



BACE+ 2021 CBE Requirements and Syllabus

BACE+ Childbirth Educator Training Program Requirements

Enroll in Google Classroom for all assignments. You will need a Gmail account to do this simply. See guide to Google Classroom if needed, or talk to faculty about accessing and turning in assignments.

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

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 be need to be submitted and graded in 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



BACE+ 2021 CBE Requirements and Syllabus

Date	Topic	Materials
Any, prior to start date		<p>Prework</p> <ul style="list-style-type: none"> Review BACE website for history Obtain and read "Pregnancy, Childbirth & the Newborn" Coordinate CBE Observation <p>EBB Modules</p> <ul style="list-style-type: none"> Evidence Based Maternity Care Models of Care Physiology of Childbirth Informed Consent in Labor
Class 1	<p>Intro to BACE and CBE Training BACE-NMC CBE Training Course, including requirements for certification</p>	
	<p>Foundation Provider perspectives on CBE Teaching to adult learners Creating a safe space for learning</p>	<p>References</p> <ul style="list-style-type: none"> Learning style article Learning style survey
	<p>Create Class 1 Planning your class Welcome/intros Anatomy & Physiology Last weeks of pregnancy Warning signs Measuring change Informed decision making Labor overview Closing your first class</p>	<p>Reference EBB Modules from above</p> <p>Reference Reading</p> <ul style="list-style-type: none"> Chapter 3-6 Chapters 8-9 (BRAIN) Growing Uterus packet <p>Reference Websites</p> <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 Trends in Maternity Care
Class 2	<p>Create Class 2 Welcome back tactics Labor exploration Coping through labor Transition to birth setting</p>	<p>Reference EBB Modules</p> <ul style="list-style-type: none"> L&D Nurses Doulas Dads & Support Persons Labor Induction Fetal Monitoring <p>Reference Reading</p> <ul style="list-style-type: none"> Chapter 11-13 <p>Other References</p> <ul style="list-style-type: none"> Penny Simkin's Comfort in Labor Penny Simkin's Positions for Labor Optimal Positions Guide PCN: Checklist of Comfort Measures
	<p>Create Class 3 Pain management Second stage Vaginal birth</p>	<p>Reference EBB Modules</p> <ul style="list-style-type: none"> Pain Management Protecting the Perineum Cesarean Rates



BACE+ 2021 CBE Requirements and Syllabus

		<ul style="list-style-type: none"> • ~optional~ VBAC <p>Other References</p> <ul style="list-style-type: none"> • 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)
Class 3	Teachback presentation #3	
	<p>Create Class 4</p> <ul style="list-style-type: none"> Unexpected outcomes Third stage Immediate postpartum Newborn Adjustment to parenting 	<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>Wrap up</p> <p>Certification requirements</p>	