



**CANDIDATE SELF-ASSESSMENT CHECKLIST
FORM E
ICEA Childbirth Educator Certification Program**

Candidate's name _____ Date _____

In the space provided, rate your knowledge of each area, using the following scale:

0 = no knowledge 1 = limited or poor 2 = average 3 = good 4 = superior

Discuss with the evaluator those areas which you have rated 0 or 1 and your plans for improvement.

I. Class content must include:

- _____ A. The natural physiological pattern of labor, birth, and postpartum
- _____ B. Frequent abnormal or unexpected variations during the childbearing year
- _____ C. Physical and emotional changes encountered in pregnancy, birth and postpartum; father's experiences and feelings during the childbearing year
- _____ D. Maternal and infant nutrition
- _____ E. Common medical interventions and procedures during the birth process as well as analgesia and anesthesia, vaginal and cesarean birth, indications and contraindications for the above, available alternatives
- _____ F. The history, development and philosophy of childbirth education
- _____ G. Family-centered maternity care

II. Class content may also include:

- _____ A. Anatomy (male and female), physiology of reproduction, and sexuality during the childbearing year
- _____ B. Fetal development and newborn characteristics
- _____ C. Perinatal screening and diagnostic procedures
- _____ D. Iatrogenic and teratogenic influences in pregnancy

III. Adequate class time must be allotted for demonstration, return demonstration, practice and review of exercises and labor coping skills including:

- _____ A. Relaxation
- _____ B. One or more breathing patterns
- _____ C. Comfort measures
- _____ D. Body conditioning exercises for pregnancy, birth and postpartum

IV. Participants are to be given opportunity during class to discuss content areas, personal needs and goals.

V. Throughout the series, advocacy of the following concepts must be evident:

- _____ A. Rights and responsibilities in making informed choices based on knowledge of alternatives
- _____ B. Legal rights and informed consent
- _____ C. Breastfeeding as the preferred means of promoting infant nutrition, neonatal immunization, and maternal-infant bonding
- _____ D. Avoidance of medical intervention in uncomplicated pregnancy, birth and postpartum
- _____ E. Family-centered maternity care
- _____ F. Parental participation, sharing, and individual satisfaction in vaginal and cesarean births
- _____ G. Consumer participation and advocacy in local health care planning

CHILDBIRTH METHOD TO BE TAUGHT

ICEA does not promote one specific method of childbirth preparation. The candidate may teach whatever method is preferred. It is quite possible for an evaluator to work with a candidate who teaches a method unfamiliar to the evaluator. The teaching evaluation is not to be an evaluation of a specific method but of how well the candidate teaches the method chosen. It is also an evaluation of how consistently the candidate advocates ICEA's goals and philosophy, especially freedom of choice based on knowledge of alternatives. The candidate is required to advocate ICEA's goals and philosophy regardless for whom the candidate teaches.

Signature _____

Date _____