

What's the difference in these terms?

Some may wonder what the differences are in all the following terms, so to help you understand what I do, I would like to shed some light on the subject.

The word doula comes from the Greek word *doulē*, which translates as a female helper or maidservant.

There are all kinds of Birth workers, many of which we will not address here, but I would like to address a few;

There are all kinds of Doula's; Labor and Birth Doula, Remote Doula Antepartum Doula, Surrogate Doula, Adoption Doula, Postpartum Doula, Bereavement Doula and Geriatric Doula and there are many other birth workers, Monitrice, Student Midwife, Second in Attendant Midwifery Assistant, several types of Midwives and Childbirth Educator.

What is a "Labor/Birth Doula"?

The definition of a "Labor/Birth Doula" is a person who can educate, advise and offer compassionate emotional, physical and spiritual support to a mother prenatally, during Labor and birth and directly after the birth. A labor/Birth Doula should also teach her client to advocate and make informed decisions for herself and her child, to achieve the healthiest, most satisfying experience possible. As a doula I do not do any medical care.

What is a "Remote Doula"?

The definition of a "Remote Doula" is a supporter who can prepare and educate, providing practical advice and offer compassionate emotional and spiritual support to a mother prenatally, during Labor and birth and directly after the birth. A Remote Doula supports her client Virtually by Phone, Text, or Video. They meet through conference calls prenatally and then during then support's her/them through the labor and birth process, staying on the line until after the birth and again checking in on them during the postpartum period. Childbirth classes are also available (i.e. Video conference)

My belief is that everyone should have someone to support them and that NO ONE should have to birth alone!

What is a "Surrogate or Adoption Doula"?

A Surrogate or Adoption Doula can also educate, advise and offer compassionate emotional, physical and spiritual support to a mother prenatally, during Labor and birth and directly after the birth. Assisting the birth mom; during this emotional journey of adoption or surrogacy. Supporting her through her pregnancy, labor, birth and/or postpartum. During the postpartum period it is imperative for the Surrogate or Adoption Doula to have training and knowledge on how to support in grief and loss, physical recovery and lactation suppression (for drying up the supply)

An Adoptive Parents Doula may also be to assist the new parents with childbirth education while they are waiting to adopt or after. Support to educate, advise and offer compassionate emotional, physical and spiritual support to the new parents directly after the birth or placement and/or during the postpartum period while they learn how to adjust with a little one.

What is an "Antepartum Doula"?

Antepartum specifically means "before birth."

Rather than assisting during labor and birth an Antepartum Doula is a person who can educate, advise and offer additional and specialize in helping families cope, providing knowledgeable and compassionate emotional, physical and spiritual support during the prenatal period. Supporting those who are experiencing a difficult pregnancy, a healthy pregnancy with overwhelming variables, or those individuals with medically directed limitations.

High-risk pregnancies on or off of bedrest, teen mothers, single women, rape victims, those with severe morning sickness or any other person who needs additional support during pregnancy. With a difficult pregnancy, there may or may not be physical limitations like being confined to bed rest and added emotional stress. (A Labor and Birth Doula package is also available if you would like to continue care).

What is a "Postpartum Doula"?

The postpartum period is from birth to 6 weeks after the baby is born.

A postpartum Doula is a person who can also educate, advise and offer compassionate emotional, physical and spiritual support to a mother after Labor and birth and in the 6 weeks that follow. If you have ever been pregnant before,

you know what having support after pregnancy can mean it can make a world of a difference in your emotional and physical wellbeing, combating postpartum depression and the feelings of being isolated or overwhelmed.

A postpartum doula can provide services at any time during this 6 week period. Families can hire a postpartum doula to come in for a day or night, for 1- several hours at a time, or 1 or several days at a time. Helping them to heal and adjust to this new normal.

Postpartum doulas often offers nighttime services to help the family transition a little more smoothly into the challenges of nighttime parenting and can provide families with information and support on infant feeding, emotional and physical recovery, infant soothing, and coping skills for new parents. They might also help with light housework or fixing a meal.

