

# Alaska Doula Curriculum Training Materials

Kangipneq Consulting for State of Alaska  
Department of Health; Maternal Mortality Review Committee  
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**ALASKA-SPECIFIC FULL SPECTRUM DOULA TRAINING  
CURRICULUM DEVELOPMENT PROJECT**

**MANUAL & RESOURCES**



# Overview

Introduction

Funding/origin of project

Process

Highlights

Materials available

Next steps

# Introduction & Origin of Project

- ❖ Stacey Lucason
- ❖ Main subcontractor:  
Center for Indigenous Midwifery
- ❖ Funding comes from federal efforts to explore ways that states can reduce maternal mortality rates
- *This informed the focus of these materials and should be central for organizations offering training*



# Process

- ❖ Review materials in use by CFIM
- ❖ Targeted interviews (semi-structured)
- ❖ Referred interviews (open ended)
- ❖ Focus groups (semi-structured)
- ❖ Training Manual & Resources
- ❖ Iterative review with community members
- ❖ *Pilot (not under this contract)*



# Purpose of the Training



*An introduction for those who want to support their community members through doula care.*

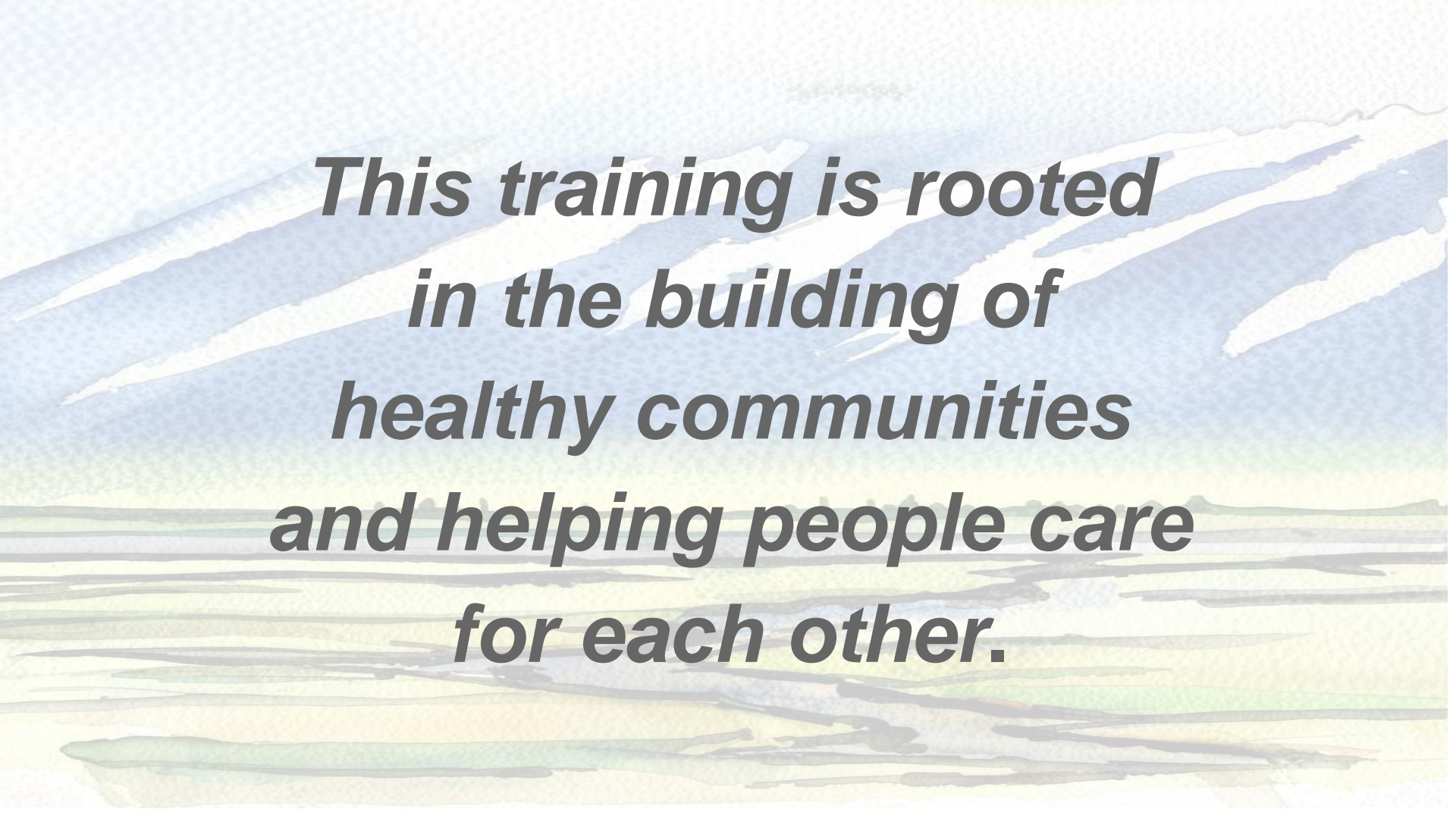
*The training is designed to provide the baseline skills that anyone can use to support someone in their prenatal, birth and postpartum experiences.*

*Those who may find this useful include aspiring doulas, helpful family members, and friends.*

