

**Ayurdoula
Charlotte Sternkind Del Toro**

512.497.8276 Cell, 445.4922 Home, 328.0505 Office
ayurdoula.com

At Infinity Wellness Center, 205 South Wild Basin Road, Suite 2B, Austin, TX 78746
Certified Doula, DONA International
Certified Infant Massage Instructor, IAIM-US
Licensed Massage Therapist

CONTRACT

I, _____ contract with Charlotte Sternkind Del Toro/Ayurdoula to provide Doula & Massage Services.

My birth due date is _____

My home address is _____

My contact numbers are : Home _____

Cell _____

Partner's Cell _____

Work _____

E-mail _____

My birth care provider (physician or midwife) is _____

Contact phone number for above is _____

Their office address is _____

My chosen birth location is _____

I have read and agree to the terms of the Birth Doula Scope of Practice Agreement (page 3 of this contract) _____ *initial*

If my scheduled Certified Doula cannot attend my birth due to an unexpected event, attending another birth, or illness, another experienced Doula will attend my birth.

The back-up Doula for my birth is _____

Her phone numbers are _____

If my Certified Doula or her designated back-up is unable to attend the birth because I do not call her, or give sufficient time to get to my birth, she will keep the On Call Birth Retainer Reservation fee of \$108. Fees for services already received will be deducted

**Central Texas Doula Association
Birth Doula Scope of Practice Agreement**

Doula name _____

Patient/Client name _____

Hospital or Birth Center _____

Physician or Midwife _____

Central Texas Doula Association recognizes the importance of a good working relationship between birth doulas, physicians, midwives, and nurses in order to provide the best care for mothers and babies. This document outlines the scope of practice accepted by the Central Texas Doula Association.

Scope of Practice

A. Services Rendered

- The doula is a trained professional who provides continuous physical, emotional, and informational support to mothers and their partners before, during and after birth.
- The doula may help and advise on comfort measures such as breathing, relaxation, movement and positioning, and may use or suggest comfort measures such as massage, visualization, hydrotherapy, and the use of a birth ball.
- The doula may aid in the mother's understanding of medical procedures and treatment by encouraging communication between the mother, partner, or staff.
- The doula does not speak for the mother but may prompt her to ask questions regarding her care or treatment.

B. Limits of Practice

Doulas DO NOT:

- Perform clinical tasks such as, but not limited to, vaginal exams, assessing fetal heart tones or perineal massage.
- Diagnose medical conditions, offer second opinions, nor offer medical advice.
- Make decisions for the patient/client nor project their own values/goals onto the pregnant or laboring woman.
- Discourage the mother from her choices, including the choice for pharmacological pain relief.
- Interfere with medical treatment in the event of an emergency situation.

C. Understanding of Medical Staff

- The doula understands that the physicians, midwives and nurses are responsible for assessing the health and well being of the mother and baby, diagnosing and treating conditions as they arise, and focusing on the safe delivery of the baby.

D. HIPPA

- The doula adheres to patient confidentiality in accordance to the Health Insurance Portability and Accountability Act (HIPPA) regulations.

By signing this document, the doula agrees to abide by the above guidelines set forth by the Central Texas Doula Association.

Doula's signature _____ Date _____