What is a "Bereavement Doula"?

Many organizations refer to Bereavement Doulas as "invaluable."

A Bereavement Doula has had training in grief and loss of life support and can be an incredible source of compassionate encouragement and support for a birthing couple experiencing pregnancy, birth or postpartum loss.

Supporting families who are experiencing the loss of their baby during miscarriage or stillbirth prior to labor or planned support prenatally, through Labor and Birth/Death and often some postpartum services for those parents who have a diagnosis that means the baby will not live long after being delivery.

They come alongside her/them to provide the support necessary for each client's individual needs. Providing, emotional, physical and spiritual support; during this time of great emotional need. Some Bereavement Doula's have photography skills and can support you in preserving your memories of this special little one.

What is a "Geriatric Doula"?

Also called an end of life Doula or Death Doula, Geriatric Doula's are commonly employed by hospices or families to provide comfort and companionship to dying patients to ensure that they do not die alone and without support.

What are the benefits of hiring a Doula?

- 50% reduction in the cesarean rate
- 25% shorter labor
- 60% reduction in epidural requests
- 40% reduction in oxytocin use
- 30% reduction in analgesia use
- 40% reduction in forceps delivery

What is a “Monitrice”?

A Monitrice is a Doula with Nursing or Midwifery Skills and offers the same care as a Doula, but with the added bonus of some clinical skills including checking maternal vitals, listening and assessing fetal heart tones, and assessment of cervical dilation.

What is a “Student Midwife”?

Dependent on the state you are in and what route the person chooses to take to obtain their Midwifery statics.

A Student midwife is someone who is just that; a Student Midwife

A student could be someone who is shadowing a Midwife; learning Midwifery skills and providing Midwifery care under the direct supervision of a lay midwife.

Or a person who is learning formal schooling (i.e. college Edu) and providing Midwifery care under the direct supervision of a qualified, Licensed and/or registered Midwife preceptor to acquire the required numbers to pass testing to become a Licensed and/or registered Midwife.

And then there is all kinds of directions for testing to become a midwife, or to obtain a midwifery degree, certifications, licensure and registration, but we won't get into that here.

What is A Second Attendant Midwifery Assistant”?

There is no evidence to support the need for two primary care providers at a birth. There are, however, recommendations that every birth be attended by a primary care provider and a second individual who has primary responsibility for the newborn, including the skills to perform neonatal resuscitation.

*A second attendant Midwifery Assistant is a second attendant that had to meet competency requirements set out by a College to become an efficient, trustworthy, and competent assistant. A Student who understands the scope and principles of general skills used in a prenatal setting and will explore the role of the assistant.

*A Second Birth Attendant Standard assures that midwifery managed homebirths, where there are fewer human resources to rely on and is attended by a skilled second individual.

*All Second Birth Attendants who provide care in homes or other out-of-hospital locations hold a certificate of completion in NRP.

The most common types of midwives are listed below

Traditional Birth Attendant (TBA) is also known as; Traditional Midwife, Community Midwife, Lay Midwife or Direct-Entry Midwives (DEM)

A Lay midwife means an individual who has entered the profession trained for their role as midwife through apprenticeship, self-study, formal classes, or a combination of all of those, rather than a formal or certain training process or certification program. They are not required to have a background in nursing or a college degree. Some Utah and other state midwives prefer to practice without licensure or certification for various reasons unique to each midwife. These reasons might include the desire to avoid restrictions on the types of clients they can work with (i.e. mothers birthing twins or breech babies). *Here's an important note:* Many of these midwives may not have websites and may get most of their business from word of mouth referrals. TBAs are not regulated and there is no registration. Some states do have licensing for lay midwives, while other states don't. Some believe the relationship between the midwife and client/patient should not be governed.

This type of midwife is popular in developing countries or rural areas, and remote medically underserved areas. TBAs are often a bridge between the community and a formal health system.

