

# Postgraduate Certificate

## Breastfeeding Care and Breastfeeding Women's Health





## Postgraduate Certificate

### Breastfeeding Care and Breastfeeding Women's Health

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-certificate/breastfeeding-care-breastfeeding-womens-health](http://www.techtute.com/us/medicine/postgraduate-certificate/breastfeeding-care-breastfeeding-womens-health)

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# 01

# Introduction

Breastfeeding, throughout the months, may present some specific circumstances that will require the intervention and support of the physician. To be able to offer the mother and the nursing infant the necessary care, the professional will need to ensure their knowledge of breastfeeding is completely up to date. This program offers a complete study of the knowledge required for Breastfeeding Care and Breastfeeding Women's Health that, in just a few weeks, will teach the students how to act as experts in the subject matter.





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*An intensive program specially created to allow physicians to carry out any type of intervention in this field”*

Breastfeeding provides significantly better protection than artificial breastfeeding against diarrheal diseases and respiratory infections, the main causes of mortality in low-income populations. In 1993, WHO estimated that 1.5 million infant deaths could be prevented each year through effective breastfeeding. In addition, formula milk is not only expensive, but can be a risk factor for malnutrition, as some mothers may be tempted to dilute it or switch prematurely to other forms of feeding. On the other hand, in some high-income countries many mothers stop breastfeeding earlier than they wish although about 80% of mothers decide to breastfeed when they give birth, only 36% continue six months after delivery. Many mothers stop breastfeeding because they have a mistaken perception that their milk does not nourish their newborn, they lose confidence in themselves and that they are producing enough milk for their child to be properly nourished.

In the last three decades, the low incidence and duration of breastfeeding have been recognized as a public health problem.

The European Action Plan for the protection, promotion and support of breastfeeding recognizes breastfeeding as a public health priority. Society suffers from the detriments of not breastfeeding, since artificial breastfeeding means an increase in health care costs due to the greater prevalence of disease associated with not breastfeeding. For example, the mother has a greater risk of postpartum hemorrhage, spinal and hip fracture after menopause, rheumatoid arthritis, uterine, breast and ovarian cancer, hypertension, anxiety and depression. The increased disease of non-breastfed infants and their mothers leads to an increase in absenteeism from work, and companies are also suffering from these effects. Breastfed children cause fewer expenses to their families, to society through medicines and the use of health services and cause fewer losses due to absenteeism from work. We must not forget that it also saves natural resources, does not pollute the environment and does not require spending on manufacturing, packaging or transportation.

This **Postgraduate Certificate in Breastfeeding Care and Breastfeeding Women's Health** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- » The development of case studies presented by experts in Breastfeeding Care and Breastfeeding Women's Health
- » The graphic, schematic, and practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional practice
- » New developments in Breastfeeding Care and Breastfeeding Women's Health
- » Practical exercises where self-assessment can be used to improve learning
- » Special emphasis on innovative methodologies in Breastfeeding Care and Breastfeeding Women's Health
- » Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- » Content that is accessible from any fixed or portable device with an Internet connection



*Learn to detect breastfeeding problems early on and know the different ways of approaching them with this high-quality program”*

“

*A latest generation program that will cover the content in a diverse, interactive and stimulating way with audiovisual content and all types of supporting material to help with the learning process”*

The program includes in its teaching staff professionals from the field of medicine, who contribute the experience of their work to this program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive training experience designed to train for real-life situations.

This program is designed around Problem-Based Learning, whereby the physician must try to solve the different professional practice situations that arise throughout the program. For this purpose, the specialist will be assisted by an innovative interactive video system created by renowned and experienced experts in the field of Breastfeeding Care and Breastfeeding Women's Health.

*Teaching supported by experience-based learning models that will boost your personal and professional capacity by providing you with new and efficient work tools.*

*With a high-impact video system that will be one of the fundamental supporting materials in this program and will bring you all the latest technology resources in distance learning for medicine.*



# 02 Objectives

The main objective of this program is the development of theoretical and practical learning, in such a way that the physician masters Update on Breastfeeding in a practical and rigorous way in order to offer complete support in breastfeeding from the first moments when it is established, until the end of the process.







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*This program is designed for you to acquire up-to-date knowledge in Breastfeeding Care and Breastfeeding Women's Health, using the latest educational technology”*



## General Objectives

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- » Gain up-to-date knowledge of Breastfeeding
- » Promote work strategies based on a comprehensive approach to care for breastfeeding-conscious mothers as a reference model for achieving excellence in care
- » Encourage the acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online simulation workshops and/or specific training
- » Encourage professional stimulation through continuous education and research





## Specific Objectives

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- » Detect bad latching positions of the baby that may alter the development of feeding
- » Explain the benefits of physical activity during Breastfeeding
- » Promote active participation in the care of the RN and in the monitoring of its growth and development

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*Take the step to get up to date on the latest developments in Breastfeeding Care and Breastfeeding Women's Health"*



# 03

# Course Management

Thanks to this program, students will acquire the knowledge and skills required for the application of outstanding professional work. To do so, TECH has brought together a teaching staff of leading specialists who contribute the experience of their years work to this training. Additionally, other recognized specialists participate in its design and preparation, which means that the program is developed in an interdisciplinary manner.







