relieving the discomfort after the procedure.**

**22. List seven (7) clinical indications for cesarean deliveries.**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

**23. Name the two types of skin incisions and uterine incisions for a cesarean.**

- 1.
- 2.

**24. List 3 types of breach presentations and describe each.**

- 1.
- 2.
- 3.

**25. Differentiate between placenta previa and abruptio placenta.**

**26. Explain the acronym, VBAC.**

**25. Identify the five (5) areas examined in APGAR scoring and how the scoring is evaluated.**

26. Define lochia flow.

27. Name four (4) benefits of breastfeeding.

- 1.
- 2.
- 3.
- 4.

28. List three (3) common holds for positioning a baby during breastfeeding.

- 1.
- 2.
- 3.

29. Describe the etiology (cause) of physiologic jaundice.

30. Differentiate between postpartum blues, postpartum depression, and postpartum psychosis.

Postpartum Blues	Postpartum Depression	Postpartum Psychosis

31. Define Informed Consent.

32. Define the following terms:

**Colostrum:**

**Ring of Fire:**

**Fetal Distress:**

**Multipara:**

**Fontanelles:**

**CPD:**

**Primapara:**

**Quickening:**

**Lightening:**

**33. List three (3) ways to tell if baby is getting enough breastmilk.**

- 1.
- 2.
- 3.

**34. List two (2) community resources in your area for breastfeeding problems.**

- 1.
- 2.

**35. List two (2) online resources for breastfeeding.**

- 1.
- 2.

**36. Who are the following in relation to maternity care:**

**CIMS:**

**WHO:**

**INFACT:**

**ICAN:**

**Motherisk**

**La Leche League:**

**SOGC:**