

Doula Services Agreement

Updated: October 13, 2016

WHAT IS A DOULA?

A doula is an experienced birth assistant who provides parents-to-be with physical, emotional and informational support throughout pregnancy, labour, birth and post-partum. A doula recognizes birth as an important life experience that will have a lifelong impact on the health of both the mother and child. Her main role is to help parents-to-be identify what they define as a positive birth experience and help them achieve this.

Parents-to-be should meet with a potential doula at least once before committing to a professional relationship to become acquainted, discuss their priorities and concerns, and to plan how they can best work together. This meeting does not obligate them to use the doula's services.

Tehseen Meghji, ND's Doula Services Include:

- Two, 60 minute in-office prenatal appointments
- Labour and birth attendance
- Two, 60 minute postpartum home visits or telephone consultations

Initial appointment:

The first appointment is used to review your reasons for hiring a doula and to determine how you and your partner foresee working together, and with Tehseen Meghji, ND at the birth. Discussion will include preparation of a birth plan (including preferences regarding use of pain medication and how the mother-to-be best copes with pain and fatigue), and labour and birthing resources. The initial consultation should be scheduled at any time during the first or second trimester of pregnancy.

Second appointment:

The second appointment is used to review progress in your preparations for labour, useful support measures in different stages of labour (including detailed discussion of a relaxation exercise), possible interventions Tehseen Meghji, ND can offer you in pain management and other aspects of the birth, and preparation required at your home for the hospital. This appointment is normally scheduled in weeks 30 to 33 of pregnancy.

As a licensed naturopathic doctor, Tehseen Meghji, ND may from time to time offer suggestions for healthy nutrition or natural approaches to common concerns of pregnancy. If more comprehensive naturopathic care is required for you or your newborn, a formal naturopathic intake may be scheduled and invoiced for separately from your doula care.

Labour and Birth:

You should contact Tehseen Meghji, ND as soon as you think you are in labour, even if you do not think you require her services yet. She will give you recommendations by telephone until the appropriate time, at which point she will meet you (at your home or the hospital, depending on your birth plan). Tehseen Meghji, ND will require approximately two hours to get to your location from the time you first contact her.

As a licensed naturopathic doctor, Tehseen Meghji, ND brings a kit of homeopathic and herbal medicines to all births she attends. If a situation arises in your labour where she feels a medicine is appropriate, she may recommend one. You are not obliged to accept the recommendation. If you know in advance you do not wish any homeopathic or herbal interventions, please advise Tehseen Meghji, ND of this at the initial appointment.

Tehseen Meghji, ND will remain with you for one or two hours after the birth, until you are comfortable and your family is ready for quiet time together. If necessary, she will provide support for first and second latch and review postpartum recovery at this time.

Postpartum home, hospital or telephone appointments:

The postpartum appointments with the parents and newborn are to review any questions or concerns you may have from your birth experience. Your recovery will be assessed and further recommendations to aid recovery will be made if necessary. At this time you will be asked to complete a short evaluation of Tehseen Meghji, ND's performance at your birth. The first postpartum appointment should be scheduled within seven days of the birth. Please telephone the office to schedule these appointments.

ADDITIONAL PRENATAL OR POSTPARTUM APPOINTMENTS

If desired, additional prenatal or postpartum appointments, either in-office or by telephone, may be scheduled and will be invoiced separately from doula fees. Appointments cost \$85/30 minutes and \$150/60 minutes (contact the office for a detailed fee schedule).

For more information on the naturopathic medical services offered by Tehseen Meghji, ND visit www.torontonaturopathicmedicine.ca.

EXCLUSIONS FROM DOULA SERVICES

- Tehseen Meghji, ND cannot make treatment decisions for you. She will help you obtain the information necessary to make an informed decision and will bring to your attention departures from your birth plan, but you are responsible for determining all final treatment decisions
- Unless otherwise agreed upon in advance, Tehseen Meghji, ND will not communicate to clinic staff (e.g., obstetrician, midwife, nurse) in your place on matters of decision making. She will discuss your concerns with you and suggest possible options, but you must communicate with clinic staff on your own behalf.

SUBSTITUTE DOULA

A substitute doula will be available in the event that Tehseen Meghji, ND is unable to attend your birth (e.g., owing to illness) or if in the event of a very long labour a second doula is required. A meeting with your substitute doula can be arranged if you wish.

FAILURE TO PROVIDE SERVICE

Tehseen Meghji, ND will make every effort to provide the services describe here. Under certain circumstances this may not be possible (e.g., rapid labour). If failure to attend your birth is the result of error on Tehseen Meghji, ND part, you will be refunded the birth attendance fee (see below). If failure to attend your birth is the result of circumstances beyond Tehseen Meghji, ND control (e.g., rapid labour) or error on your part (e.g., failure to notify Tehseen Meghji, ND of your labour in a timely fashion) no refund is offered.



THIRD PARTY REIMBURSEMENT

As a licensed naturopathic doctor Tehseen Meghji, ND's services are covered by many extended healthcare plans. Consult your extended healthcare provider to confirm that naturopathic medicine is included in your coverage.

FEE SCHEDULE

The fee for the services described above is \$1400 to be paid as follows:

- \$700 retaining fee (for two prenatal in-office appointments, two postpartum home, telephone or hospital appointments) due at the first in-office appointment.
- \$700 birth attendance fee (fixed regardless of duration of labour) due at the second in-office appointment.

We have read and understood the above describing Tehseen Meghji, ND's services as a doula and the fees involved.

Client name: _____

Client signature: _____

Client name: _____

Client signature: _____

Date: _____