

BACE 2021 CBE Requirements and Syllabus



BACE Childbirth Educator Training Program Requirements

All video learning, reading, and website research is assigned through **Google Classroom**. Access is granted upon acceptance to the program, and requirements can be begun at any point prior to their due date.

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, and are listed below according to date/topic.

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 attested to using the Attestation Form provided at the end of sessions.

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

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*all dates listed are tentative at this time

Date*	Topic	Teaching Materials	Notes
Any, prior to start of sessions		Prework <ul style="list-style-type: none"> Short bio for Class 1 Review BACE website for history Obtain and read "Pregnancy, Childbirth & the Newborn" Coordinate CBE Observation Start EBB modules in order listed 	All prework must be done prior to Class 1, 3/24 All EBB modules may be done ahead of class, just do in the order listed here
Class 1 March 16	Intro to BACE and CBE Training BACE-NMC CBE Training Course, including requirements for certification	EBB Module Reference <ul style="list-style-type: none"> Evidence Based Maternity Care Reading/Reference Assignments <ul style="list-style-type: none"> Lamaze on the Healthy Birth Practices Pathways to a Healthy Birth Framework for Teaching about Normal Labor Trends in Maternity Care Chapters 1-2 	Activities What surprised you about BACE? Share bio as a means to introduce
Class 2 March 23	Foundation Provider perspectives on CBE Teaching to adult learners Creating a safe space for learning Obstacles to teaching	References <ul style="list-style-type: none"> Learning style article Learning style survey EBB Modules <ul style="list-style-type: none"> Racial Disparities 	Activity <ul style="list-style-type: none"> Complete survey, share Design an icebreaker in groups
Class 3 March 30	Content Block 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	EBB Modules <ul style="list-style-type: none"> Models of Care Physiology of Childbirth Reference Reading <ul style="list-style-type: none"> Chapters 3-6 Perspectives on Learning for CBE Reference Websites <ul style="list-style-type: none"> Childbirth Connections slideshow Your Body Throughout Pregnancy Spinning Babies 	Activities <ul style="list-style-type: none"> List goals A&P round robin Comparison: weeks of pregnancy Solutions to discomforts Prenatal test highlighting How vs. why- optimal positioning
Class 4 April 6	Content Block 2 Welcome back tactics Labor exploration	Reference Reading <ul style="list-style-type: none"> Chapters 8-10 	
Class 5 April 13	Content Block 3 Coping through labor Teaching comfort measures Transition to birth setting	EBB Modules <ul style="list-style-type: none"> L&D Nurses Doulas Dads & Support Persons Fetal Monitoring Reference Reading <ul style="list-style-type: none"> Chapters 11-12 Reference Websites <ul style="list-style-type: none"> Childbirth Connection section on Pain in Labor 	Activities <ul style="list-style-type: none"> Sensory trip through comfort measures Positional practice: which/why/more? Check yourself: 1st stage interventions

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		<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 	
Class 6 April 20	Teachback 1		Topics <ul style="list-style-type: none"> • Pain management options • Pelvic model demos
Class 7 April 27	Content Block 4 Pain management decisions BRAIN Birth plans	EBB Modules <ul style="list-style-type: none"> • Informed Consent in Labor • Labor Induction • Pain Management Reference Reading <ul style="list-style-type: none"> • Chapter 13 Reference Websites <ul style="list-style-type: none"> • Professional recommendations on applying ACOG's 2/2017 Opinion Release (to establish objectives in teaching pain management decisions) 	
Class 8 May 4	Content Block 5 Second stage Medical interventions Vaginal birth Cesarean birth	EBB Modules <ul style="list-style-type: none"> • Protecting the Perineum • Cesarean Rates • ~optional~ VBAC Reference Reading <ul style="list-style-type: none"> • Review Chapter 10 • Chapters 14-15 	
Class 9 May 11	Teachback 2		
Class 10 May 18	Content Block 6 Unexpected outcomes Third stage Immediate postpartum Newborn Adjustment to parenting Wrap up Certification requirements	EBB Modules <ul style="list-style-type: none"> • Newborn Procedures • Breastfeeding Reference Reading <ul style="list-style-type: none"> • Review Chapter 10 • Chapter 16-20 	