



Council of Childbirth Educators
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www.bestcertification.com

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**We certify nurses as Childbirth Educators.
We welcome RNs, LPNs, CNMs, doulas
and health educators**

Birth Educators Special Training (BEST Certification)

updated September 2005

Choose onsite training or online!

2005 BEST Onsite

\$425 certification fee, 30 contact hours.

- Complete written requirements at home or hospital, prior to attendance
- Attend a 2-day, onsite, offered every Spring and Fall (Friday-Saturday, 8:30a-6:30p).

2005 BEST Online

\$425 certification fee, 30 contact hours.

- Complete Pretest online.
- Completion of the Study Guide Questions for each topic would benefit the participant.
- Submit written requirements in a complete package to be approved by Dr. Cheryl Martin, RNC, PhD in our office.
- View the streaming videos (7 ½ hrs) online
- Complete Certification Posttest online.
- Participants have 30 days to complete Pretest, re-enter videos, and complete Posttest.

Requests to bring an Instructor to your facility

If a hospital has a group of 12+ participants to certify, the Supervisor may request that we bring an Instructor to the hospital's facility. We'll pay for our BEST Instructor's fees and expenses. The hospital would pay only for the participants sent to the course and provide a meeting room space for 12-20 participants.

ELIGIBILITY

Applicants must meet one of the following eligibility requirements:

- 1) A Registered Nurse, or Licensed Practical Nurse, with a current license and clinical experience in OB, Labor & Delivery or maternity nursing.
- 2) Health Educators (non-clinicians) must
 - Submit the BEST Professional History Form
 - Already completed Anatomy & Physiology.
 - Must pass our Pretest Assessment (70%+).
 - Be approved by Level IV Coordinator.

The Council of Childbirth Educators is dedicated to the continuing education of nurses nationwide.

- The Birth Educators Special Training (BEST) certification process is an **advanced course designed for RNs, LPNs, CNMs, doulas and health educators** seeking certification through a concise, comprehensive certification process taught by experienced clinicians.
- The BEST certification process builds on your existing knowledge base as a nurse and provides direction in establishing a program based on proven principles of adult education.
- Completion of the BEST Certification both attests to your program's legitimacy and reduces potential for liability.
- Nurses who are certified as a Certified Childbirth Educator (CCE) may obtain their own professional liability insurance for their childbirth education classes.

BEST Certification is proudly offered, copyrighted and distributed by Educational Resources, Inc. and its Council of Childbirth Educators since 1986.

- *Michael D. Frost, Ph. D, Director*
- *Cheryl Martin, RNC, MSN, WHNP, PhD, Test Development Team*
- *Kathleen Usher, RN, BSE, LSW, CCE, Presenter*
- *Mary Gallagher, RNC, CCE, Presenter*
- *Ann Snell, Web Marketing Director*

NOVEMBER 2005 TESTIMONIAL

Re: *BEST Certification – Atlanta, GA onsite held Nov. 11-12, 2005 at the Hilton Garden Inn NW/Wildwood)*
www.atlantannwildwood.gardeninn.com

I have just attended the November BEST Certification onsite course in Atlanta, and I wanted to share my experience with you. Julie Duncan, RN, CCE was an excellent instructor. I really enjoyed listening to her and gaining a great deal of knowledge from her experiences. I learned so much over the course of this weekend, and I cannot wait to apply it to my classes.

The group of women that were together were profound. It was a diverse group that was very willing to learn from each other, and that we all did. I think it was impossible to walk away without some gain. I wanted to thank you for organizing the program, and for having such an incredible instructor. I wish I lived closer to go to Julie's classes and see her in action.

The location of the course was wonderful, as well. I understand that this was the first time having it at the newly-built Hilton Garden Inn-NW/Wildwood in Atlanta. I would recommend it again. The room was very nice, the class facility was comfortable, and the staff was outstanding. The location of the hotel was also within walking distance to some very nice restaurants.

Again, thank you for a life-altering experience!

*-- S.B., RN, CCE,
Easton, Maryland*

Who should take the online version vs. attending an onsite training?

BEST Certification Online was designed for experienced Childbirth Educators who have taught childbirth education for at least 1-2+ years.

If the **Childbirth Educator has never taught *childbirth education***, or has taught for less than one year or not recently, it is **highly recommended** that this educator attend an onsite training. This educator needs to be trained in:

- how adults learn
- how to be a true educator
- how to write a childbirth education curriculum with measurable objectives (Joint Commission will ask for written curriculums)
- utilizing only evidence-based research
- how to achieve a comfort zone in childbirth education before teaching expectant parents.

Both the onsite and the online versions are the same \$425 certification fee, same Study Guide Manual, same lecture and same Pretest and Certification Posttest.

CERTIFICATION REQUIREMENTS

- Complete and fax in Registration Form And Professional History Form (www.bestcertification.com)
- Pass the Pretest (technical-medical)
- Prepare a written Outline for your childbirth education class
- Complete the 2-Hour Course Development Form (lesson plan) for a two-hour childbirth education class.
- Complete a 5-Minute Teaching Performance Presentation (teach from your Outline)
- Pass the Certification Posttest on the second day (no extra charge).

