

# Postgraduate Certificate

## Natural Childbirth in Water





## Postgraduate Certificate Natural Childbirth in Water

- » 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/natural-childbirth-water](http://www.techtute.com/us/medicine/postgraduate-certificate/natural-childbirth-water)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

---

*p. 28*

# 01

# Introduction

The process of giving birth naturally in water has become popular in recent years as it reduces the mother's pain and promotes the descent of the fetus. As a result, techniques have been perfected to ensure control of conditions during labor or to address issues in the second stage. Since these methods significantly contribute to preserving the baby's well-being, specialists are required to be familiar with them to stay at the forefront of the profession. Consequently, this certificate has been created, allowing students to delve into cutting-edge procedures for managing shoulder dystocia or fetal respiratory protection mechanisms, online, and from their own homes.





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*Through this Postgraduate Certificate, you will become familiar with cutting-edge strategies for preventing specific complications in water births”*

The increase in the number of women seeking a natural delivery in a water environment has led to the refinement of strategies used in such deliveries in recent times. In this regard, techniques for managing issues with the umbilical cord or practices to facilitate the fetal exit from the tub have significantly advanced to ensure the optimal health of the newborn. Therefore, all doctors looking to stay professionally up-to-date have the need to thoroughly understand all these advancements.

For this reason, TECH has designed this program, which will enable specialists to delve into the latest scientific evidence regarding the management of Natural Birth in Water. Throughout this academic journey, you will learn about updated criteria for water immersion during delivery and sophisticated monitoring strategies. Likewise, you will grasp pioneering methods for assessing the newborn and ways to prevent specific complications in water births.

As this certificate is delivered through a 100% online format, students will have the opportunity to manage their own time according to their preferences for effective learning. You will also have access to various educational materials, including videos, additional readings, and self-assessment tests. This will allow you to fully adapt your study to your personal needs and academic preferences.

This **Postgraduate Certificate in Natural Childbirth in Water** 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 in Natural Childbirth and Neonatology
- ◆ 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



*Through this Certificate, you will become acquainted with the updated techniques for managing shoulder dystocia in water births"*



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*Enjoy educational content in cutting-edge multimedia formats to enhance your updating process”*

*Complete your update in a completely online mode without the need to leave your own home.*

*Be able to identify the updated criteria for water immersion with this TECH certificate.*

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 design of this Postgraduate Certificate has been carried out with the premise of providing the professional with a comprehensive update in the field of Natural Childbirth in Water. Thanks to this program, you will be able to learn about the cutting-edge criteria for water immersion during childbirth or the strategies for monitoring and controlling conditions in this process. All of this is preserved by fulfilling the following general and specific objectives.





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*Incorporate the latest scientific  
advancements on Natural Childbirth  
in Water into your daily practice”*



## General Objectives

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- ♦ 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



*In just 6 weeks, you will gain a set of knowledge that will position you at the forefront of the medical field”*



## Specific Objectives

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- Thoroughly examining the global history and practices of water birth and understanding its physiological advantages and effects
- Analyze the physical and physiological fundamentals of water birth, including the Archimedes' principle and physiological changes during immersion
- Identify immersion criteria and common contraindications in water birth
- Analyzing the monitoring of conditions during water birth, including water temperature, infection control, and body mechanics
- Examine the second (expulsion) stage of water birth, protecting the perineum and addressing potential complications
- Evaluate neonatal physiology and the newborn in the context of water birth
- In-depth analysis of practices in the third physiological stage and postpartum care in water birth
- Facilitate the initiation of breastfeeding and postpartum follow-up in cases of water birth
- Identify and preventing specific complications in water birth and managing emergency situations
- Provide education, support, and resources for water birth to both women and their families and health professionals



03

# Course Management

With the aim of providing top-notch education, this certificate is directed and taught by excellent specialists in Natural Birth, who have extensive hospital experience. These professionals are responsible for creating the educational materials for this program, so the knowledge they impart to their students will maintain practical applicability in daily practice.





