

Doula Training Pretest

Your name (important!):

Instructions: Feel free to copy and paste this pretest into your word processing program or print it out and do it in your own handwriting. When you have finished, please mail it or email it to the trainer specified in your confirmation letter. We would like to have your pretest completed and sent to us at least **two to three weeks before** the workshop.

Please complete this after you have done the required reading. Some of these are thinking questions, you may need to go beyond your books and compile your own answer. Yes, you may look up the answers . . . but, if you are doing that a lot, we encourage you to reread the material . . . we haven't been at too many births where you can look through your books in the middle of labor to find basic information! Short answers and phrases are fine - we're not concerned with grammar. But please, write legibly! This test should help you to focus before the workshop as well as making sure that we all understand the basic issues and information about childbirth and doula work. We hope that this will also be an enjoyable exercise for you.

1. What do the terms "anterior presentation" and "posterior presentation" refer to?
2. What is more difficult for women, the dilation or the pushing stage? Why?
3. Name three or four of the most common tests given during pregnancy. 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. What makes "back" labors so much more painful than other labors?

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7. What makes "back" labors take longer?
8. List at least three things a doula might do to help a mother with back pain.
9. Give three examples of emotional factors that sometimes interfere with labor progress.
10. If a mother has no urge to push, what positions might help her get the urge?
11. What muscles does a mother especially need to relax when she is 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.

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17. What are the differences between internal and external fetal monitors? What are the benefits and risks of electronic monitors in general?

18. What is the role of the doula? Name two things a doula does not do.

19. What do you think your biggest challenge will be as you begin work as a doula? As you become a more experienced doula?

20. 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.

21. 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.*)

22. What effects can narcotic drugs have on a labor and the baby?

23. What effects can an epidural have on labor and the baby?

24. What are three common reactions that mothers have after a cesarean birth?