

Postpartum Doula Scope of Practice Agreement

The Central Texas Doula Association recognizes the importance of good communication between doulas, families, and medical care providers in order to provide optimal care for mothers and their families. This document outlines the scope of practice accepted by the Central Texas Doula Association for postpartum doulas.

Scope of Practice:

A. Services Rendered

- The postpartum doula is a trained professional who provides physical, emotional, and informational support to mothers and their families during the period following a baby's birth.
- The doula may provide education and support regarding breastfeeding and newborn care, make suggestions to aid the family's adjustment during this transitional time, as well as offer physical support such as simple household tasks, meal preparation, running errands, or assisting with older siblings.
- The doula may aid in the mother's understanding of normal physical and emotional changes during postpartum. The doula may encourage the mother or family to seek medical or professional care when necessary, as well as make referrals to appropriate care providers in the community.

B. Limits of Practice

Doulas DO NOT:

- Perform clinical tasks such as physical exams or medical assessments of either mother or baby.
- Diagnose medical conditions, offer second opinions, nor offer medical advice.
- Make decisions for the mother or family, nor project her own values/goals onto the family.
- Discourage the mother/family from her choices. A doula respects a family's decisions and choices regarding newborn care, breastfeeding, and parenting.
- Interfere with proper medical treatment of mother or baby.

C. HIPPA

- The doula adheres to patient confidentiality in accordance to the Health Insurance Portability and Accountability Act (HIPPA) regulations.