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*Update your knowledge alongside specialists actively practicing in the field of Natural Birth at prestigious hospitals”*



## 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 syllabus of this certificate has been developed to provide the specialist with the most up-to-date knowledge in the field of Water Birth, supported by the latest scientific evidence. Throughout its topics, you will have access to excellent educational materials available in formats such as readings, explanatory videos, or interactive summaries. In this way, and through a 100% online methodology, you will enjoy engaging and fully individualized learning.





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*This syllabus has been designed by specialists with extensive experience in the field of Natural Birth to provide you with the most professionally applicable educational content”*



## Module 1. Water Birth

- 1.1. Water Birth
  - 1.1.1. History and Global Practices of Water Use in Childbirth
  - 1.1.2. Principles and Practices of Gentle Birth
  - 1.1.3. Advantages of Birth in Water
  - 1.1.4. Physiological Effects of Water Birth
- 1.2. Physical and Physiological Foundations of Water Birth
  - 1.2.1. Archimedes' Principle and Its Relation to Water Birth
  - 1.2.2. Hormonal Control of Childbirth
  - 1.2.3. Physiological Changes During Immersion in Water
  - 1.2.4. Neonatal Adaptations to Water Birth
- 1.3. Criteria for Immersion in Water During Childbirth
  - 1.3.1. Appropriate Time for Water Immersion
  - 1.3.2. Common Contraindications for Water Birth
  - 1.3.3. Clinical Practices and Care Guidelines
  - 1.3.4. Emergency Evacuation
- 1.4. Monitoring and Control of Conditions During Water Birth
  - 1.4.1. Auscultation Guide
  - 1.4.2. Water Temperature
  - 1.4.3. Infection Control
  - 1.4.4. Body Mechanics and Safety Issues
- 1.5. Management of the Second Stage (Expulsion) in Water Birth
  - 1.5.1. Perineal Protection
  - 1.5.2. Preventing or Dealing with Delayed Shoulders or Dystocia
  - 1.5.3. Cord Issues
  - 1.5.4. Fetal Reflexes and Pelvic Anatomy
- 1.6. Neonatal Physiology and Assessment of the Newborn
  - 1.6.1. Mechanisms of Fetal Respiratory Protection
  - 1.6.2. Transitional Neonatal Physiology and First Breath
  - 1.6.3. Protecting and Seeding the Infant Microbiome
  - 1.6.4. Neonatal Resuscitation Practices







- 1.7. Physiological Third Stage and Postpartum Care
  - 1.7.1. Physiological Third Stage (Placental Delivery) Compared to Active Management
  - 1.7.2. Assessing blood loss to determine postpartum hemorrhage
  - 1.7.3. Exiting the bathtub
  - 1.7.4. Facilitating skin-to-skin contact and maternal kangaroo care
- 1.8. Initiation of breastfeeding and postpartum follow-up
  - 1.8.1. Initiation of Breastfeeding
  - 1.8.2. Monitoring and follow-up of the mother and the newborn's condition
  - 1.8.3. Emotional support and maternal well-being
  - 1.8.4. Returning home and adapting to family life
- 1.9. Complications and management of emergency situations
  - 1.9.1. Identification and prevention of specific complications in water birth
  - 1.9.2. Emergency interventions in water birth
  - 1.9.3. Emergency evacuation protocols and transfer to specialized care
- 1.10. Education, support, and resources for water birth
  - 1.10.1. Preparation and education for the mother and partner about water birth
  - 1.10.2. The role of the medical care team in water birth
  - 1.10.3. Educational resources and materials on water birth
  - 1.10.4. Support groups and communities for water birth

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*Enroll in this program and enjoy a comprehensive update through multimedia formats such as explanatory videos or interactive summaries”*

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. Gervas, 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 Natural Childbirth in Water 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 Childbirth in Water** 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 Childbirth in Water**

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.



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