

Postgraduate Certificate Physiology of Breastfeeding





Postgraduate Certificate Physiology of Breastfeeding

Course Modality: **Online**

Duration: **3 months.**

Certificate: **TECH Technological University**

Official N° of Hours: **125 h.**

Website: www.techtitute.com/medicine/postgraduate-certificate/physiology-breastfeeding

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01

Introduction

Encouraging and promoting Breastfeeding is one of the missions of medical professionals who work in these areas. In order to achieve this, it is essential to know and master all the aspects of this topic, and, in particular, those associated with the physiology of breastfeeding. In this program created for physicians, we offer you the most advanced knowledge in this field to enable you to carry out a successful intervention in any circumstance.





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This program is characterized by exceptionally combining, its high educational capacity with the necessary flexibility to allow you to combine it with any other commitments”

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, the 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 use of health services and cause fewer losses due to absenteeism from work, and we must not forget that it saves natural resources, does not pollute the environment and does not require spending on manufacturing, packaging or transportation.

This **Postgraduate Certificate in Physiology of Breastfeeding** 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 Physiology of Breastfeeding
- ♦ 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 Physiology of Breastfeeding
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Emphasis on innovative methodologies in Physiology of Breastfeeding
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection work
- ♦ Content that is accessible from any fixed or portable device with an Internet connection.



A program that has been developed with the best study systems on the online teaching market and the characteristics of a high-level program”

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A latest generation Postgraduate Certificate 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.

Its multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will deliver an immersive learning experience, programmed to train in real 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 Physiology of Breastfeeding.

The Physiology of Breastfeeding developed in all its aspects with a practical orientation that will materialize in a better quality practice”

Make the most of the opportunity to learn about the latest advances in this area and start applying them in your daily practice today”



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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With this program you will achieve a very clear goal: update your knowledge in all aspects of Physiology of Breastfeeding to be able to act as an expert in all the related areas”



General Objectives

- 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



Take the step and boost your professional skills in the field of breastfeeding to the highest level"





Specific Objectives

- ♦ Gain up-to-date knowledge about the physiology of Breastfeeding
- ♦ Describe the anatomy of the lactating breast
- ♦ Define the characteristics of a milk bank
- ♦ Conduct a review of the current global epidemiology of breastfeeding
- ♦ Foster the proper development of the mother-child relationship, reducing the number of children who are assaulted, abandoned and who fail to progress without organic cause
- ♦ Encourage breastfeeding to achieve adequate growth and development, preventing future health problems
- ♦ Explain the benefits of breastfeeding for women's postpartum and long-term recovery
- ♦ Explain the different breastfeeding positions and their indications
- ♦ Detect bad latching positions of the baby that may alter the development of the process
- ♦ Explain the benefits of physical activity during breastfeeding
- ♦ Define those maternal pathologies that may contraindicate breastfeeding

03

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 very complete Postgraduate Certificate that will take you through the most complete educational process, with the quality of the contents developed by experts in the field"

Module 1. Physiology and Clinical History in Breastfeeding

- 1.1. Anatomy of the Breast
 - 1.1.1. Surrounding Bony Structure of the Breast
 - 1.1.2. Muscular Structure of the Breast
- 1.2. Physiology of Breastfeeding
 - 1.2.1. Physiological Development of Breastfeeding
 - 1.2.2. Hormonal Circuit of Breastfeeding
- 1.3. Benefits of Breastfeeding for the Mother
 - 1.3.1. Concept
 - 1.3.2. The Benefits for the Mother in Breastfeeding
- 1.4. Benefits of Breastfeeding for the Baby
 - 1.4.1. Concept
 - 1.4.2. Benefits of Breastfeeding in the Baby
- 1.5. Evaluation of the Intake
 - 1.5.1. Indications on the Intake
 - 1.5.2. Inadequate Actions on the Intake
- 1.6. Signs of Good and Bad Hitching
 - 1.6.1. Hitching Concept
 - 1.6.2. Benefits of a Good Hitch
- 1.7. Recommended Positions
 - 1.7.1. Proper Breastfeeding Positions
 - 1.7.2. Inadequate Breastfeeding Positions





