

Postgraduate Certificate

Natural Birth Units





Postgraduate Certificate Natural Birth Units

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

Website: www.techtitude.com/us/medicine/postgraduate-certificate/natural-birth-units

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01

Introduction

Natural Birth Units are often different from hospital settings, designed to make the mother feel more comfortable while ensuring she feels safe and fully prepared to give birth. Updating oneself about these units is something that specialists must do if they wish to assist with natural births in a different environment for the mother during childbirth. With this in mind, TECH has designed a program that delves into the types of Natural Birth Units, their functions, how they are designed, and the additional services available in a flexible and accessible 100% online format.





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You will have a 100% online program that will allow you to update yourself whenever you want”

Over time, the environment in which a pregnant woman will give birth has become increasingly important, and considering the best conditions for bringing her child into the world has become essential in the gestation process. In the past, mothers did not have the option to decide how to prepare for that long-awaited day. Now, thanks to medical advancements, it is easier for her to choose the right setting for this delicate task.

The focus of Natural Birth Units is to be more humane with the expectant mother, providing a more relaxed and family-like atmosphere. These units often have private rooms equipped with soft music, exercise equipment, and many other tools to help reduce stress, not to mention the special care that can make the pain more manageable.

This is why TECH, recognizing the current need for updating in this rising birthing method, has designed a program to delve into the different techniques and additional functions involved in assisting births in these units. With this Postgraduate Certificate in Natural Birth Units, it provides a perspective focused on a more family-oriented and less interventionist approach to childbirth, which can include non-pharmacological pain control options and greater flexibility in birthing positions.

Additionally, it is a program available to any specialist, regardless of how busy they may be since it is not subject to any fixed schedule and offers the opportunity to continue with daily work responsibilities. Moreover, it includes high-quality audiovisual materials that can be accessed at your convenience.

This **Postgraduate Certificate in Natural Birth Units** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of practical cases presented by experts Units in Natural Childbirth
- ◆ 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
- ◆ Practical exercises where self-assessment can be used to improve learning
- ◆ Its special emphasis on innovative methodologies
- ◆ 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



TECH provides you with educational material available even outside of the Virtual Campus, as all the content is downloadable”

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Delve into the use of various tools, such as music, to reduce stress in the mother during childbirth”

Enter whenever and wherever you want thanks to an online program that does not confine you to fixed schedules.

You will have access to high-quality multimedia content, created with the latest educational technology.

The program's teaching staff includes professionals from the field who contribute their work experience to this educational 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 immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.



02 Objectives

The program has been designed for specialists working in Natural Birth Units or those wishing to focus on this type of care. With this course, you will delve into specific knowledge related to attending births outside of a hospital, with a particular focus on the latest scientific evidence. You will gain a deeper understanding of the types of facilities, their structure, and their proper usage. Additionally, students will have access to educational materials and a flexible syllabus to review at any time of the day.





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Delve into the specific functions of Natural Birth Units, as well as their design and maintenance”



General Objectives

- ◆ Acquire fundamental knowledge about the physiology of Natural Childbirth, ancient cultural practices, and the emotional needs of women during childbirth, as well as the implications of medical interventions
- ◆ Acquire essential skills and knowledge for the care of pregnant women and their fetuses, including promoting healthy pregnancies and identifying potential complications
- ◆ Acquire fundamental knowledge and skills in the diagnosis, management, and prevention of childbirth emergencies, with a focus on interprofessional collaboration and patient rights advocacy
- ◆ Acquire fundamental knowledge and skills in the assessment, diagnosis, and management of neonatal emergencies, with an emphasis on early problem recognition and the application of appropriate interventions
- ◆ Emphasize fundamental knowledge about the neuroscience of pregnancy, motherhood, and perinatal care, as well as the scientific evidence related to Natural Childbirth and evidence-based care practices
- ◆ Acquire fundamental knowledge about home births, including team management and organization, pregnancy, childbirth, and postpartum preparation and support, as well as the identification and management of special situations and home obstetric emergencies
- ◆ Acquire fundamental knowledge about Natural Childbirth units, such as birthing centers and hospital units, and develop skills to assess, plan, and manage these environments, ensuring a high level of care and satisfaction for women and their families
- ◆ Acquire fundamental knowledge and practical skills in newborn care, as well as the ability to provide comprehensive and safe care in this critical stage of life and collaborate with other health professionals and families to ensure the well-being of the newborn
- ◆ Acquire knowledge about the physical and emotional needs of the mother during the perinatal period
- ◆ Develop skills to provide emotional support and comprehensive care to the mother during the postpartum period, including difficult and emotionally intense situations
- ◆ Promote the prevention and care of maternal mental health during the perinatal period, including the detection and treatment of mood disorders and addressing obstetric trauma and obstetric violence
- ◆ Analyze the stages of labor and pain management and relaxation techniques
- ◆ Develop skills in creating and monitoring personalized birth plans
- ◆ Examine the importance of interdisciplinary collaboration in childbirth care
- ◆ Promote emotional preparation and support for women and their families during the childbirth process
- ◆ Acquire skills to identify and manage high-risk situations in pregnancy and childbirth



