**Doula’s Scope of Practice**

My name is Elizabeth Porter. I am a professionally trained Doula. A Doula is a woman, specially trained to provide non-medical support to expectant families. I provide physical, emotional and evidence-based informational support. It is my desire to work with the birth team to enhance my client’s birth experience. Below is an outline of my scope of practice. My role is to foster self determination and confidence, thus empowering the families I serve. Though it is not common for moms to encounter difficulties in labor and birth, I am aware that complications can happen, making certain interventions necessary. I would also like to acknowledge that Doulas practice in a variety of ways. I am committed to providing the highest degree of professionalism possible and appreciate the opportunity to demonstrate to you how a truly professional Doula provides care to the families she serves.

**A Doula Does**

Support the decisions of the expectant family

Offer constant encouragement

Remind mom to drink and empty bladder

Suggest appropriate positions

Suggest appropriate comfort measures (massage, shower, hot/cold packs, birth ball...) Support the partner

Possess technical knowledge

Act in an appropriate and professional manner throughout the entire birth process

**A Doula Does Not**

Make decisions for the mom or partner

Argue with hospital staff

Perform clinical tasks (such as heart tone checks or vaginal exams)

Operate or touch medical equipment

This is a brief statement, reflecting the Doula’s scope of practice. To find out more about Doulas, or if you have further questions, concerns or ideas, please contact:

Doulas of North America (DONA) [www.DONA.org](http://www.DONA.org)

San Francisco Doula Group www.sfdoulagroup.com

I am confident that your experience with me will be professional and friendly. I hope to learn many things while I am here so I welcome your comments.

Sincerely,

Elizabeth Porter

Certified Birth Doula CD(DONA)

Certified Postpartum Doula (Natural Resources)