

## Public notice

### Notice of intent — OHA will amend the Medicaid State Plan to revise the rate methodology for doula services

**Date:** Sept. 24, 2024

**Contact:** Jesse Anderson, State Plan manager

**Comments due:** 5 p.m. Friday, Oct. 25, 2024

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Oregon Health Authority (OHA) will submit a State Plan Amendment (SPA) to the Centers for Medicare & Medicaid Services. The SPA will revise the fee-for-service rate methodology for doula services. OHA proposes to:

- Increase the global doula benefit from \$1500 to \$1505 per pregnancy.
- Pay for more than two prenatal and two postpartum visits. The rate for these additional visits would also be \$215 per visit.

The estimated annual Total Fund portion for this SPA is \$21,237.

#### Obtaining SPA language

The next pages show edits to existing State Plan language in the proposed SPA. You can also view the full State Plan, approved SPAs and proposed SPAs on [the OHA website](#).

#### How to comment:

OHA welcomes public review and input. Please send written comments by 5 p.m. Friday, Oct. 25, 2024, to [jesse.anderson@oha.oregon.gov](mailto:jesse.anderson@oha.oregon.gov).

STATE PLAN UNDER TITLE XIX OF THE SOCIAL SECURITY ACT  
State/Territory: OREGON

AMOUNT, DURATION, AND SCOPE OF MEDICAL AND REMEDIAL  
CARE AND SERVICES PROVIDED TO THE CATEGORICALLY NEEDY

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13.c. Preventive Services: Doula services

Doula services include personal, support to women and families throughout [the birthing person's a woman's](#) pregnancy, childbirth and postpartum experience. This includes emotional and physical support, [and health navigation](#) provided during pregnancy, labor, birth and the postpartum period [to optimize birth outcomes](#).

A doula's services ~~includes~~[include](#) the following:

- a) Provides prenatal counseling and assists the woman in preparing for and carrying out her plans for birth;
- b) Provider evidence-based information on health practices pertaining to pregnancy, childbirth, postpartum, newborn health, and family dynamics;
- c) Provide emotional support, physical comfort measures, and helps the woman get the information she needs to make informed decisions pertaining to childbirth and postpartum;
- d) Provides support for the whole birth team including a woman's partner and family members and hospital staff;
- e) Provides evidence-based information on infant feeding;
- f) Provides breastfeeding guidance and resources;
- g) Provides infant soothing and coping skills for the new parents;
- h) Provides postpartum support and honors cultural and family traditions;
- i) Facilitates and assures access to resources that can improve birth-related outcomes including transportation, housing, Alcohol, Tobacco and Drug cessation, WIC, SNAP, and intimate partner violence resources.

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13.c. Preventive Services: Doula services

Provider qualifications:

Pursuant to 42 CFR 440.130(c) doula services furnished shall be recommended by a physician or other licensed practitioner [as required by federal regulations for preventive services](#). A Doula's must be certified and registered with the OHA, Office of Equity and Inclusion with approved curricula used to train birth doulas. To be certified as a birth doula an individual must: Complete all required training specified by OHA through an authority approved training program, complete an authority approved oral health training, [12 hours of additional training](#), be CPR-certified, document attendance at a minimum of three births and three post-partum visits.

Certification standards include the following:

- (a) A minimum of 28 in-person contact hours addressing the core curricula topics through an Authority approved training program for birth doulas [in addition to completing the 12 hours of training topics through an Authority approved training program](#) or through another training program provided by a birth doula certification organization;
- (b) Six contact hours in cultural competency training; and
- (c) ~~One hour Six contact hours in one or more of the following topics as they relate to doula care:~~ (A) Inter-professional collaboration;
- (d) ~~One hour~~ (B) Health Insurance Portability and Accountability Act (HIPAA) compliance; and
- (e) ~~Four hours of~~ (C) Trauma-informed care.

Core curriculum:

All core curriculum for training birth doulas shall, at a minimum, introduce students to the key principles of the following topics:

- (a) Anatomy and physiology of labor, birth, maternal postpartum, neonatal transition, and breastfeeding;
- (b) Labor coping strategies, comfort measures and non-pharmacological techniques for pain management;
- (c) The reasons for, procedures of, and risks and benefits of common medical interventions, medications, and Cesarean birth;
- (d) Emotional and psychosocial support of women and their support team;
- (e) Birth doula scope of practice, standards of practice, and basic ethical principles;
- (f) The role of the doula with members of the birth team;

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Core curriculum (Cont):

- (g) Communication skills, including active listening, cross-cultural communication, and inter-professional communication;
- (h) Self-advocacy and empowerment techniques;
- (i) Breastfeeding support measures;
- (j) Postpartum support measures for the mother and baby relationship;
- (k) Perinatal mental health;
- (l) Family adjustment and dynamics;
- (m) Evidence-informed educational and informational strategies;
- (n) Community resource referrals;
- (o) Professional conduct, including relationship boundaries and maintaining confidentiality; and
- (p) Self-care.

Non-covered Services:

Travel time and mileage are not covered services.

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METHODS AND STANDARDS FOR ESTABLISHING PAYMENT RATES

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13.c. Preventive Services: Doula services

Effective for services on or after ~~January 1, 2025~~July 1, 2022, doula services provided during labor and delivery (includes antepartum and postpartum period) are reimbursed at the lower of:

1. Submitted charge; or
2. \$150~~50~~ per pregnancy, includes a minimum of 2 prenatal care visits, care during delivery and 2 postpartum home visits.
3. Including an additional 4 visits may be provided in any combination of prenatal and postpartum visits. Any additional visit is reimbursed at \$215 each. Postpartum visits are available up to one year after pregnancy.

Doula services ~~may only~~ be billed once per pregnancy. Multiple births (i.e. twins, triplets) are not eligible for additional reimbursement.

Except as otherwise noted in the plan, state-developed fee schedule rates are the same for both governmental and private providers. The agency's fee schedule rate is effective for services provided on or after ~~10/1/24~~7/1/2022. All rates are published on the agency web at: <http://www.oregon.gov/oha/HSD/OHP/Pages/Fee-Schedule.aspx>