Enroll and update yourself on techniques that will be trending in the future of Natural Birth Units”



Specific Objectives

- ◆ Thoroughly examine the definition and function of birth centers and differentiate them from hospitals
- ◆ Analyze the principles of design and architecture of birth centers to create comfortable and safe environments
- ◆ Identify the services offered by birth centers and hospital maternity units during prenatal, labor, and postnatal stages
- ◆ Promote and support birth centers and their importance in the care of low-risk pregnancies
- ◆ Compare the safety, comfort, and satisfaction of women in birth centers and hospital maternity units
- ◆ Examine the roles of professionals in birth centers and hospital units, as well as the necessary training to work in these settings
- ◆ Thoroughly examine the planning and management of birth centers, financing, and staff selection
- ◆ Explore trends and future perspectives in the development of birth centers and maternity units, considering technological innovations, policies, and models of care focused on women and families

03

Course Management

This Postgraduate Certificate in Natural Birth Units brings professionals with the most extensive experience in the field. That is why students will have the guarantee of receiving updated education, thanks to the guidance of experts who will contribute all their knowledge and experience in everything related to Natural Birth Units. Students will have the opportunity to delve into the types of units, their special functions, maintenance and design of common areas, and to provide all the emotional and physical support required in these cases, with the guidance of experts who will accompany the professionals progress.



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*You will have the support of experts
in the field and the perfect guidance
for your professional update”*

Management



Dr. Santos Leal, Emilio

- Medical specialist in University Hospital Fundación Alcorcón
- Medical specialist in Consorcio Hospital General Universitario de Valencia
- Medical specialist at Pius Hospital de Valls
- Medical specialist at Clínica Perpetuo Socorro
- Specialty in Gynecology and Obstetrics at San Carlos Clinical Hospital
- Degree in Medicine and Surgery from the University of Cantabria



Professors

Dr. Espinosa Barraión, José Ángel

- ◆ Director of the Affective Childbirth Unit at the Hospital San Francisco de Asís
- ◆ Head of the Obstetrics and General Gynecology Team at Hospital San Francisco de Asís
- ◆ Specialist in Gynecology and Obstetrics at Clínica de la Concepción
- ◆ Master's Degree in Minimally Invasive Surgery in Gynecology from the Universidad Cardenal Herrera
- ◆ Degree in Medicine and Surgery from the Universidad Autónoma de Madrid

Ms. García García, María Dolores

- ◆ Midwife in Specialized Care at the Hospital General Universitario de Valencia
- ◆ Master's Degree in Business Management from the Universidad Católica San Antonio de Murcia
- ◆ Master's Degree in Bioethics from the Universidad Católica San Antonio de Murcia
- ◆ Expert in Breastfeeding Advice and Consultancy, Universidad Católica de Ávila
- ◆ Degree in Nursing, specializing in Midwifery

Ms. Lanza del Rivero, Cristina

- ◆ Field Psychologist at Casa de la Salud
- ◆ Postgraduate in Theory and Practice of Psychodrama, Sociodrama and Sociometry at the Universidad de Salamanca
- ◆ Postgraduate in Theory and Practice of Group Analysis at the Universidad de Salamanca
- ◆ Master's Degree in Behavior Modification from the Universidad de Salamanca
- ◆ Degree in Psychology from the Universidad de Salamanca

04

Structure and Content

The student will encounter a comprehensive program where they will delve into topics such as different types of Natural Birth Units and the differences with hospital centers. They will be updated on key aspects like the design and maintenance of these areas, pain management, the quality assessment required for these Units, and a vision of the future in obstetric care in Natural Birth Units. With a 100% online program that does not interfere with daily activities.





