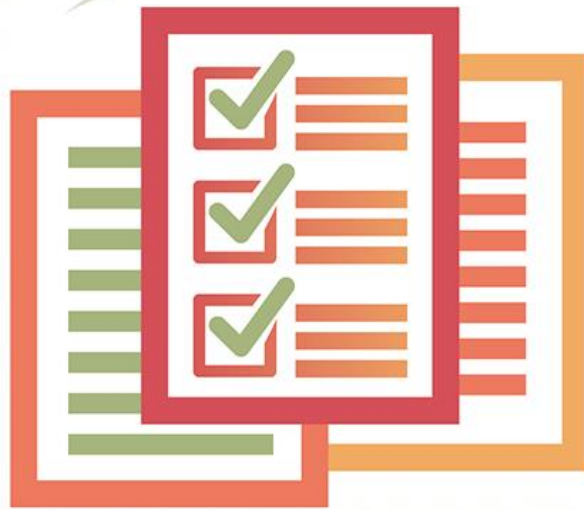


LifespanDouglas



Certification Packet



Dear Prospective Certified Doula,

Thank you for pursuing certification as an End-of-Life Doula with Lifespan Doulas. In this packet you will find all necessary forms and instructions for completing your EOLD certification. Once you have completed all requirements, passed the Certification Exam with a score of 85% or higher, and submitted your completed packet, you will be mailed a copy of your CEOLD Certificate within 30 days.

Your certification has no expiration date. It is a lifetime certification.

We are here to support you in this process. If you have any questions, please contact me. Thank you for your service to individuals and families during life's final transition.

Patty Brennan
patty@lifespandoulas.com



End-of-Life Doula Certification Requirements

for

Folks who trained with Lifespan prior to 8/2020

1. Download the appropriate Lifespan Doulas certification packet for folks who trained with us prior to 8/2020, containing instructions and forms, from the website.
2. Complete the application to become a certified EOLD with Lifespan Doulas.
3. Attach a copy of your training certificate or tell us which year you completed your EOLD Lifespan training and under what name (if different).
4. Complete required reading checklist.
5. Sign the Agreement to Abide by the Lifespan [Doula Scope of Practice](#).
6. Pass the comprehensive EOLD online certification exam with a score of 85% or higher OR submit proof of having earned the [NEDA Proficiency Badge](#) from the National End-of-Life Doula Alliance (NEDA's cost of \$165, includes a membership and directory listing).



How to Submit your Completed Packet

Scan your completed documents and save as one PDF file. Please name your file "FullNameEOLDCertApp.pdf" and email to patty@lifespandoulas.com.

CHECKLIST

Please assemble your materials in the following order:

- Application to become a Certified EOLD
- Proof of completion of training
- Required Reading Checklist
- Signed Agreement to Abide by the Lifespan Doulas Scope Practice.
- Results page verifying successful completion of Certification Exam OR verification of NEDA Proficiency Badge



Application for Certified End-of-Life Doula (CEOLD)

**for
Folks who trained with Lifespan prior to 8/2020**

Please print your answers clearly.

Name (as you would like it to appear on your certificate):

Mailing Address (where you want certificate sent):

Phone number (in case we have questions):

Email:

Year you completed your training with Lifespan Doulas:



Required Reading Checklist

Please place a checkmark next to the items you have completed and sign below.

____ *Accompanying the Dying*, by Deanna Cochran

____ *Being Mortal*, by Atul Gawande

____ *Stepping Stones*, by Ellie Atherton

____ *My Final Wishes*, by Threshold Circle

These requirements were changed on May 12, 2021. If you have been working through former reading requirements, any one book from the former list can be used to replace *Stepping Stones*. List the substitute book title below.

I confirm that I have completed the readings as indicated above.

Signature _____

Date _____



Lifespan Doulas Doula Scope of Practice

Standards of Practice

The Role of the Doula

- The essence of doula care is to provide non-medical, non-judgmental support and guidance to individuals and families through times of critical, transformative life change.
- Doulas nurture, inform, support, guide, empower and comfort.
- Doulas work in tandem with other caregivers and members of the medical or hospice teams.
- Doulas foster self-determination in their clients by assisting in the gathering of information and encouraging them to make informed choices that are right for them.
- For client needs outside of the doula's scope of practice, the doula makes referrals to appropriate professionals and community resources.
- Doula support is focused on, and adapted to, the unique needs and requirements of each person/family served.