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*This is your moment to specialize with the help of the best professionals in Breastfeeding Care and Breastfeeding Women's Health. Don't let it slip away”*

## Management



### Ms. Aguilar Ortega, Juana María

- ♦ Breastfeeding Nurse Coordinator at Hospital 12 de Octubre 2008
- ♦ Breastfeeding Nurse Coordinator at Hospital 12 de Octubre
- ♦ Tutor of professional development training in Family and Community Clinical Practice, Madrid
- ♦ Specialist in Pediatric Nursing from the Ministry of Culture, Education and Sports
- ♦ Graduate in Nursing from Complutense University of Madrid, Spain
- ♦ Master's Degree in Gender and Public Health, Rey Juan Carlos University

## Professors

### Ms. Gerbeau, Bettina

- » Pediatric Assistant
- » Training in Child Psychomotor Skills and Infant Massage
- » "Breastfeeding, preparation for the consulting profession" course in maternity and pediatric practice in Paris
- » Active member of the Breastfeeding Committee of the Hospital 12 de Octubre in Madrid
- » Founder of the CALMA breastfeeding association in 1988 in Barcelona

### Ms. Martínez Hidalgo, Maria Victoria

- » Supervisor of Hemato-Oncology Units and Pediatric Day Hospital 12 de Octubre University Hospital
- » Master's Degree in Research Methodology in Health Care from the Complutense University of Madrid
- » Master in Quality Management ISO 9001:2008 and Internal *European Quality Formation*
- » Neonatology Unit Nurse Assistant at the 12 de Octubre Hospital
- » Neonatology Unit Nurse Responsible for Formation of the at the 12 de Octubre Hospital



**Ms. Santos Bermúdez de Castro, Mónica**

- » Breastfeeding Nurse Coordinator at 12 de Octubre Hospital
- » Pediatric Nurse Specialist
- » Postgraduate Diploma in Nursing in Out-of-Hospital Emergencies from CEU Cardenal Herrera University
- » Nursing Degree from San Pablo CEU University
- » Intern Resident Nurse at 12 de Octubre Hospital
- » Neonatal and Pediatric ICU Nurse, Puerta del Sur Hospital, Móstoles

04

# Structure and Content

The structure of the contents has been designed by a team of professionals from the best educational institutions and universities in the country, who are aware of the relevance of up-to-date, innovative learning and are committed to quality teaching using new educational technologies.





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*A comprehensive teaching program, structured in well-developed teaching units, oriented towards efficient and swift learning that is compatible with your personal and professional life"*

## Module 1. Breastfeeding Care and Breastfeeding Women's Health

- 1.1. First Recommendations during Pregnancy
  - 1.1.1. Evolution of Breastfeeding in Pregnancy
  - 1.1.2. Breastfeeding Care in Pregnancy
- 1.2. Breast Care during Breastfeeding
  - 1.2.1. General Care
  - 1.2.2. Specific Advice
- 1.3. Proper Techniques for Breastfeeding
  - 1.3.1. Different Breastfeeding Techniques
  - 1.3.2. Incorrect Breastfeeding Measures
- 1.4. Effects of Breastfeeding on Women's Health in the Short Term
  - 1.4.1. Immediate Benefits of Breastfeeding in Women
  - 1.4.2. Positive Breastfeeding Tips
- 1.5. Effects of Breastfeeding on Women's Health in the Mid- and Long-Term
  - 1.5.1. Long-term Benefits of Breastfeeding
  - 1.5.2. Mid-term Benefits of Breastfeeding
- 1.6. Maternal Diet and Breastfeeding
  - 1.6.1. Foods that Alter Breast Milk
  - 1.6.2. Foods that Benefit Breastfeeding
- 1.7. Physical Activity and Breastfeeding
  - 1.7.1. Encouraging Physical Activity During Breastfeeding
  - 1.7.2. Contraindications to Physical Activity During Breastfeeding





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*A unique, key, and decisive training experience to boost your professional development”*

05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.







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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*





At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 06 Certificate

The Postgraduate Certificate in Breastfeeding Care and Breastfeeding Women's Health for Nursing guarantees you, in addition to the most rigorous and up-to-date specialization, access to a Postgraduate Certificate issued by TECH Global University.





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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"*

This program will allow you to obtain your **Postgraduate Certificate in Breastfeeding Care and Breastfeeding Women's Health** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Breastfeeding Care and Breastfeeding Women's Health**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

health future  
confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development languages  
virtual classroom



## Postgraduate Certificate

Breastfeeding Care  
and Breastfeeding  
Women's Health

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Certificate

Breastfeeding Care and  
Breastfeeding Women's Health