

NCB Competency Crosswalk for Foundational Training Approvals – Birth Doula

Nevada Certification Board (NCB) Certified Birth Doula Competency Crosswalk

Crosswalk completion directions:

In Column Two: For each of the competencies below,

1. Please indicate where the competency is addressed in your training curriculum.
2. Please provide a brief summary of the material and include:
  - A list of topics under each competency
  - Please share where to reference these items in your curriculum (modules, lectures, activities, etc.).
  - For written material, please include the section/chapter, page(s) reference, and number of hours.

For example,

1. Advocacy
  - a. Relate to the individual as an advocate.
    - Chapter 6, Pg. 45-48, 50. 0.5 hours. Trainees review person-centered approaches to peer support and define the differences between little 'a' advocacy and big 'A' advocacy, i.e., advocacy on the individual level vs. systemic advocacy.

In Column Three: Please document:

- A. Time allotted for each competency
- B. Time allotted for each component (a, b, c, ...)

Preamble and Scope of Work

A minimum of:

- One prenatal visit
- Attendance at the birth
- One postpartum visit within the first two weeks of life

*NCB Competency Crosswalk for Foundational Training Approvals – Birth Doula*

Doula services improve outcomes for birthing parents and infants. Doulas offer support, guidance, evidence-based education, practical support during childbirth, and linkages to community-based resources. Doula services include personal, non-medical support to birthing families throughout an individual’s pregnancy, childbirth, and postpartum experience. This includes emotional and physical support, provided during pregnancy, labor, birth and the postpartum period. A doula’s scope of practice includes the following:

**Mandatory Competencies for Foundational Birth Doula Training**

**1. [NONCLINICAL] PRENATAL COUNSELING**

To be considered proficient, an individual will exhibit skills in the following competency area specific to [NONCLINICAL] PRENATAL COUNSELING:

- Birth doula provides nonclinical prenatal counseling and assists the birthing individual in preparing for and carrying out their plans for birth.

- 1.
- 2.

- A.
  - B.
- :

**2. EVIDENCE-BASED INFORMATION**

To be considered proficient, an individual will exhibit skills in the following competency area specific to EVIDENCE-BASED INFORMATION:

- Birth doula provides evidence-based information on general health practices pertaining to pregnancy, childbirth, postpartum, newborn health, and family dynamics.

- 1.
- 2.

- A.
  - B.
- :

**3. UNDERSTANDING OF COMPLICATIONS THAT CAN ARISE DURING PREGNANCY, LABOR, AND DELIVERY**

<p>To be considered proficient, an individual will exhibit skills in the following competency area specific to UNDERSTANDING OF COMPLICATIONS THAT CAN ARISE DURING PREGNANCY, LABOR, AND DELIVERY:</p> <ul style="list-style-type: none"> <li>• Birth doula has a general understanding of complications that can arise during pregnancy, labor, and delivery.</li> </ul>	<p>1.</p> <p>2.</p>	<p>A.</p> <p>B.</p>
--	---------------------	---------------------

**4. SUPPORT FOR THE BIRTH TEAM**

<p>To be considered proficient, an individual will exhibit skills in the following competency areas specific to <b>SUPPORT FOR THE BIRTH TEAM</b>:</p> <ul style="list-style-type: none"> <li>• Birth doula provides support for the whole birth team including the birthing individual’s partner and family members and hospital staff.</li> </ul>	<p>1.</p> <p>2.</p>	<p>A.</p> <p>B.</p>
---	---------------------	---------------------

**5. EMOTIONAL SUPPORT, PHYSICAL COMFORT MEASURES, AND INFORMATION**

<p>To be considered proficient, an individual will exhibit skills in the following competency areas specific to EMOTIONAL SUPPORT, PHYSICAL COMFORT MEASURES, AND INFORMATION:</p>		
--	--	--

*NCB Competency Crosswalk for Foundational Training Approvals – Birth Doula*

<ul style="list-style-type: none"> <li>Provides emotional support, physical comfort measures, and helps the birthing individual get the information they need to make informed decisions pertaining to childbirth and postpartum.</li> </ul>		
<p><b>6. NON-MEDICAL LABOR SUPPORT AND POSTPARTUM SUPPORT</b></p>		
<p>To be considered proficient, an individual will exhibit skills in the following competency areas specific to NON-MEDICAL LABOR SUPPORT AND IMMEDIATE POSTPARTUM SUPPORT:</p> <ul style="list-style-type: none"> <li>Birth doula provides non-medical labor support and immediate postpartum support.</li> </ul>	<ol style="list-style-type: none"> <li></li> <li></li> </ol>	<ol style="list-style-type: none"> <li></li> <li></li> </ol>
<p><b>7. INFANT FEEDING</b></p>		
<p>To be considered proficient, an individual will exhibit skills in the following competency areas specific to INFANT FEEDING:</p> <ul style="list-style-type: none"> <li>Birth doula provides evidence-based information on infant feeding.</li> </ul>	<ol style="list-style-type: none"> <li></li> <li></li> </ol>	<ol style="list-style-type: none"> <li></li> <li></li> </ol>
<p><b>8. BREAST FEEDING</b></p>		
<p>To be considered proficient, an individual will exhibit skills in the following competency areas specific to <b>BREAST FEEDING</b>:</p>	<ol style="list-style-type: none"> <li></li> </ol>	<ol style="list-style-type: none"> <li></li> </ol>

*NCB Competency Crosswalk for Foundational Training Approvals – Birth Doula*

<ul style="list-style-type: none"> <li>• Birth doula provides general breastfeeding guidance and resources.</li> </ul>	<p>2.</p>	<p>B.</p>
<p><b>9. INFANT SOOTHING AND COPING SKILLS</b></p>		
<p>To be considered proficient, an individual will exhibit skills in the following competency areas specific to <b>INFANT SOOTHING AND COPING SKILLS</b>:</p> <ul style="list-style-type: none"> <li>• Birth doula provides infant soothing and coping skills for the new parents.</li> </ul>	<p>1.</p> <p>2.</p>	<p>A.</p> <p>B.</p>
<p><b>10. CULTURAL AND FAMILY TRADITIONS</b></p>		
<p>To be considered proficient, an individual will exhibit skills in the following competency areas specific to <b>CULTURAL AND FAMILY TRADITIONS</b>:</p> <ul style="list-style-type: none"> <li>• Birth doula honors cultural and family traditions.</li> </ul>	<p>1.</p> <p>2.</p>	<p>A.</p> <p>B.</p>
<p><b>11. ACCESS TO RESOURCES</b></p>		
<p>To be considered proficient, an individual will exhibit skills in the following competency areas specific to <b>ACCESS TO RESOURCES</b>:</p> <ul style="list-style-type: none"> <li>• Birth doula facilitates and assures access to resources that can improve birth-related</li> </ul>		

*NCB Competency Crosswalk for Foundational Training Approvals – Birth Doula*

outcomes including transportation, housing, Alcohol, Tobacco and Drug cessation, WIC, SNAP, and intimate partner violence resources.		
Total number of training hours:		

OPTIONAL

Additional Competencies (May Be Completed Separately from Foundational Birth Doula Training)		
<b>A) Trauma-informed care/Trauma-informed care for Birth Workers</b>		
<b>B) Cultural Competency/Sensitivity/Humility</b>		
<b>Total Number of Hours of Trauma-informed care:</b>		
<b>Total Number of Hours of Cultural Competency/Sensitivity/Humility:</b>		