

BACE+ 2018 CBE Syllabus



BACE Childbirth Educator Training Program Requirements

Video-based Learning Requirements to be completed by all trainees by the end of course sessions. These will be assigned via link once enrolled; all are available through Evidence Based Births' Higher Ed program

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 Henci Goer and Amy 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:

- Lamaze: both [professional](#) and [parent](#) sites. Pay particular attention to [Healthy Birth Practices](#) and all [infographics](#)
- [Childbirth Connection](#) (all sections)
- [March of Dimes](#) (browse through all sections)
- [Spinning Babies](#)
- [Evidence-Based Birth](#) (all blog topics)

All video learning, reading, and website research will be need to be attested to using the Attestation Form provided at the end of sessions.

Other requirements to be completed:

- OPTIONAL for content: Attend the BACE Childbirth Education Workshop 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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Date	Topic	Materials/Technique/Activity	Notes
Any, prior to September 29		Prework <ul style="list-style-type: none"> Short bio for Class 1 Review BACE website for history Obtain and read "Pregnancy, Childbirth & the Newborn" Coordinate CBE Observation EBB Modules <ul style="list-style-type: none"> Evidence Based Maternity Care Models of Care Physiology of Childbirth Fetal Monitoring 	<p>All prework must be done prior to Class 1, 9/29</p> <p>All EBB modules may be done ahead of class, just do in the order listed here</p>
Class 1 Saturday September 29	Intro to BACE and CBE Training BACE-NMC CBE Training Course, including requirements for certification	Share bio as a means to introduce	Share bio as a means to introduce
	Foundation Provider perspectives on CBE Teaching to adult learners Creating a safe space for learning	References <ul style="list-style-type: none"> Learning style survey 	Complete survey, share
	Teachback skits	Assign groups to prepare group activity to teach a topic <ul style="list-style-type: none"> Comfort measure activity Labor rehearsal Position practice 	
	Create Class 1 Content Block 1 Anatomy & Physiology Wellness in pregnancy Warning signs Terminology Birth process	Reference Reading <ul style="list-style-type: none"> Chapter 3 p. 30-50, Chapter 4 p. 67-79, Chapter 5 & 6 Growing Uterus Packet Reference Websites <ul style="list-style-type: none"> Lamaze on the Healthy Birth Practices Childbirth Connections slideshow Your Body Throughout Pregnancy Pathways to a Healthy Birth Framework for Teaching about Normal Labor 	Curriculum Development Objectives, content, activity: <ul style="list-style-type: none"> Anatomy & Physiology Wellness in Pregnancy Birth Process
	Teachback skit		
Class 2 Sunday September 30	Review		
	Create Class 2 Content Block 2 Signs of labor Early labor Active/transition Challenging labors Induction	Reference EBB Modules <ul style="list-style-type: none"> L&D Nurses Doulas Dads & Support Persons Informed Consent in Labor Pain Management Protecting the Perineum Cesarean Rates 	Curriculum Development Objectives, content, activity: <ul style="list-style-type: none"> Stages of labor Birth team Comfort measures BRAIN Birth plans

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	<p>Content Block 3 Support roles/birth team Teaching comfort measures Positions, movement, relaxation and breathing</p> <p>Content Block 4 Teaching pain management BRAIN Birth plans</p>	<ul style="list-style-type: none"> • ~optional~ VBAC <p>Reference Reading</p> <ul style="list-style-type: none"> • Chapters 8-9 (BRAIN) • Chapter 11 • Chapter 12 • Chapter 13 <p>Reference Websites</p> <ul style="list-style-type: none"> • EBB Training: Labor Induction • Penny Simkin's Comfort in Labor • Penny Simkin's Positions for Labor • Optimal Positions Guide • Pregnancy, Childbirth & the Newborn Checklist of Comfort Measures • Childbirth Connection section on Pain in Labor • Professional recommendations on applying ACOG's 2/2017 Opinion Release (to establish objectives in teaching pain management decisions) • Trends in Maternity Care (Simkin) 	
	<p>Create Class 3 Content Block 5 Second stage Medical interventions Cesarean birth Unexpected outcomes</p>		<p>Curriculum Development</p> <ul style="list-style-type: none"> • Informed decision making objectives and content • Pain management decisions objectives and content • Second stage of labor objectives and content • Cesarean birth objectives and content
	Curriculum development discussion		
Class 3 Sunday October 14	Review		
	Teachback presentation #2		
	<p>Create Class 4 Content Block 6 Immediate postpartum Postpartum and the newborn Adjustment to parenting</p>	<p>Reference EBB Modules</p> <ul style="list-style-type: none"> • Newborn Procedures • Breastfeeding • Racial Disparities • ~optional~ Home Birth & Birth Centers • ~optional~ How to Read a Research Paper 	<p>Curriculum Development</p> <ul style="list-style-type: none"> • PP & the Newborn • Breastfeeding
	Wrap up		