

Postgraduate Certificate

Maternal Needs after Natural Childbirth



Postgraduate Certificate Maternal Needs after Natural Childbirth

- » 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/maternal-needs-after-natural-childbirth

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01

Introduction

Postpartum is a critical stage for the mother, where she experiences a great deal of physical and emotional changes that can affect her long-term health. In this regard, after a Natural Birth, it is relevant to focus on special care to recover her body and mental health, and the medical specialist can delve into all the key concepts in this subject with this certificate. To this end, you will go through immediate postpartum care, postpartum contraception, and perinatal mood disorders. All of this condensed into just 180 hours of online learning that will add significant value to the graduate's medical career.





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*Strengthen your competencies
in maternal needs after Natural Birth
in just 180 hours and from anywhere”*

The postpartum period is a stage in women's lives that does not always receive the appropriate attention and care. Often, the focus is on pregnancy and childbirth, overlooking the physical, emotional, and psychological changes that the patient experiences after giving birth naturally. Additionally, many of the topics covered in this program, such as breastfeeding, postpartum contraception, and perinatal mood disorders, are crucial for the health and well-being of both the mother and the baby.

Therefore, the Postgraduate Certificate in Maternal Needs after Natural Birth aims to provide healthcare professionals with advanced knowledge and skills to offer comprehensive and quality care to women during the natural postpartum period. Various key topics in this area will be addressed, including physical and emotional postpartum changes, the importance of psychological care, support and counseling, and Empty Nest Syndrome. Furthermore, all the necessary preparation for the prevention and management of future pregnancies will be provided.

But the best part is that the Postgraduate Certificate is 100% online, allowing students to access materials and resources online from anywhere and at any time. They will also have the opportunity to manage them as they see fit so they do not interfere with their clinical activities. Additionally, the program boasts a strong teaching team comprised of health professionals with extensive experience in caring for women during the postpartum period.

This **Postgraduate Certificate in Maternal Needs after Natural Childbirth** contains the most complete and up-to-date Scientific program on the market. Its most notable features are:

- ♦ The development of practical cases presented by experts in Maternal Needs after 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



Everything you need to design the most innovative medical strategies for natural postpartum care is found in this Postgraduate Certificate"

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Access unlimited dynamic interactive schemes, videos, or self-assessment exercises with which you will delve into postpartum care for the mother”

It delves into a wide scientific literature that gathers the latest advances in maternal needs after Natural Birth.

Take advantage of the flexibility of a program that will help you internalize ideas more rapidly through Relearning.

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

This program has been designed with the objective of providing specialist doctors with essential preparation to ensure the physical and emotional well-being of women after Natural Birth. This will enable them to update their medical strategies in line with the latest scientific advances, improving their decision-making in the preservation of physical and mental health. This way, they will enhance their professional prospects and confidently and effectively address any postpartum scenario, no matter how demanding it may be.



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Enjoy a high caliber academic experience with which you will examine immediate care and recovery of the mother's pelvic floor”



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



Specific Objectives

- Thoroughly examine immediate care and pelvic floor recovery
- Examine the causes and physiology of afterbirth pains (entortos)
- Analyze pain management strategies and provide appropriate care
- Thoroughly examine the return of menstruation and the factors influencing its reappearance
- Deepen the relationship between menstruation and breastfeeding
- Identify contraceptive methods compatible with breastfeeding
- Identify the symptoms of postpartum depression, postpartum anxiety, and post-traumatic stress disorder
- Identify types and manifestations of obstetric violence



You are taking too long to enroll in a key Postgraduate Certificate to identify the types and manifestations of Obstetric Violence”

03

Course Management

A renowned teaching team in the care of women who choose to give birth naturally is responsible for delivering the lessons of this Postgraduate Certificate. The professionals who make up this team are experts in Gynecology and Obstetrics, some of whom have even attended to celebrity births. In fact, they are highly recognized for applying the principles of the essence of human beings to the field of Health, so students will gain the most advanced insights into Natural Childbirth.





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Become a reference in the care of women after Natural Childbirth by prestigious experts in Gynecology and Obstetrics”

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 Postgraduate Certificate offers a comprehensive syllabus that allows students to delve into each point flexibly. This program is divided into 10 modules covering topics from the physical and emotional changes of the postpartum period to Obstetric Violence. One of the program's highlights is the Relearning method, which involves a targeted review of the syllabus concepts through various interactive resources. Some of these include self-assessment exercises, video summaries, additional readings, and masterclasses.



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Enhance your academic experience with the most innovative educational technology you will find in a Virtual Campus. Enroll now!”

Module 1. Mother's Needs

- 1.1. Normal postpartum
 - 1.1.1. Physical and emotional changes
 - 1.1.2. Immediate care
 - 1.1.3. Breastfeeding
 - 1.1.4. Recuperación del suelo pélvico
- 1.2. Afterpains
 - 1.2.1. Causes and physiology
 - 1.2.2. Pain Management
 - 1.2.3. Duration and progression
 - 1.2.4. Prevention and care
- 1.3. The first menstruation
 - 1.3.1. Return of menstruation
 - 1.3.2. Factors influencing its reappearance
 - 1.3.3. Menstruation and breastfeeding
 - 1.3.4. Changes in the menstrual cycle
- 1.4. Postpartum contraception
 - 1.4.1. Breastfeeding-friendly contraceptive methods
 - 1.4.2. Start of postpartum contraception
 - 1.4.3. Emergency Contraception
 - 1.4.4. Counseling and education
- 1.5. Spontaneous and induced abortion
 - 1.5.1. Causes and Risk Factors
 - 1.5.2. Procedures and Care
 - 1.5.3. Physical and emotional recovery
 - 1.5.4. Prevention and counseling
- 1.6. The empty crib: the painful process of losing a late-term pregnancy
 - 1.6.1. Emotional impact and grief
 - 1.6.2. Support and companionship
 - 1.6.3. Recovery process
 - 1.6.4. Prevention and management of future pregnancies





- 1.7. Psychological care after childbirth
 - 1.7.1. Identification of emotional issues
 - 1.7.2. Interventions and emotional support
 - 1.7.3. Support networks and available resources
 - 1.7.4. Strengthening the couple and family relationship
- 1.8. Perinatal mood disorders
 - 1.8.1. Postpartum Depression
 - 1.8.2. Postpartum anxiety
 - 1.8.3. Post-Traumatic Stress Disorder
 - 1.8.4. Detection, Prevention and Treatment
- 1.9. Obstetric trauma
 - 1.9.1. Causes and Risk Factors
 - 1.9.2. Prevention and management of obstetric trauma
 - 1.9.3. Short and Long-Term Consequences
 - 1.9.4. Support and resources for recovery
- 1.10. Obstetric Violence
 - 1.10.1. Types and manifestations of obstetric violence
 - 1.10.2. Prevention and awareness
 - 1.10.3. Interdisciplinary approach and professional training



If you are looking to identify the causes and risk factors of Obstetric Trauma to enhance your medical practice, this is your Postgraduate Certificate”

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 Maternal Needs after Natural Childbirth 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 Maternal Needs after Natural Childbirth** 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 Maternal Needs after Natural Childbirth**

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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institutions technology learning
community commitment
personalized service innovation
knowledge present
development languages
virtual classroom



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