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New Mexico Department of Health Credentialed Doula Scope of Practice

- A. **Services Rendered:** The New Mexico Department of Health (NMDOH) Credentialed Doulas will provide prenatal and/or post-partum physical, emotional, and evidence-based education support and linkages to community-based resources. The NMDOH Credentialed Doulas may also provide counseling related to pre-conception, pregnancy loss, infant loss, and termination of pregnancy. Doulas may utilize modalities such as childbirth education to support the client's health and wellbeing as long as it aligns with their training and experience of being a doula and the scope of their training and experience organization or mentorship.
- B. **Limits to Practice:** Standards and Credentialing apply to emotional, physical and informational support only. The NMDOH Credentialed Doula will not perform clinical or medical tasks, such as taking blood pressure or temperature, fetal heart tone checks, vaginal examinations or postpartum clinical care while serving under the title of doula. The NMDOH Credentialed Doula will not diagnose or treat in any modality.
- a. If the doula has qualifications in alternative or complementary modalities outside of the doulas scope of practice (such as massage therapy, placenta encapsulation, etc.), s/he must make it very clear to her/his clients and others that those modalities are an additional service.
 - b. A healthcare provider (such as a nurse, midwife, chiropractor, etc.) may not refer to her/himself as a doula while providing services outside of a doula's scope of practice.
 - c. On the other hand, if a health care, alternative care or complementary care professional chooses to limit her/his services to those provided by doulas, it is acceptable according to the NMDOH Standards of Practice for her/him to describe her/himself as a doula.
- C. **Advocacy:** The doula advocates for the client's wishes as expressed in the birth plan, in prenatal conversations, and intrapartum discussion, by encouraging his/her

client to ask questions of their care provider and to express their preferences and concerns. The doula helps the birthing parent incorporate changes in plans if and when the need arises and enhances the communication between client and care provider. Clients and doulas must recognize that the advocacy role does not include the doula speaking instead of the client or making decisions for the client. The advocacy role is best described as support, information, and mediation or negotiation.

- D. **Referrals:** For client needs beyond the scope of the doula's training, referrals are made to appropriate resources.
- E. **Record Keeping:** The doula maintains clear and accurate records of each client encounter. Doula must adhere with New Mexico Administrative Codes (NMAC) 1.21.2 Retention and Disposition of Public Records and 8.302.1.17 Record Keeping and Documentation Requirements.
- F. **Confidentiality:** A doula shall maintain the confidentiality of client information obtained in the course of the doula's practice. A doula shall access client information only for purposes of client services, or to otherwise fulfill the doula's responsibilities, and shall not share client information for purposes other than client services, or to otherwise fulfill the doula's responsibilities, through social media, texting, emailing, or any other form of communication, unless the client has consented to the doula's sharing of client information.
- G. **Mandated Reporting:** In accordance with State Statute 32A-4-3. Duty to report child abuse and child neglect; responsibility to investigate child abuse or neglect; penalty; notification of plan of safe care.