

The **Continuing Education Unit (CEU)** is a uniform unit of measurement to record participation in non-credit academic, professional and vocational programs. It is based upon attendance at short courses and other non-credit continuing educational programs sponsored by a variety of organizations.

The CEU serves a number of purposes:

- a uniform unit of measure for continuing education and training
- a nationally recognized unit of measure
- a concept that can be used by different sponsors
- a concept useful in a variety of learning formats
- criteria by which the quality of learning activities are judged
- a systematic means for program development and delivery
- criteria by which educational sponsors are evaluated
- a requirement for the documentation of learning experiences

Acceptable CEUs

The DONA certified doula is expected to complete 15 contact hours of continuing education in every three (3) year recertification period. One of the Approved Providers listed below must offer the CEUs. The educational course must relate to childbearing.

Approved Providers

Accredited colleges and universities (1 credit hour equals 15 contact hours)

American College of Nurse Midwives (ACNM)

American College of Obstetrics and Gynecology (ACOG)

American Dietary Association (ADA)

American Medical Association (AMA)

American Nurses Association (ANA)

American Physical Therapists Association (APTA)--OB section

American Psychological Association (APA)

American Public Health Association (APHA)

Association of Women's Health, Obstetrics, and Neonatal Nurses (AWHONN), including the AWHONN update series

International Board of Lactation Consultant Examiners, Inc. (IBLCE)

International Childbirth Educators Association (ICEA)

Lamaze International

National Association of Social Workers

Any state nurses association or board of nursing

Please contact the Home Office for questions about the acceptability of any continuing education course.

Samples of Acceptable Topics granting CEUs

Massage in Pregnancy
Childhood Sexual Abuse: Working with the laboring woman
Breastfeeding Solutions
Childbirth Educator Training
Perspectives on Perinatal Care
Postpartum Depression and Mood Disorders

Samples of Unacceptable Topics granting CEUs

Neonatal Jaundice: Appropriate Care Plans
Interpreting Fetal Heart Tones
Counseling on Appropriate Birth Control
Parenting: The Joys and Challenges