PHILOSOPHY

The Council of Childbirth Educators is dedicated to continuing education for nurses. The Birth Educator's Special Training Course is designed for educators who want certification through a concise, comprehensive course that builds on existing knowledge and gives an opportunity to establish childbirth classes based on principles of adult education. The health care needs of the consumer are affected by the expertise and assessment of the Childbirth educator. The first BEST Certification Course was held in 1986.

ACCREDITATION

Competency Guidelines

We follow AWHONN guidelines for nurse providers of perinatal education. The name of the competency guidelines under AWHONN / MONA is *Nurse Providers of Perinatal Education*.

We do not look to ICEA for competency guidelines. ICEA is broader than what we do. **We educate NURSES**, so we look to the professional **NURSING** organizations that produce competencies.

We are nationally recognized...

Educational Resources, Inc. and its Council of Childbirth Educators is an Approved Provider of Continuing Education, nationally recognized in all 50 States, and is currently registered with:

- California Board of Registered Nursing, CEP #8019
- Iowa Board of Nursing, Provider #274
- Kansas State Board of Nursing, #LTD 0214-0972

The BEST Pretest, Course Manual and Posttest were recently updated in September 2005.

This continuing nursing education activity has been submitted for approval to the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

BEST Certification follows recommendations from AWHONN's "Nurse Provider of Perinatal Education Competencies and Program Guide" (AWHONN, 2000).

OBJECTIVES OF THE CERTIFICATION PROCESS

- Identify different types of childbirth preparation methods.
- Demonstrate breathing, relaxation and comfort techniques used in childbirth.
- Utilize current and practical principles of adult learning in instructional teaching.
- Formulate a Course Development/Lesson Plan for a childbirth education course.
- Describe health trends and changes affecting the Childbirth Educator.

CONTENT

The following areas of instruction are included in the certification process. These topics will allow you to confidently develop a childbirth educator curriculum utilizing proven principles of adult learning:

- Principles of Adult Education
- Methods of Childbirth Preparation
- Nutrition
- Fetal Development
- Relaxation
- Respiratory Techniques
- Labor
- Pain Management
- Positioning
- Pushing Techniques
- Cesarean
- VBAC
- Body Conditioning
- Breastfeeding, Bottle Feeding
- Siblings
- Postpartum Adjustments
- Resources, Marketing

TO REGISTER & ATTEND

ONSITE PARTICIPANTS:

- Please go to www.bestcertification.com, print and complete the **Registration Form & Professional History Form**, and fax both in to Attn: Ann Snell at direct fax 913-671-1274.
- Fax both pages in or mail in with your payment.

Upon receipt of payment, we will ship materials & Pretest via Priority Mail to your home address (no PO boxes). If you'll indicate your e-mail address, we'll confirm receipt of the fax.

- Send in Pretest score sheet prior to onsite.
- Bring completed written requirements to onsite.
- Attend a 2-day, weekend onsite (usually on Friday-Saturday, 8:30 am-6:30 pm).

ONLINE PARTICIPANTS:

Please go to www.bestcertification.com, print and complete the **Registration Form & Professional History Form**, and fax both in to **Attn: Ann Snell at direct fax 913-671-1274**.

- Use "Online" for Location of course.
- Do not put credit card on this Registration Form, as you will pay online in Shopping Cart.

Please go to :

- www.eriworld.com
- Choose Certifications
- Choose BEST Certification (pay online)
 - Complete BEST Pretest online.
 - Print BEST Study Guide Manual (pdf).
 - View streaming videos (7+ hrs) online.
 - Submit completed written requirements pkg.
 - Complete a Teaching Performance Evaluation

Prepare a 5-minute video of the participant teaching a childbirth education class from an outline, OR have a Supervisor or another Certified Childbirth Educator observe participant teach one class, one evening, and complete & sign the evaluation form. Participant will submit it with the written requirements package. Package will be reviewed and approved by Dr. Cheryl Martin, RNC, MSN, WHNP, PhD.

- Complete BEST Certification Posttest online.

CANCELLATIONS & REFUNDS

A minimum of 3 weeks notice is required for any changes and/or cancellations.

Last Minute Crisis: We understand that most of our nurses are mothers and that she, a family member or her child may take ill at the last minute before an on-site. Though missing an on-site once registered is a rarity, we prefer that the participant call us immediately (1-800-292-2273, x-143) and take care of the illness or sick child first.

Options

- Attend any BEST onsite location within 1 year.
- A Supervisor may send a qualified replacement in the participant's place.
- Complete BEST Online as a final option, but is only appropriate for experienced Childbirth Educators, not for nurses who are new to teaching childbirth education.

RECERTIFICATION

- Due every 2 years, online
- \$50 recertification fee
- Must have completed 15 contact hours related to childbirth education and/or women's health issues within the 2-year period
- \$10 late fee, if not recertified within the month in which recertification was due.