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State/Territory Name: Oregon

State Plan Amendment (SPA) #: 24-0021

This file contains the following documents in the order listed:

- 1) Approval Letter
- 2) CMS Form 179
- 3) Approved SPA Pages

DEPARTMENT OF HEALTH & HUMAN SERVICES

Centers for Medicare & Medicaid Services
601 E. 12th St., Room 355
Kansas City, Missouri 64106



Medicaid and CHIP Operations Group

November 4, 2024

Emma Sandoe
Medicaid Director
Oregon Health Authority
500 Summer Street Northeast, E-65
Salem, OR 97301-1079

Re: Oregon State Plan Amendment (SPA) – OR-24-0021

Dear Dr. Sandoe:

The Centers for Medicare & Medicaid Services (CMS) reviewed your Medicaid State Plan Amendment (SPA) submitted under transmittal number (TN) OR-24-0021. This amendment updates language and increases rates for Doula services.

We conducted our review of your submittal according to statutory requirements in Title XIX of the Social Security Act and implementing regulations at 42 CFR 440.130(c). This letter informs you that Oregon's Medicaid SPA TN OR-24-0021 was approved on November 4, 2024, with an effective date of January 1, 2025.

Enclosed are copies of Form CMS-179 and approved SPA pages to be incorporated into the Oregon State Plan.

If you have any questions, please contact Nikki Lemmon via email at Nicole.Lemmon@cms.hhs.gov.

Sincerely,

James G. Scott, Director
Division of Program Operations

Enclosures

cc: Jesse Anderson

**TRANSMITTAL AND NOTICE OF APPROVAL OF
STATE PLAN MATERIAL
FOR: CENTERS FOR MEDICARE & MEDICAID SERVICES**

1. TRANSMITTAL NUMBER <u>2 4 — 0 0 2 1</u>	2. STATE <u>OR</u>
3. PROGRAM IDENTIFICATION: TITLE OF THE SOCIAL SECURITY ACT <input checked="" type="radio"/> XIX <input type="radio"/> XXI	

TO: CENTER DIRECTOR
CENTERS FOR MEDICAID & CHIP SERVICES
DEPARTMENT OF HEALTH AND HUMAN SERVICES

4. PROPOSED EFFECTIVE DATE
1/1/25

5. FEDERAL STATUTE/REGULATION CITATION
42 CFR 440.130(c)

6. FEDERAL BUDGET IMPACT (Amounts in WHOLE dollars)
a. FFY 2025 \$ 9,528
b. FFY 2026 \$ 12,549

7. PAGE NUMBER OF THE PLAN SECTION OR ATTACHMENT

Attachment 3.1-A, pages 6-a-3, 6-a-4 and 6-a-5
Attachment 4.19-B, page 1a.6

8. PAGE NUMBER OF THE SUPERSEDED PLAN SECTION OR ATTACHMENT (If Applicable)

Attachment 3.1-A, pages 6-a-3, 6-a-4 and 6-a-5
Attachment 4.19-B, page 1a.6

9. SUBJECT OF AMENDMENT
This transmittal is being submitted to increase the rates for Doula services.

10. GOVERNOR'S REVIEW (Check One)

GOVERNOR'S OFFICE REPORTED NO COMMENT
 COMMENTS OF GOVERNOR'S OFFICE ENCLOSED
 NO REPLY RECEIVED WITHIN 45 DAYS OF SUBMITTAL

OTHER, AS SPECIFIED:

11. SENDING OFFICIAL

12. TYPED NAME
Emma Sandoe, PhD

13. TITLE
Medicaid Director

14. DATE SUBMITTED
10/7/24

15. RETURN TO
Oregon Health Authority
Medical Assistance Programs
500 Summer Street NE E-65
Salem, OR 97301

ATTN: Jesse Anderson, State Plan Manager

FOR CMS USE ONLY

16. DATE RECEIVED <u>10/7/24</u>	17. DATE APPROVED <u>November 4, 2024</u>
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PLAN APPROVED - ONE COPY ATTACHED

18. EFFECTIVE DATE OF APPROVED MATERIAL
1/1/25

20. TYPED NAME OF APPROVING OFFICIAL
James G. Scott

21. TITLE OF APPROVING OFFICIAL
Director, Division of Program Operations

22. REMARKS

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

13.c. Preventive Services: Doula services

Doula services include personal, support to women and families throughout the birthing person'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 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) Has a general understanding of complications that can arise during pregnancy, labor, and delivery;
- d) Provide emotional support, physical comfort measures, and helps the woman get the information she needs to make informed decisions pertaining to childbirth and postpartum;
- e) Provides support for the whole birth team including a woman's partner and family members and hospital staff;
- f) Provides evidence-based information on infant feeding;
- g) Provides breastfeeding guidance and resources;
- h) Provides infant soothing and coping skills for the new parents;
- i) Provides postpartum support and honors cultural and family traditions;
- j) 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.

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

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. 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 Inter-professional collaboration;
- (d) One hour Health Insurance Portability and Accountability Act (HIPAA) compliance; and
- (e) Four hours 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;

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13.c. Preventive Services: Doula services

Core curriculum (Cont):

- (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;
- (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.

STATE PLAN UNDER TITLE XIX OF THE SOCIAL SECURITY ACT
State/Territory: OREGON
METHODS AND STANDARDS FOR ESTABLISHING PAYMENT RATES

13.c. Preventive Services: Doula services

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

1. Submitted charge; or
2. \$1505 per pregnancy, which includes a minimum of 2 prenatal care visits, care during delivery and 2 postpartum home visits;
3. 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.

Doulas 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 1/1/2025. All rates are published on the agency web at: <http://www.oregon.gov/oha/HSD/OHP/Pages/Fee-Schedule.aspx>