



The House of La Matrona

Holistic Midwifery & Doula Training Programs ~ Family Wisdom & Women's Arts
Asheville, NC (828) 242-2188

HOLISTIC DOULA LABOR & BIRTH SUMMARY

Doula's name _____

Client's name _____

Date of baby's birth _____

Please circle all that apply.

Childbirth Ed? Y N

Pregnancy:

Healthy/well/normal
Group Beta Strep +
Gestational Diabetes
Other _____

Weeks Gestation:

Birthplace:

Home
Birth center
Hospital
Other _____

Labor Helpers:

Caregiver:

Traditional Midwife
CNM / CPM
Physician: FP / DO
Physician: OB-GYN
Other: _____

Length of active labor:

Comfort Techniques;

Massage
Counterpressure
Acupressure
Birth ball
Breathing techniques
Shower/bath
Music
Visualization

Comfort Tech.(cont.)

Hot/cold therapy
Music
TENS unit
Vibration
Aromatherapy
Augmentation techniq.
Other _____

Positions for Labor:

Walking/standing
Upright in bed/chair
Birth ball
Toilet
Side-lying
Squatting
Hands & knees
Other _____

Homeopathy/Herbals:

Interventions/Labor:

Induction @ _____ cm
Prostaglandin
Cytotec
Pitocin
AROM
Other _____
Other _____
AROM @ _____ cm
Augmented @ _____ cm
ElectronicFetalMonitor
Continuous @ _____ cm
Intermittant
External EFT
Internal EFT @ _____ cm
Doptone/fetoscope
IV/Heparin lock
Catheterization
Oxygen by mask

Interventions (cont.)

Amnio-infusion
Other _____

Medications:

Sterile water injections
IV Stadol/Demerol/etc
IV Antibiotics
Epidural @ _____ cm
Spinal/Intrathecal
General anesthesia
Other _____

Positions for Pushing:

Side-lying
Hands & knees
Standing
Squatting
Supported squat
Birth ball
Toilet
Birth stool/chair
McRoberts
Lithotomy
Other _____

Birth:

Unintervened vaginal
Assisted vaginal
Forceps/Vac extractor
Scheduled Cesarean
Unplanned Cesarean
Repeat Cesarean
VBAC
Episiotomy
Perineal tear
Degree? 1 2 3 4

Third Stage:

Routine pitocin IV/IM
Non-routine Pit IV/IM
Normal blood loss
Hemorrhage
Retained placenta



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HOLISTIC DOULA LABOR & BIRTH SUMMARY – POSTPARTUM

Doula's name _____

Client's name _____

Baby's name _____

Date of baby's birth _____

Please circle all that apply.

Baby:
 Healthy/well/normal
 Meconium
 Heavy
 Moderate
 Light
 Deep suctioning
 Early cord clamping
 Resuscitation req'd
 Birth weight _____
 Apgars _____
 NICU
 Birth defect _____

 Stillbirth
 Given for adoption

Early Postpartum:
 Skin to skin contact
 Continuous contact
 Interrupted contact
 Length of separation:

 Placenta spontaneous
 Placenta assisted
 Placenta manual rem.
 Rooming in
 Father present
 Siblings present
 Other family/friends
 Breastfeeding
 Bottlefeeding
 Placenta to family

Postpartum:
 Support in hospital
 Support in home
 Phone support
 Tear healing
 Incision healing
 Episiotomy
 Cesarean
 Lochia flow: nml
 Heavier than nml
 Baby feeding/gaining
 Breastfeeding concern
 Doula-assisted BF
 Referral – Lactation
 Referral – Caregiver
 Other _____

Length of First Stage _____ Second Stage _____ Third Stage _____

Time you arrived _____ Time you left _____ Total time you were present _____

POSTPARTUM VISITS:

Date _____ Time in/out _____

Date _____ Time in/out _____

Date _____ Time in/out _____

Total time you were present postpartum _____

Postpartum phone support Y N Total time _____

How did you follow the Wise Woman Tradition?

What did you learn?

What might you do differently next time?

How were you brilliant?