

# POSTPARTUM SCOPE of PRACTICE

## **The CAPP A Certified Postpartum Doula**

CAPP A Postpartum Doulas fill an important role in providing emotional, physical, and evidence-based informational support to the new family after the birth of their baby.

## **How CAPP A Postpartum Doulas work with families**

The Postpartum Doula works with families in the postpartum period; offering support, information, instruction, comfort, and referrals as needed. Postpartum Doulas support the mother's recovery, give instruction on infant care and feeding, and assist with household organization. Postpartum Doulas can be found working in the community in private practice, in cooperatives, as part of groups or agencies, as well as serving in various community programs.

## **How CAPP A Postpartum Doulas work within the healthcare system**

Postpartum Doulas are skilled support persons who act as consultants and resources, not clinicians. They therefore work with the healthcare system by encouraging and promoting excellent communication between the new family and the health care team, encouraging informed decision making and self-advocacy, supporting the choices of the new family, providing non-clinical care, and offering appropriate referrals when their observance or counseling uncovers situations that require healthcare attention or support.

## **Clinical Limitations of CAPP A Postpartum Doulas**

CAPP A Postpartum Doulas are non-clinical professionals. CAPP A Postpartum Doula courses do not qualify a professional to act as a medical care provider. CAPP A Postpartum Doulas do not dispense medical advice, diagnose medical conditions, interpret medical diagnoses or clinical results, perform clinical procedures, or prescribe/administer medications or treatments of any kind.

## **CAPPA Standards**

CAPPA Postpartum Doulas work within the CAPPA's standards of practice to uphold the following (available to read as individual documents): code of conduct, a grievance policy, mission statement, vision statement, organization philosophy, and social media policy. CAPPA Postpartum Doulas use current evidence based information in their practice. They maintain their knowledge and skills through continuing education. They work within the legal framework of their individual community and region.

### **CAPPA Postpartum Doulas:**

Provide non-biased emotional, physical, and informational support during the postpartum period

Encourage the family to seek care that reflects their values and needs

Models and teaches effective communication

Encourage informed decision making

Support the physical and emotional healing of the mother

Provide information on care options and resources for the mother and newborn

Support and assists with infant feeding

Educate the family on newborn care and characteristics

Provide support to the new mother's partner and/or family

Assist with household organization

Refer to healthcare professionals when support requires clinical assessment, a need for prescription, or medical diagnosis

**CAPPA Postpartum Doulas do not:**

Diagnose medical conditions

Interpret medical diagnoses or clinical results

Prescribe or administer treatment of medical conditions

Perform clinical procedures

Take over complete care of the infant

Transport any family members

Stay alone with babies or other children

“Sleep train” babies

Act as a housekeeper or nanny