

Birth Care Practitioner (Birth Doula) Certificate Course (BCPCC):

A Doula is a non-medical childbirth expert offering support, encouragement and information during labour and delivery. A Doula actually ensures that there is support available to a pregnant woman and her family throughout this period. A Doula will not perform medical tasks or make medical decisions including giving medicines.

A Doula will, however, provide emotional and informational support to the pregnant woman and her family so as to create a positive birth experience together.

Proposed intake – 25 - 30 for year 2025

Part I – BASIC – 3 credits

BD101 – Introduction to the cadre of Birth Care Practitioner (Birth Doula) & Roles.

BD102 – Communication & Mind – Body Connection as a Birth Doula.

BD 103 – Understanding Child birthing practices.

Tasks to be undertaken

- Attend 1 month of online training (1 credit point).
- Support 1 mother shadowing mentors (learn how prenatal meetings are conducted, birth support and birth reflections); sensitisation to communication, exposure to 1 childbirth class (1 credit point).
- Carry out recommended reading and written reflections (1 credit point).
- Perform 2 hours of live interaction with mentors and have 1 hour of interaction with experienced birth professionals.

Part II – INTERMEDIATE COURSE – 5 credits

BD 201 – Understanding and performing pre-natal support.

BD 202 – Overview and functions of the female reproductive system.

BD 203 – Understand the details during Prelabour, Labour and Child birth.

BD 204 – Supporting functions during labour & providing comfort measures.

BD 205 – An overview of medicated pain relief measures during labour.

Tasks to be undertaken

- Attend 2 months of online training (2 credit points).
- Support 2 mothers shadowing mentors (attend prenatal meetings, birth support and birth reflections); sensitisation to communication, exposure to 2 childbirth classes (2 credit points).

- Carry out recommended reading and written reflections (1 credit point).
- Perform 4 hours of live interaction with mentors and 1 hour of interaction with experienced birth professionals.

Part III –ADVANCED COURSE – 12 credits

BD 301 – Understanding and applying Birth tools.

BD 302 – Interventions and actions during assisted birthing.

BD 303 – Birth Doula and Breast feeding.

BD 304 – Birth Doula and Post partum care.

Tasks to be undertaken

Attend 3 months of online training (4 credit points).

Support 3 mothers shadowing mentors (attend prenatal meetings, birth support and birth reflections); sensitisation to communication, exposure to 1 childbirth class (4 credit points).

Carry out recommended reading and written reflections (4 credit points).

Perform 9 hours of live interaction with mentors and 1 hour of interaction with experienced birth professionals.

Learners can enrol for a certificate course 1 at a time, with the Basic Course first, and this is a pre-requisite for completing the intermediate and advanced courses.

This total 6-month program should be completed within 24 months of admission to get all the certificates. For birth support observation, 3 births are mandatory at Fernandez and 3 births at Sanctum Natural Birth Centre, Hyderabad or Birth Village, Kochi, India.

This does not include accommodation. Prior information on dates and preferred sites for birth observation is mandatory. For birth support observation at Birth Village Kochi, the charges would be INR 3000/- per week.

For complete certification – 20 credit points plus birth support for 3 births (to be completed within 3 months. The certification births must be done at Fernandez). Only course completion certificate for basic, intermediate and advanced course will be provided for individuals taking this course at different times without mandatory birth support which is needed for complete certification.