Licensed Direct-Entry Midwife (LDEM)

A Licensed Direct-Entry Midwife (LDEM) can be trained in various ways, including apprenticeship, self-study, and formal classes. They are not required to have a background in nursing or a college degree. LDEMs are trained in out-of-hospital births (homebirth). The licensure, which is granted on a state by state basis, allows LDEMs to carry and use medications like Pitocin and antibiotics for Group B Strep.

In some states to obtain your LDEM licensure, you must first be a CPM and complete pharmacology training.

Certified Professional Midwife (CPM)

Certified Professional Midwives (CPM) are midwives who have chosen to meet certain educational requirements that can include formal midwifery classes, passing certifying written exams and assessments of hands-on skills administered by the (NARM) North American Registry of Midwives. Trained in out-of-hospital births, licensed CPMs (who will list themselves as CPM, LDEM) can do things like administer Pitocin in case of hemorrhage antibiotics if a mother is a Group B Strep carrier, and IVs. However, there are also CPMs who choose not to be licensed.

In order to be recognized as a CPM by NARM a midwife must meet all education requirements and pass a certification exam, meet minimum experience requirements and documents proficiency in all midwifery skills.

CPMs are regulated and licensed in 23 states.

Nurse Midwives Certified Nurse-Midwife (CNM)

Certified Nurse-Midwives (CNM) is a nurse midwife who is certified by the International Confederation of Midwives.

They have a more academic background, having first obtained a nursing degree and then; usually after experience as a labor and delivery nurse, gone on to pursue an advanced degree in midwifery.

CNMs can practice in various settings with some choosing to work in hospitals and others choosing to work with mothers in a birthing center or at home. As advanced nurses, CNMs can prescribe certain medications, like antibiotics and birth control.

In many states, the vast majority of CNMs practice in hospitals, with only a handful choosing to practice outside of hospitals.

Certified Midwife (CM)

A Certified Midwife (CM) is a midwife certified by the American Midwifery Certification Board (AMCB).

The CM role was created to expand routes of entry to midwifery education as it does not require a nursing degree. The CM program includes the same information in midwifery and women's health as the CNM program.

What is a "Childbirth Educator"?

A childbirth educator is a resource that helps expectant people to learn about pregnancy and birth, regardless if they are 1st time parents or 8th time parents, how to apply valuable skills and strategies to help them through labor and the delivery process. Providing information they may not have access to outside of a childbirth class. Although different providers teach differently, most curriculums will cover subjects such as these.

- Navigating pregnancy
- Preparing for baby
- Stages of labor
- Signs of labor
- Preparing for birth
- Medical interventions
- Pain management and coping strategies
- Support during labor
- Newborn screenings and procedures
- Postpartum: Caring for baby
- Postpartum: Caring for mom
- Breastfeeding

I have acquired learning over a period of many years (since 1983) as an all types doula and birth worker. I was trained by and have assisted many Homebirth Midwives. I have also worked with and alongside Midwives and Doctors in several birthing centers and in several hospitals, studied over the years as a Student Midwife, Monitrice and 2nd Attendant Midwifery Assistant and Lay Midwife.

I have taken Advanced Midwifery Workshops, Community Courses, Emergency Childbirth clinics and was a Student Midwife formally studying at Midwives Collage of Utah (MCU) on 2 different occasions completing a total of 7 ½ years of college courses to become a Certified Professional Midwife (CPM).

Throughout the years, I have obtained many clinical skills, knowledge and learned many alternative medicines. I have passed certification exams, met minimum experience requirements and documented proficiency in many midwifery and non-midwifery skills. Even though circumstances did not allow me to graduate either

time, I have still very much enjoyed my many different roles as an all types Doula, Monitrice and Second in Attendant Midwifery Assistant, Student Midwife, Lay Midwife and Childbirth Educator as well as many other things not listed on this page.

For more information on:

On Doula's, visit my page: [All about Doula's](#)

Upcoming Trainings I teach:

See Training schedule