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TECH offers you a syllabus adapted to your needs for updating in Natural Birth Units”

Module 1. Natural Birth Units

- 1.1. Birth centers
 - 1.1.1. Differences from hospitals
 - 1.1.2. Benefits for women and professionals
 - 1.1.3. Examples of designs and architecture
 - 1.1.4. Services offered
- 1.2. Principles of design and architecture of birth centers
 - 1.2.1. Comfortable and safe environment
 - 1.2.2. Common Features
 - 1.2.3. Design of private rooms and common areas
- 1.3. Outdoor spaces and common areas in birth centers
 - 1.3.1. Function and benefits of outdoor spaces
 - 1.3.2. Design and maintenance of common areas
 - 1.3.3. Integration with the natural environment
- 1.4. Services offered by birth centers
 - 1.4.1. Prenatal care and childbirth education
 - 1.4.2. Emotional and physical support during labor
 - 1.4.3. Postnatal and follow-up services
 - 1.4.4. Collaboration and referral to hospitals in case of complications
- 1.5. Promotion and support of birth centers
 - 1.5.1. Importance in the care of low-risk pregnancies
 - 1.5.2. Role of organizations like the American Association of Birth Centers
 - 1.5.3. Challenges in the implementation of birth centers
 - 1.5.4. Opportunities in obstetric care
- 1.6. Services offered by hospital maternity units
 - 1.6.1. Prenatal care and fetal monitoring
 - 1.6.2. Pain management during childbirth
 - 1.6.3. Postnatal and follow-up services
 - 1.6.4. Comparison with birth centers





- 1.7. Comparison of safety, comfort, and women's satisfaction
 - 1.7.1. Advantages and disadvantages of birth centers
 - 1.7.2. Advantages and disadvantages of hospital maternity units
 - 1.7.3. Safety factors in both types of facilities
 - 1.7.4. Levels of comfort and women's satisfaction
- 1.8. Role of professionals in birth centers and hospital maternity units
 - 1.8.1. Differences in the role of professionals
 - 1.8.2. Training and education to work in birth centers and hospital maternity units
 - 1.8.3. Levels of collaboration and teamwork among professionals
 - 1.8.4. Assessment of the quality of care
- 1.9. Planning and management of birth centers
 - 1.9.1. Requirements
 - 1.9.2. Financing and sustainability
 - 1.9.3. Personnel selection and training
 - 1.9.4. Assessment and continuous improvement of the quality of care
- 1.10. Trends and future perspectives in the development of birth centers and hospital maternity units
 - 1.10.1. Technological and design innovations
 - 1.10.2. New policies and regulations
 - 1.10.3. Development of woman- and family-centered care models
 - 1.10.4. Opportunities and challenges in obstetric care in the future

“ You will have detailed videos, supplementary readings, and more multimedia material to support all the theory taught”