Limitations to Practice

- As non-medical care providers, doulas do not perform clinical tasks (e.g., monitor vital signs, administer medication).
- The doula refrains from giving medical advice or from persuading clients to follow a specific course of action or treatment.
- The doula refrains from imposing his/her own values and beliefs on the client.
- Doulas do not undermine their clients' confidence in their caregiver(s). However, in cases where clients are initiating a discussion about a caregiver's advice or expressing dissatisfaction with a caregiver's practice or attitudes, the doula uses good listening skills to support clients to consider their options.
- Doulas do not usurp the role of other professionals and caregivers such as the doctor, midwife, lactation consultant or hospice team members.

Limitations Specific to End-of-Life Doulas

- Doulas do not facilitate medical aid-in-dying but may be present per client request.
- Doulas cannot take payment for hands-on care of the body of the deceased.

Considerations Regarding Multi-Credentialed Doulas

- While understanding that doulas will draw from their full range of knowledge, skills, and life experience, it is important to realize that offering enhanced or blended services may send a mixed message to the consumer regarding the role of the doula.

- The doula cannot, for example, be a non-clinical care provider and simultaneously “prescribe” an herbal regimen or assume responsibility for wound care.
- If a doula wears more than one professional hat and is seeking to leverage a blended skill set (e.g., nurse, social worker, pastor, herbalist, aromatherapist, massage therapist) while providing doula services, then she/he is obligated to make her/his additional roles and credentials transparent to the client.

Continuing Education

- Doulas have a duty to maintain and update their knowledge in their chosen field. It is understood that professional doulas will engage in ongoing efforts (e.g., reading, podcasts, webinars, workshops, e-newsletters), from trusted sources, to ensure that they are always sharing the latest in evidence-based information with clients.

Code of Conduct

Ethical Duty to Clients

- In all professional interactions, the doula demonstrates the highest level of personal integrity by accurately representing her/his level of experience, training, and credentials.
- Doulas should establish clear communication with clients, both verbally and in writing, regarding their availability, services included in their care, limitations to services, backup doula policies, and fees (including amount charged, retainers, terms of payment and refund policy).
- Non-abandonment. Doulas have a duty to complete services as promised, according to the terms of the agreement. If the doula is unable to complete services to a family (through personal choice, emergent need or unavoidable conflict), then she/he is obligated to: (1) give the family as much notice as possible; (2) help the family get their needs met by activating backup doula support in accordance with her/his stated backup doula policy; and (3) if backup support is unavailable, the doula should refund all client fees paid in advance for services not rendered. Volunteer doulas who agree to provide services for no cost or reduced cost have no less a duty to complete services to the client, as agreed.

Duty to Maintain Client Confidentiality

- While doulas do not fall under HIPAA mandates, they nevertheless should behave as though they are HIPAA-mandated to protect the confidentiality of their clients’ private medical information.
- Doulas promise to maintain absolute confidentiality regarding the client’s personal information, photos, and story. If seeking to share client-related information for any purpose, including to publish photographs, or to share the client’s story, the doula must obtain the client’s permission and then abide by their wishes.
- The doula’s promise of confidentiality also extends to family members and to other care providers involved in the client’s care.



- When given permission to share personal information, all identifying demographic information should be omitted, unless the client has given express permission to be identified.
- Special care must be taken in the use of social media to protect client confidentiality.

Duty to the Doula Profession

- Each doula represents the doula profession and carries the duty to do so in a responsible, ethical, and professional manner.
- Doulas understand that they are part of a worldwide community of doulas and will treat one another with respect and kindness, regardless of affiliation.

I have read and understand the Lifespan Doulas Scope of Practice. My signature below signifies that I agree to abide by this Scope of Practice when I am offering services in my role of a doula.

Signature _____

Date _____



EXAM INSTRUCTIONS

1. You must request access to the Certification Exam by emailing Patty@LifespanDoulas.com.
2. Within 24 hours, you will be given access to the Exam. Look for an email from our online learning platform, Thinkific.
3. The exam is an open-book, self-paced exam; you can save your progress as you go and complete the test in multiple sessions if desired.
4. A passing grade of 85% or higher is required for certification.
5. You can take it as many times as necessary.
6. Once you have successfully completed the exam, print out your Results page that displays your score for inclusion when you submit your Certificate Packet.
7. Alternatively, you may attach proof of having earned the NEDA Proficiency Badge.