

# BACE 2021 CBE Requirements and Syllabus



## BACE Childbirth Educator Training Program Requirements

All video learning, reading, and website research is assigned through [Google Classroom](#). Access is granted upon acceptance to the program, and requirements can be begun at any point prior to their due date.

**Video-based Learning Requirements** to be completed by all trainees by the end of course sessions. All are available through Evidence Based Births' Higher Ed program, and are listed below according to date/topic.

**Reading Requirements** to be completed by all trainees by the end of course sessions:

- Required Text: [Pregnancy, Childbirth and the Newborn](#), by Penny Simkin, et al.
- Choose two of the following books on childbirth history and philosophy:
  - [Ina May's Guide to Childbirth](#) by Ina May Gaskin
  - [Pushed: The Painful Truth About Childbirth and Modern Maternity Care](#) by Jennifer Block
  - [Birth: the Surprising History of How We Are Born](#) by Tina Cassidy
  - [The Thinking Woman's Guide to a Better Birth](#), by Henci Goer & Rhonda Wheeler
  - [Optimal Care in Childbirth: the Case for a Physiological Approach](#) by H. Goer and A. Romano
  - [Gentle Birth Gentle Mothering](#) by Sarah Buckley
- And one of the following books on Breastfeeding
  - [Nursing Mother's Companion](#) by Kathleen Huggins
  - [Breastfeeding Made Simple](#), by N. Mohrbacher & K. Kendall-Tackett
  - [Jack Newman's Guide to Breastfeeding](#) By J. Newman & T. Pitman

Become fluent with the following **websites**, which will be referred to regularly and utilized along with the texts:

- [Evidence Based Birth](#)
- [ACOG](#)
- [Spinning Babies](#)
- [March of Dimes](#)
- [Lamaze International](#) (infographics)
- [PubMed](#) (medical studies on all topics)
- [Cochrane Library](#) (RCTs)
- [Global Health Media](#)
- [VeryWell Family](#)
- [Science and Sensibility](#)
- [Penny Simkin on YouTube](#)
- [Childbirth Graphics](#)

All video learning, reading, and website research will need to be "turned in" through Google Classroom.

**Other requirements** to be completed:

- OPTIONAL for content: Attend the BACE Childbirth Education Workshop for Perinatal Health Workers, and/or Breastfeeding for Perinatal Health Workers
- Childbirth Education observation: Observe a 12-hour prepared or natural childbirth education class that includes medications, interventions, cesarean birth, and comfort measures, etc. taught by a currently certified BACE instructor
- Satisfactory completion of two teach-back presentations, more details in preparing these will be provided during sessions (due during sessions)
- Participation in all course sessions, see dates below

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\*all dates listed are tentative at this time

