



Continuing Education

For Birth Professionals

Doulas, Nurses, Midwives, Physicians - all coming together in these live events to create ripples of positive change throughout our community.

PRO NURSE COACH



EMPOWERING YOUR INNER WISDOM

MARY SMITH
MSN, RN, NPD-BC, NC-BC,
AMB-BC, C-EFM, CCE
ProNurseCoach.com

Bring Evidence Based Birth® Workshops to Your Organization

Savvy Birth Pro

3 CONTACT HOURS
•
PATIENT ADVOCACY FOCUS
•
EVIDENCE BASED CARE
•
ACTION-BASED APPROACH
•
10+ PARTICIPANTS WITH
2 PEER SUPERUSER TRAINING

Comfort Measures

3.5 CONTACT HOURS
•
CLINICIAN-LED COMFORT
•
EVIDENCE BASED CARE
•
ADDRESSES BARRIERS
•
10+ PARTICIPANTS WITH
2 PEER SUPERUSER TRAINING

Both Workshops

6.5 CONTACT HOURS
•
FULL DAY OF LEARNING
•
HANDS-ON ENGAGEMENT
•
SUPPORTS TEAMWORK
•
10+ PARTICIPANTS WITH
2 PEER SUPERUSER TRAINING

Workshops can be limited to your organization's staff,
or invite local clinicians & doulas

— SAVVY — Birth Pro WORKSHOP

Developed by Evidence Based Birth®

FOR
Professionals
ONLY

— Comfort — MEASURES

Developed by Evidence Based Birth®

for
L&D
Nurses

ORGANIZATION BENEFITS

- High quality education supporting evidence based care
- Participants receive tangible tools for their practice
- Education in the work/organizational environment
- Convenient scheduling
- Reduced cost for organization and attendees
- Opportunity for interprofessional education & education with community birthworkers such as doulas

Evidence Based Birth®

Evidence Based Birth® is a continuing education provider for the Kentucky Board of Nursing #7-0081. Nursing contact hours can be applied to most childbirth educator and doula certifications. These workshops meet Illinois and NCC continuing education requirements as being approved by a state board of nursing.

Mary Smith is an authorized instructor of Evidence Based Birth® classes and workshops, and a registered nurse with 25 years of experience.

Mary@ProNurseCoach.com | <https://pronursecoach.com/childbirthcourses/>



REQUEST A
WORKSHOP

SAVVY Birth Pro WORKSHOP

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The **Evidence Based Birth® Savvy Birth Pro Workshop** provides professionals needed skills to help birthing persons advocate for their right to evidence-based care during pregnancy & labor in a respectful way that builds bridges, not walls. Knowledge gained from the Savvy Birth Pro Workshop will have a positive ripple effect that extends to clients, colleagues, and the community.

Target Audience: Registered Nurses, Midwives & WHNPs, Childbirth Educators, Doulas, and nursing & doula students

Learning Objectives:

- Define evidence-based care and discuss statistics on the quality of birth settings in the local community
- Discuss major reasons causing an evidence-practice gap, including power hierarchies and resulting barriers to evidence-based, family-centered care
- Discuss ways to bridge the evidence-practice gap
- Discuss specific strategies to help clients obtain evidence-based care

Length:

- 3.5 hours (includes breaks and networking)
- Provides 3 contact hours



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Education

for Birth Professionals,
Nurses, and Midwives



REQUEST A
WORKSHOP &
RECEIVE MORE
INFORMATION

HOSTING OPTIONS

- **Organization hosted and funded:**
 - Minimum of 10 CE-earning participants, 2 of which will receive Peer SuperUser training materials to reach additional staff at your organization
 - Up to 10 additional participants can be added for a total of 20
 - >20 staff can be trained over more than one workshop
- **Organization hosted, participant funded:**
 - Brings the workshops to your 10+ member team for participant-purchased learning in three packages: no contact hours, professional, and deluxe
 - Open registration through ProNurseCoach may bring additional participants from the community and other local organizations

Evidence Based Birth®

Contact hours: By attending this workshop and completing an evaluation, registrants of the Professional and Super User packages will earn 3 nursing contact hours. Evidence Based Birth® is a continuing education provider for the Kentucky Board of Nursing #7-0081. Nursing contact hours can be applied to most childbirth educator and doula certifications. This workshop meets Illinois and NCC continuing education requirements as being approved by a state board of nursing.

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Comfort MEASURES

Developed by Evidence Based Birth®



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The **Evidence Based Birth® Comfort Measures for L&D Nurses Workshop** provides the science of comfort measures in labor, as well as practice of hands-on skills to help patients stay comfortable. Participants will also learn how to overcome barriers to providing comfort measures in their work environment. Super Users will receive a Comfort Measures Toolkit to take back to their unit and teach to their peers after enjoying a workshop full of demonstrations, discussion, and networking with colleagues.

Target Audience: Labor & Delivery Registered Nurses, Midwives & WHNPs, Childbirth Educators, Doulas, and nursing & doula students

Learning Objectives:

- Discuss the evidence on comfort measures
- Demonstrate a variety of comfort measures
- Discuss how to overcome barriers to providing comfort measures

Length:

- 4 hours (includes breaks and networking)
- Provides 3.5 contact hours



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 - Up to 10 additional participants can be added for a total of 20
 - >20 staff can be trained over more than one workshop
- **Organization hosted, participant funded:**
 - Brings the workshop to your 10+ member team for participant-purchased learning in three packages: no contact hours, professional, and deluxe
 - Open registration through ProNurseCoach may bring additional participants from the community and other local organizations

Evidence Based Birth®

Contact hours: By attending this workshop and completing an evaluation & quiz, registrants of the Professional and Super User packages will earn 3.5 nursing contact hours. Evidence Based Birth® is a continuing education provider for the Kentucky Board of Nursing #7-0081. Nursing contact hours can be applied to most childbirth educator and doula certifications. This workshop meets Illinois and NCC continuing education requirements as being approved by a state board of nursing.

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