

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. CEUs are:

- 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 fifteen (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) / Canadian Association of Midwives (CAM)
- American College of Obstetricians and Gynecologists (ACOG) / Society of Obstetricians and Gynaecologists of Canada (SOGC) / Mexican Federation of Gynecology and Obstetrics / International Federation of Gynecology and Obstetrics (FIGO)
- American Dietetic Association (ADA) / Dieticians of Canada (DC)
- American Medical Association (AMA) / Canadian Medical Association (CMA)
- American Nurses Association (ANA) / Canadian Nurses Association (CNA)
- American Physical Therapy Association (APTA)—OB section
- American Psychological Association (APA) / Canadian Psychological Association (CPA)
- American Public Health Association (APHA) / Canadian Public Health Association (CPHA)
- Association of Women's Health, Obstetrics, and Neonatal Nurses (AWHONN), including the AWHONN update series
- International Board of Lactation Consultant Examiners, Inc. (IBLCE)
- MEAC – Midwifery Education Accreditation Council
- National Association of Social Workers (NASW) / Canadian Association of Social Workers (CASW)
- Any state or provincial nurses association or board of nursing
- Certifying childbirth education organizations accepted by DONA International (such as Lamaze, ICEA and CAPPa; see the complete List on the web site)

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

Examples 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

Examples of Unacceptable Topics Granting CEUs

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