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The Certified Labor Doula Examination is a national competency based examination that provides a valid and reliable assessment of the entry-level clinical knowledge and skills of nurses in the labor doula specialty after initial nurse licensure. The eligibility requirements to take the certification examination include holding a currently active nurse license in the U.S. and at least one year working as a labor doula or have taken a training on labor management. Once you successfully pass the certification examination, you are awarded the credential: CD. This credential is valid for 3 years. You can continue to use this credential by meeting the renewal requirements in place at the time of your certification renewal.

This Test Content Outline identifies the areas included on the Certified Labor Doula (CD) examination. The percentage and number of questions in each of the major categories of the examination are also shown.

Category	Domains of Practice	# of Questions	Percent
I	Knowledge of Labor Physiology	42	56.00%
II.	Designing, Implementing and Evaluating Plan of Care	24	32.00%
III.	Professional Role	9	12.00%
	Total	75	100%

Certified Labor Doula (CD) Examination Content Outline

Effective: December 1, 2014

I. Knowledge of Labor Physiology - 56%

A. Components of labor progress

1. Factors that affect labor progress (e.g. passenger, passageway, position, psychologic response)
2. Comparison of pelvic types (e.g. gynecoid, android, anthropoid, platypelloid)
3. Cardinal movements
4. Degrees of descent

B. Dimensions of labor pain

1. Pain management theories and application in labor (e.g. fear-tension-pain cycle, cognitive rehearsal, gate control, neuromatrix theory, endorphins)
2. Skills in assessing labor pain
3. Nonpharmacologic pain management strategies and techniques (e.g. positioning, heat/cold, hydrotherapy, counter pressure, double hip squeeze, side lunge, abdominal lift, acupressure, reflexology, TENS, aromatherapy)
 - a. Evidence-based guidelines
 - b. Application in labor
4. Active relaxation methods (e.g. progressive, visualization, touch, selective, meditation)
 - a. Physiologic effects and emotional response
 - b. Types of touch
 - c. Roving body check
 - d. Application in labor

5. Respiratory techniques for use in labor (e.g. slow paced, normal paced, patterned and variable paced)
 - a. Rationale for use
 - b. Take charge routine
 - c. Application in labor
- C. Knowledge of second stage of labor
 1. AWHONN's practice guideline for second stage
 - a. Open glottis
 - b. Towel pull
 2. Positions
 3. Strategies for difficult deliveries (e.g. fail to progress, rapid descent, shoulder dystocia)

II. Designing, Implementing and Evaluating Plan of Care - 32%

- A. Plan of care strategies
 1. Assessing the patient's need (e.g. physical, psycho-emotional, ethno-cultural)
 2. Needs and expectations of the partner/family
 3. Obtaining patient history
- B. Exploration of birth plans (e.g. verbal, written)
- C. Knowledge in conducting a prenatal visit
- D. Responding proactively to changes in the patient's labor
- E. Knowledge of expected and unexpected responses to interventions/strategies
- F. Modifying plan of care in collaboration with patient, partner, and family
- G. Skill in maintaining appropriate boundaries
- H. Skill in identifying barriers to effective communication
- I. Evaluating the effectiveness of the plan of care
 1. After the delivery
 2. After hospital discharge
- J. Maintaining appropriate records

III. Role of the Labor Doula - 12%

- A. Professional practice guidelines set by AWHONN and DONA
- B. Role of the nurse labor doula
- C. Scope of practice
- D. Clinical studies on labor support

The CD exam content outline is an essential tool as you study. It describes the subject areas covered by the examination and the number of questions per category. Questions will not simply include knowledge recall. This exam tests your ability to apply knowledge and use critical thinking skills to determine one best answer among answer choices.

Suggested References

* AWHONN. (2008). AWHONN nursing care and management of the second stage of labor (2nd ed); evidence-based clinical practice guidelines. Washington, DC: Association of Women's Health, Obstetric and Neonatal Nurses.

Suggested References (continued)

- * Brennan, P. (2014). *The doula business guide: creating a successful mother baby business*, (2nd ed). Ann Arbor, MI: Center for the Childbearing Year.
- * Klaus, M., Kennell, J., Klaus, P. (2012). *The doula book* (3rd ed). Boston, MA: Da Capo Press.
- * Mattson, S. & AWHONN. (2014). *Core curriculum for maternal-newborn nursing* (5th ed). St. Louis, MO: Saunders Elsevier.
- * Perez, P. (2014). *The nurturing touch at birth: a labor support handbook*. Johnson, VT: Cutting Edge Press.
- * Rice-Simpson, K. & Creehan, P. (2013). *AWHONN perinatal nursing* (4th ed). Philadelphia, PA: Lippincott, Williams and Wilkins.
- * Simkin, P. (2013). *The birth partner: a complete guide for dads, doulas, and all other companions* (4th ed). Boston, MA: The Harvard Common Press.
- * Simkin, P. & Ancheta, R. (2011). *The labor progress handbook* (3rd ed). Malden, MA: Wiley-Blackwell Science.
- * Simkin, P., Whalley, J., Keppler, A., Durham, J. & Bolding, A. (2010). *Pregnancy, childbirth and the newborn: the complete guide* (4th ed). New York, NY: Meadowbrook Press.

A number of authoritative texts, such as those listed, are used to develop this certification examination. The list is provided to help you prepare for the examination and is not intended to be all-inclusive. In the event that the publisher issues a new edition, the information is based on the most current edition.