Week 4 Exam

1. Spleen 6
2. Utilizing hands and knees for better positioning of baby & to create space for baby. In a hospital setting I would suggest using a labor/birth/yoga ball on the bed for her to lean on while on knees or adjusting the bed to be used to lean on instead of the ball.
3. Anxiety – Heat/cold therapy by using an ice pack or a hot water bottle or an electric heating pad
4. Slow Down, Validate, Provide Options, Supplement Resources
5. Her response to contractions – if she is talking through them or not, if she’s closing her eyes or utilizing breathing techniques, if she is vocalizing during them.
6. Utilizing oxygen efficiently and keeping the diaphragm open
7. Mothers who use spontaneous pushing are more likely to have an intact perineum postpartum.

Section 2

1. We have 2 hospitals, Mercy's rate is 21 percent & CoxHealth is 20 percent. Both hospitals are slightly rude towards doulas most often. Mercy being the worst by far, they have recently been working towards banning all birth support people other than the father of the baby but have been trying to do so under the cover of covid and some sketchy PR when directly asked. Mercy has been consistent in horrible birth experiences for birthing individuals, especially minorities and anyone in a situation outside of the standard “white hetero Christian couple”.
2. Every birth is different & the needs and support will vary from each one. The role of the doula is to provide continual support throughout labor. This might look like non-medical pain relief suggestions, education on medical options, or emotional support during difficult experiences.
3. All 3 statements about breastmilk are true

Extra Credit