Date*	Topic	Teaching Materials
Any, prior to start of sessions		<b>Prework</b> <ul style="list-style-type: none"> <li>Review BACE website for history</li> <li>Obtain and read "Pregnancy, Childbirth &amp; the Newborn"</li> <li>Coordinate CBE Observation</li> <li>Start EBB modules in order listed. DO NOT WAIT to begin modules; due dates are the last day for them to be complete</li> </ul>
Class 1 March 16	<b>Intro to BACE and CBE Training</b> BACE-NMC CBE Training Course, including requirements for certification	<b>EBB Module Reference</b> <ul style="list-style-type: none"> <li><a href="#">Evidence Based Maternity Care</a></li> </ul> <b>Reading/Reference Assignments</b> <ul style="list-style-type: none"> <li><a href="#">Lamaze on the Healthy Birth Practices</a></li> <li><a href="#">Pathways to a Healthy Birth</a></li> <li><a href="#">Framework for Teaching about Normal Labor</a></li> <li><a href="#">Trends in Maternity Care</a></li> <li>Chapters 1-2</li> </ul>
Class 2 March 23	<b>Foundation</b> Provider perspectives on CBE Teaching to adult learners Creating a safe space for learning Obstacles to teaching	<b>References</b> <ul style="list-style-type: none"> <li>Learning style article</li> <li>Learning style survey</li> </ul> <b>EBB Modules</b> <ul style="list-style-type: none"> <li><a href="#">Racial Disparities</a></li> </ul>
Class 3 March 30	<b>Content Block 1</b> Planning your class Welcome/intros Anatomy & Physiology Last weeks of pregnancy Warning signs Measuring change Informed decision making Labor overview Closing your first class	<b>EBB Modules</b> <ul style="list-style-type: none"> <li><a href="#">Models of Care</a></li> <li><a href="#">Physiology of Childbirth</a></li> </ul> <b>Reference Reading</b> <ul style="list-style-type: none"> <li>Chapters 3-6</li> <li><a href="#">Perspectives on Learning for CBE</a></li> </ul> <b>Reference Websites</b> <ul style="list-style-type: none"> <li>Childbirth Connections slideshow <a href="#">Your Body Throughout Pregnancy</a></li> <li><a href="#">Spinning Babies</a></li> </ul>
Class 4 April 6	<b>Content Block 2</b> Welcome back tactics Labor exploration	<b>Reference Reading</b> <ul style="list-style-type: none"> <li>Chapters 8-10</li> </ul>
Class 5 April 13	<b>Content Block 3</b> Coping through labor Teaching comfort measures Transition to birth setting	<b>EBB Modules</b> <ul style="list-style-type: none"> <li><a href="#">L&amp;D Nurses</a></li> <li><a href="#">Doulas</a></li> <li><a href="#">Dads &amp; Support Persons</a></li> <li><a href="#">Fetal Monitoring</a></li> </ul> <b>Reference Reading</b> <ul style="list-style-type: none"> <li>Chapters 11-12</li> </ul> <b>Reference Websites</b> <ul style="list-style-type: none"> <li>Childbirth Connection section on <a href="#">Pain in Labor</a></li> <li>Penny Simkin's <a href="#">Comfort in Labor</a></li> <li>Penny Simkin's <a href="#">Positions for Labor</a></li> <li><a href="#">Optimal Positions Guide</a></li> <li>PCN: <a href="#">Checklist of Comfort Measures</a></li> </ul>

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Class 6 April 20	<b>Teachback 1</b>	
Class 7 April 27	<b>Content Block 4</b> Pain management decisions BRAIN Birth plans	<b>EBB Modules</b> <ul style="list-style-type: none"> <li>• <a href="#">Informed Consent in Labor</a></li> <li>• <a href="#">Labor Induction</a></li> <li>• <a href="#">Pain Management</a></li> </ul> <b>Reference Reading</b> <ul style="list-style-type: none"> <li>• Chapter 13</li> </ul> <b>Reference Websites</b> <ul style="list-style-type: none"> <li>• <a href="#">Professional recommendations on applying ACOG's 2/2017 Opinion Release</a> (to establish objectives in teaching pain management decisions)</li> </ul>
Class 8 May 4	<b>Content Block 5</b> Second stage Medical interventions Vaginal birth Cesarean birth	<b>EBB Modules</b> <ul style="list-style-type: none"> <li>• <a href="#">Protecting the Perineum</a></li> <li>• <a href="#">Cesarean Rates</a></li> <li>• <a href="#">~optional~ VBAC</a></li> </ul> <b>Reference Reading</b> <ul style="list-style-type: none"> <li>• Review Chapter 10</li> <li>• Chapters 14-15</li> </ul>
Class 9 May 11	<b>Teachback 2</b>	
Class 10 May 18	<b>Content Block 6</b> Unexpected outcomes Third stage Immediate postpartum Newborn Adjustment to parenting  <b>Wrap up</b> Certification requirements	<b>EBB Modules</b> <ul style="list-style-type: none"> <li>• <a href="#">Newborn Procedures</a></li> <li>• <a href="#">Breastfeeding</a></li> </ul> <b>Reference Reading</b> <ul style="list-style-type: none"> <li>• Review Chapter 10</li> <li>• Chapter 16-20</li> </ul>