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

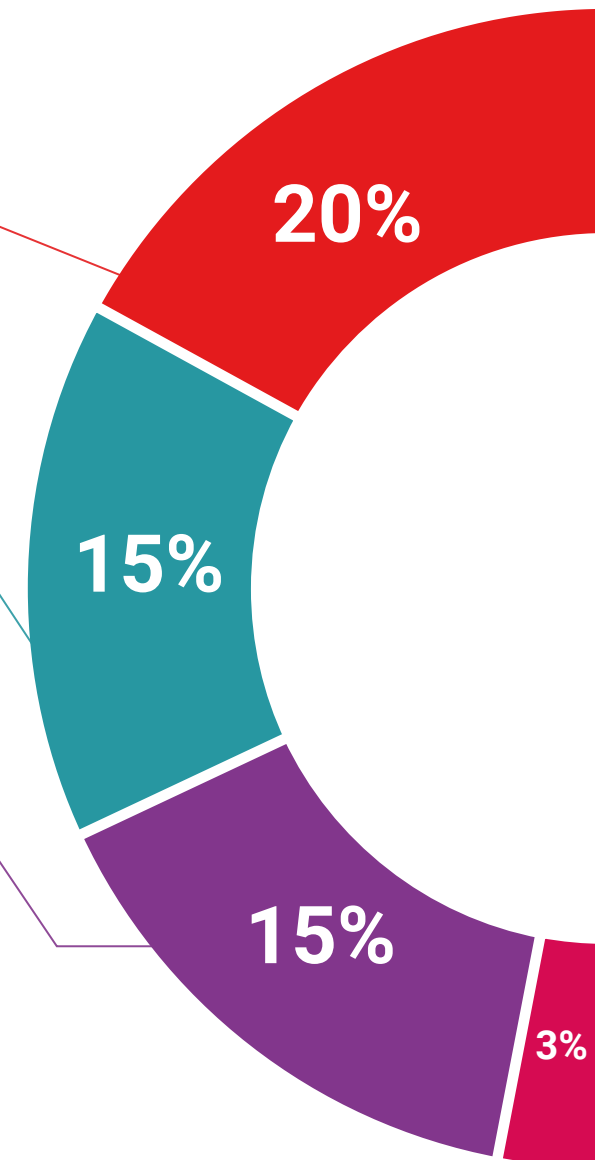
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

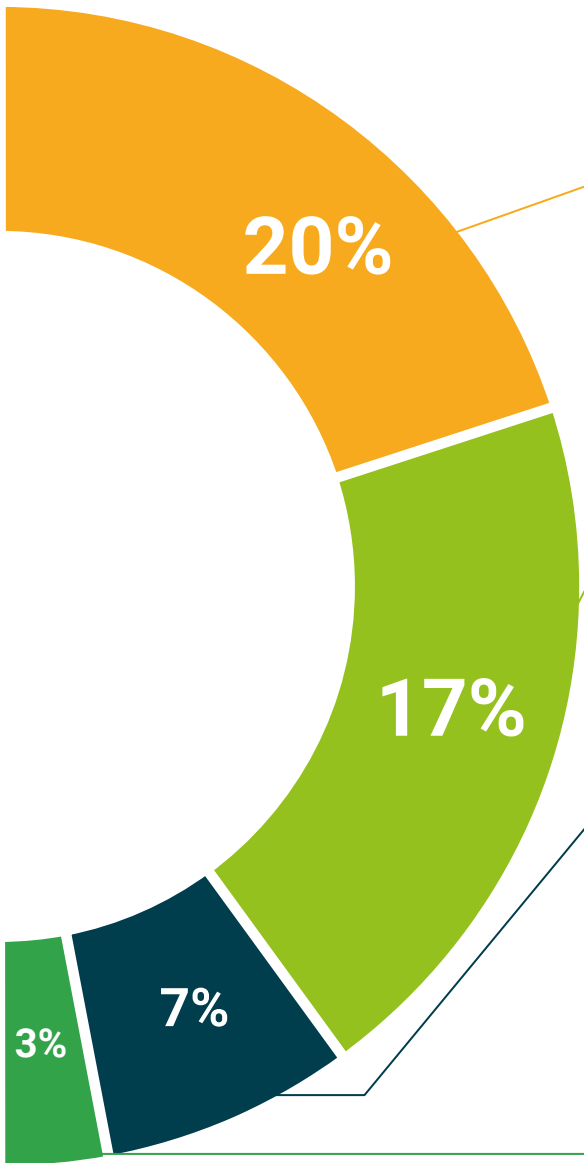
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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 Diploma in Natural Birth Units guarantees students, in addition to the most rigorous and up-to-date education, 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 Natural Birth Units** 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 Natural Birth Units**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**





Postgraduate Certificate Natural Birth Units

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Postgraduate Certificate

Natural Birth Units

