



## Doulaing The Doula Training Pretest      **Your name:**

Please complete this *after* you have done the required reading. This test should help you to focus on the workshop material, as well as making sure everyone shares the basic information needed for doula work. Some questions are interested in your reflections or thoughts, while others are asking you to recall facts. You can look up the answers, but if you're doing that a lot, I encourage you to read and review the material. Short answers and phrases are fine, but please write legibly! Most people find this an enjoyable opportunity to focus and prepare! You can type in your answers and then send me a MS Word or PDF file only, use Google docs, or print out the test and mail it to me.

1. What do the terms "anterior presentation" and "posterior presentation" mean?
2. Do you think that either the dilation or pushing stage is more difficult? Why?
3. List three or four of the most common prenatal tests. Which of these are controversial and why?
4. What changes happen in a woman's pelvis during pregnancy that make it more likely that the labor will proceed smoothly?
5. Jane has been having mild contractions all evening. They have been getting a little stronger and more frequent. Does she need to stay up late timing contractions? What might happen if she does?
6. Name three reasons people may have back pain in labor.

7. List at least three things a doula might do to help a laboring person with back pain.
8. Give three examples of emotional factors that sometimes interfere with labor progress.
9. A client is completely dilated but has no urge to push. Baby is at 0 or +1 station. Can they wait safely until the baby moves down on its own even if it takes a few hours?
10. What positions might help the baby to move down more?
11. What muscles does a laboring person especially need to relax during pushing?
12. List two common myths about episiotomy.
13. List two situations that sometimes make a cesarean necessary.
14. List three situations in which a cesarean is always (or nearly always) necessary.
15. What pressures are there on doctors to practice in a certain way, or to do interventions that a doula might not think are necessary. *Please give a thoughtful answer with multiple possibilities.* (Use back of page if necessary.)
16. List ten different comfort measures/coping strategies for labor.

17. What are the two parts of the external monitor? What are the two parts of the internal fetal monitor?
18. Do fetal monitors increase the risk of a cesarean birth? Do fetal monitors have benefits for people who are low risk for complications in labor?
19. What is the role of the doula? Name two things a doula does not do.
20. What do you think your biggest challenge will be as you begin work as a doula? As you become a more experienced doula?
21. What is the name of the test given at one minute and five minutes after birth? Name two of the five things the test is evaluating.
22. If you've had a baby yourself, think of the most difficult challenge you faced. What could a doula have done to help you meet that challenge?  
If you haven't had a baby, but have attended a birth, what was the most challenging part for the birthing mom? What could you have done (if you'd known what you know now!) to help her?  
If you haven't had a baby or attended a birth, imagine a challenge and tell us what you could do to help. (*Please use the back of this page to answer.*)
23. What effects can IV pain medication (narcotic drugs) have on a labor and the baby?
24. List at least eight less than desirable effects an epidural can have on labor, the mother or the baby.
25. What are 3 or 4 common emotional reactions that mothers have after a cesarean birth?