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

04

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

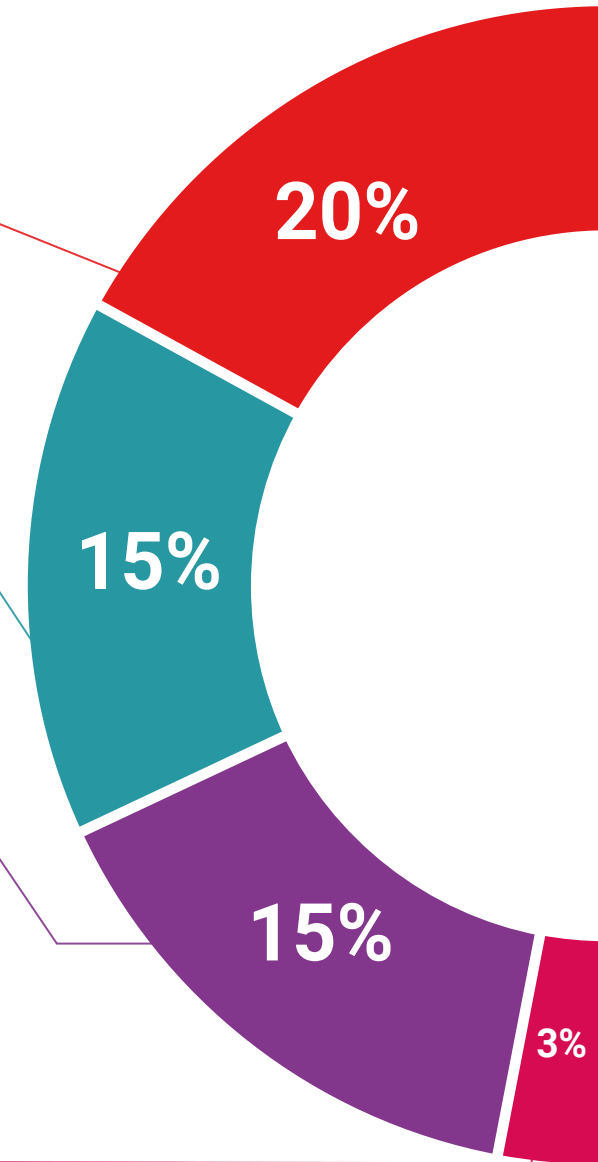
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

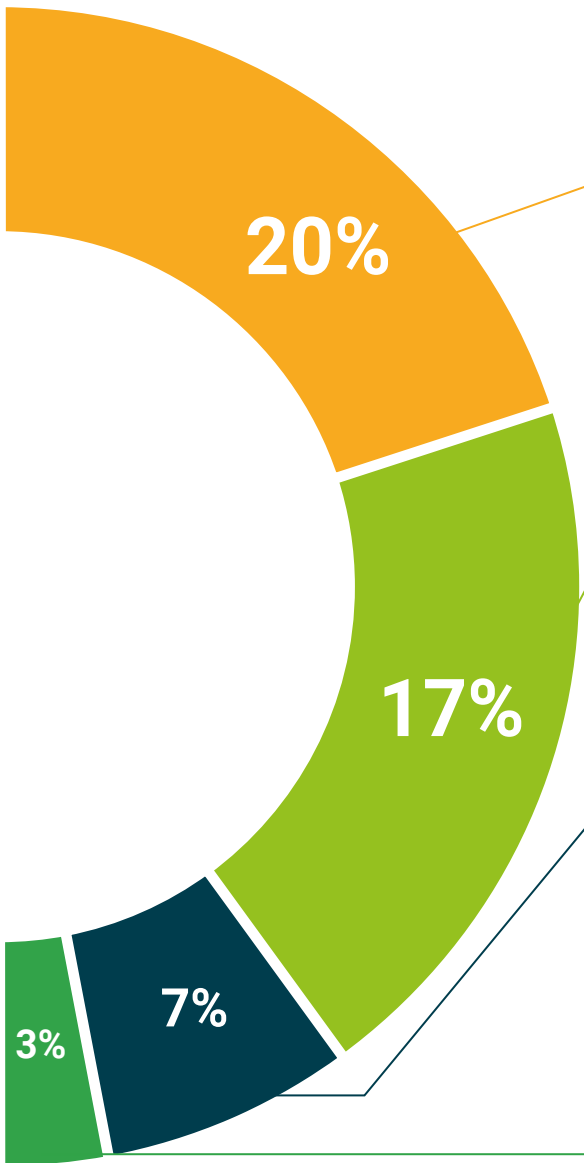
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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.



05 Certificate

The Postgraduate Certificate in Physiology of Breastfeeding guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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

This **Postgraduate Certificate in Physiology of Breastfeeding** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **Postgraduate Certificate in Physiology of Breastfeeding**

Official N° of Hours: **125 h.**



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

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



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