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**FORM H**  
**VERIFICATION OF ALTERNATIVE CONTINUING EDUCATION FOR**  
**POSTPARTUM DOULA RECERTIFICATION**

**Alternative continuing education may be obtained through independent self-study of a book or "article packet" (5 research-based articles from medical and/or nursing journals). Books and articles must be in a birth, postpartum/or parenting related field.**

Points earned for each book:      One alternative point

Points earned for each "article packet" (5 research-based articles of your choice per "article packet"):      One alternative point

You may use this option to earn a maximum of 5 alternative points.

This form may be duplicated as needed. Retain this form for your files. Supply to DONA if selected for an audit.

For Each Book Reviewed:

Complete the following information: Title of book(s), including author, publisher and date of publication, number of pages.

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**OR**

For Each Article Packet Reviewed:

Title of 5 articles per each "article packet", including journal, author, date of publication and number of pages.

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Please attach a 300-500 (typewritten) word synopsis of each book or "article packet" you have studied. Describe how the information obtained by reading this book or article packet will impact your practice as a doula.

Name of Postpartum Doula: \_\_\_\_\_

Total Number of Alternative Points this form: \_\_\_\_\_