

RDDA STANDARDS OF PRACTICE (Birth Doulas Only)

As a doula, adhering to professional standards is crucial to ensuring the well-being and satisfaction of clients during the childbirth process. The following standards of practice outline the expectations and responsibilities of the birth doulas in the Red Deer Doula Association.

Continuous Support: Strive to provide continuous support for the length of time that the client requires it.

Accompany the birthing person throughout labour, offering emotional and physical support.

Comprehensive Support: Provide suggestions for comfort measures and support techniques during labour.

Facilitate the full participation of existing support persons, enhancing their involvement in supporting the client.

Respect for Autonomy: Respect the client's right to self-determination by not making decisions on the client's behalf.

Assist the birther in incorporating changes to their birth plan, promoting effective communication between the client and the caregiver.

Collaborative Teamwork: Work collaboratively as a member of the larger birth team, fostering positive interactions and cooperation among all care providers.

Non-Medical Role: Refrain from performing medical or nursing tasks such as taking blood pressure, temperature, fetal heart tone checks, vaginal exams, or any form of postpartum clinical care.

Backup Arrangements: Establish backup arrangements with another doula to ensure continuity of services if the primary doula is unavailable due to illness or unforeseen circumstances.

In the event of discontinuing service to an established client, provide written notification to the client, including the reason for discontinuation.

Referrals and Scope of Practice:

- Make referrals to appropriate resources if the client's needs extend beyond the scope of the doula's training.

- Stay informed about one's scope of practice and seek additional training or consult with experienced professionals as needed.

Adhering to these standards will contribute to the professionalism and effectiveness of doulas in our Association.

RDDA CODE OF ETHICS (Birth Doulas Only)

Primacy of Client's Interests: The doula's primary responsibility is to support the client.

Confidentiality and Privacy: The doula should respect the privacy of clients and hold in confidence all information obtained in the course of professional service.

Competence and Professional Development: The doula should strive to become and remain proficient in the professional practice and the performance of professional functions through continuing education, affiliation with related organizations, and associations with other Labour Support Providers.

Community Service: The doula should assist the profession in making labour support services known to the general public.

Fees: When setting fees, the doula should ensure that they are fair, reasonable considerate and commensurate with services performed.

As a member of the Red Deer Doula Association, I have read the RDDA's current Standards of Practice and Code of Ethics and agree to abide by these guidelines.

I acknowledge that I have read and agree to abide by the above Standards of Practice and Code of Ethics

RDDA STANDARDS OF PRACTICE (Postpartum Doulas Only)

Continuous Support:

Provide ongoing in-home support for the birther and their family during the weeks following birth and throughout the first year as needed.

Comprehensive Support:

Assist with newborn care, sibling adjustment, meal preparation, and household organization, offering companionship and practical help.

Evidence-Based Information:

Share relevant information on infant feeding, emotional and physical recovery from childbirth, and other postpartum topics to empower the family.

Non-Medical Role:

Refrain from performing any clinical tasks, such as examining the birther or baby, or taking vital signs.

Commitment to Clients:

Honour the commitment to provide reliable support throughout the agreed-upon period. If discontinuation of services is necessary, provide written notification to the client.

Referrals and Scope of Practice:

Make referrals to appropriate resources for needs beyond the doula's training, while staying informed about their scope of practice and seeking additional training when necessary.

RDDA CODE OF ETHICS (Postpartum Doulas Only)

Primacy of Client's Interests: The postpartum doula's primary responsibility is to support their client.

Confidentiality and Privacy: The postpartum doula should respect the privacy of clients and hold in confidence all information obtained in the course of professional service.

Competence and Professional Development: The postpartum doula should strive to become and remain proficient in the professional practice and the performance of professional functions through continuing education, affiliation with related organizations, and associations with other postpartum support providers.

Community Service: The postpartum doula should assist the profession in making postpartum support services known to the general public.

Fees: When setting fees, the postpartum doula should ensure that they are fair, reasonable, considerate and commensurate with services performed.

As a member of the Red Deer Doula Association, I have read the RDDA's current Standards of Practice and Code of Ethics and agree to abide by these guidelines.

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