# Learning Objectives

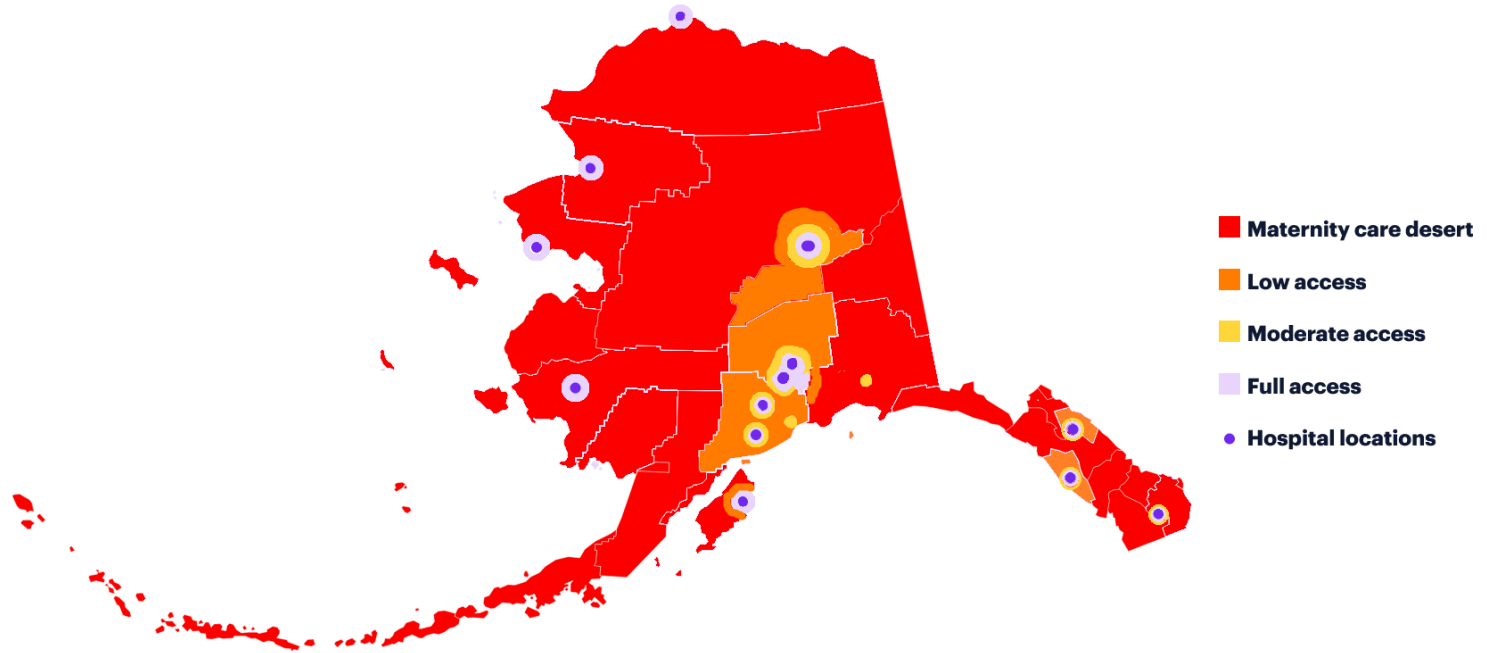
## **By the end of this training, learners will be able to:**

- ❖ Understand the scope of doulas and where doulas fit within a network of those providing care and support to a pregnant person;
- ❖ Describe the role of a doula in their support of someone in labor, as well as in pregnancy and postpartum;
- ❖ Recall various comfort measures, with practice of these skills;
- ❖ Use medically accurate terminology for the basic anatomy and physiology of pregnancy, labor, birth, and the initial postpartum period;
- ❖ Discuss vaginal and surgical birth, as well as common medical interventions;
- ❖ Be familiar with the context in which Alaskans give birth (locations, provider types, etc.);
- ❖ Actively listen to birthing persons and their support team, communicate boundaries for offering support, and hold space to discuss pregnancy, birth, and postpartum planning.

The background is a watercolor-style illustration. The upper portion features soft, layered washes of light blue and white, suggesting misty or snow-capped mountains. Below this, there are horizontal bands of pale green and yellow, representing rolling hills or fields. The overall texture is soft and painterly, with visible brushstrokes and color blending.

***This training is rooted  
in the building of  
healthy communities  
and helping people care  
for each other.***

# Maternal Care Access in Alaska





# Maternal Mortality – Disparity and Context in Alaska



- Since 1999, American Indian and Alaska Native peoples had the largest increases in median state maternal mortality rates. Between 1999 and 2019, this rose from 14 to 49.2 deaths per 100,000 live births.
- The average US maternal mortality rate more than doubled overall between 1999 and 2019.
- A major risk factor is a lack of access to healthcare.

# Maternal Mortality – Disparity and Context in Alaska

- Long travel distances to access care can cause financial strain on families and increased prenatal stress and anxiety.
  - Longer travel times are associated with less prenatal and postpartum care, both of which lead to higher maternal mortality.
- Nationally, about 78% of people had adequate prenatal care. Only 64% of births in Alaska had adequate or better prenatal care in 2021. The remaining 36% of births to Alaskans had inadequate, delayed, or no prenatal care.
  - Delayed prenatal care is associated with worse maternal and infant outcomes.



# Materials Available

- ❖ Training Manual (text)
- ❖ CFIM Videos
- ❖ Sample Activity Handouts
- ❖ Sample Teaching Slideshows
- ❖ Suggested Materials, Schedule, Etc.



# Next Step Suggestions

- ❖ Currently unfunded, but doula trainings should be offered in Alaska, in ways that are affordable for communities that experience high rates of maternal mortality.
- ❖ Organizations that might offer this sort of training should be made aware it is available.
- ❖ Tribes, Alaska Native non-profits, and service providers who support Pacific Islander communities especially should be brought into the conversation.





# Quyana, thank you!

- Questions?

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