

# Postgraduate Certificate

## Problems During Breastfeeding





## Postgraduate Certificate Problems During Breastfeeding

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-certificate/problems-during-breastfeeding](http://www.techtute.com/us/medicine/postgraduate-certificate/problems-during-breastfeeding)

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# 01

# Introduction

The medical support of women during breastfeeding requires the professional to be able to address various problems that will affect the woman's development in many different ways. The way in which these situations are dealt with will determine whether breastfeeding is maintained or abandoned. But to be able to give a really useful answer that combines physical, psychological and other aspects, the professional needs the most complete compendium of up-to-date knowledge in this field. This program has been created in response to this need, allowing you to act with certainty and confidence in whatever circumstances you find yourself.





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*A comprehensive program created to provide the medical professional with the ability to successfully intervene in any of the problems that may occur during breastfeeding"*



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 speeding on manufacturing, packaging or transportation.

This **Postgraduate Certificate in Problems During Breastfeeding** contains the most complete and up-to-date scientific program on the market. The most important features of the program include:

- » The development of case studies presented by experts in Problems During 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 on Problems During Breastfeeding
- » Practical exercises where self-assessment can be used to improve learning
- » Its emphasis on innovative methodologies in Problems During Breastfeeding
- » 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



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

“

*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 teaching staff includes medical professionals who bring their experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, elaborated with the latest educational technology, will allow the professional a situated and contextual learning, that is, a simulated environment that will provide an immersive study 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 Problems During Breastfeeding.

*Practice-based learning that will allow you to advance in your profession with the knowledge of a expert in Breastfeeding.*

*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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*This program is designed for you to update your knowledge in Problems During Breastfeeding, with the use of the latest educational technology, to contribute with quality and confidence to your decision making and monitoring of your patients"*



## 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



*Make the most of this opportunity and take the step to get up to date on the latest developments in Problems During Breastfeeding”*







## Specific Objectives

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- » Analyze hypogalactia and measures to treat it
- » Address the different pathologies that may appear in the newborn
- » Gain in-depth knowledge of breastfeeding in adolescent mothers
- » Manage a correct approach to breastfeeding and stress
- » Describe the main contraindications of breastfeeding
- » Train mothers in newborn care and in the resolution of common infant health problems
- » Define those maternal pathologies that may contraindicate breastfeeding
- » Explain the different aids and devices that can be used to facilitate breastfeeding
- » Define appropriate treatment of breast and nipple associated complications

03

# Course Management

The program includes in its teaching staff reference specialists in Problems During Breastfeeding, who contribute the experience of their work to this program. 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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*Acquire the most up-to-date knowledge from leading professionals, with the most efficient resources and learn the latest advances in procedures in cases of problems during breastfeeding”*



## 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 training, 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. Problems During Breastfeeding

- 1.1. Contraindications for Breastfeeding
  - 1.1.1. Situations that Contraindicate Breastfeeding
  - 1.1.2. Nutritional
- 1.2. Maternal Pathologies that Contraindicate Breastfeeding
  - 1.2.1. Listing Maternal Pathologies that Contraindicate Breastfeeding
  - 1.2.2. Counseling on Contraindications to Breastfeeding
- 1.3. Newborn Pathologies that Contraindicate Breastfeeding
  - 1.3.1. Listing Neonatal Pathologies that Contraindicate Breastfeeding
  - 1.3.2. Counseling on Contraindications to Breastfeeding
- 1.4. Nipple Problems
  - 1.4.1. Different Types of Nipple
  - 1.4.2. Support to the Mother
- 1.5. Mammary Ingurgitation
  - 1.5.1. Concept
  - 1.5.2. Adequate Treatment
- 1.6. Mastitis
  - 1.6.1. Concept
  - 1.6.2. Adequate Treatment
- 1.7. Aids and Devices to Assist in Breastfeeding
  - 1.7.1. Different Breastfeeding Devices
  - 1.7.2. How to help Breastfeeding?





## Module 2. Breastfeeding in Special Situations

- 2.1. Hypogalactia
  - 2.1.1. Concept
  - 2.1.2. Measures to Treat
- 2.2. Sick Newborns
  - 2.2.1. Different Pathologies
  - 2.2.2. Breastfeeding in Children with Pathologies
- 2.3. Prematurity
  - 2.3.1. Definition of Prematurity
  - 2.3.2. Breastfeeding in Premature Infants
- 2.4. Teenage Mothers
  - 2.4.1. Breastfeeding in Teenage Mothers
  - 2.4.2. Problems in Teenage Mothers
- 2.5. Breastfeeding and LAM
  - 2.5.1. Concept
  - 2.5.2. Benefits of LAM
- 2.6. Cleft Lip and Lip Malformations
  - 2.6.1. Concept
  - 2.6.2. Support for Newborns and Breastfeeding Mothers
- 2.7. Breastfeeding and New Pregnancy
  - 2.7.1. Tandem Breastfeeding
  - 2.7.2. Nutritional
- 2.8. Breastfeeding and Stress
  - 2.8.1. Stress as a Detriment to Breastfeeding
  - 2.8.2. Measures to Cope with Stress



*A unique, key, and decisive educational 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

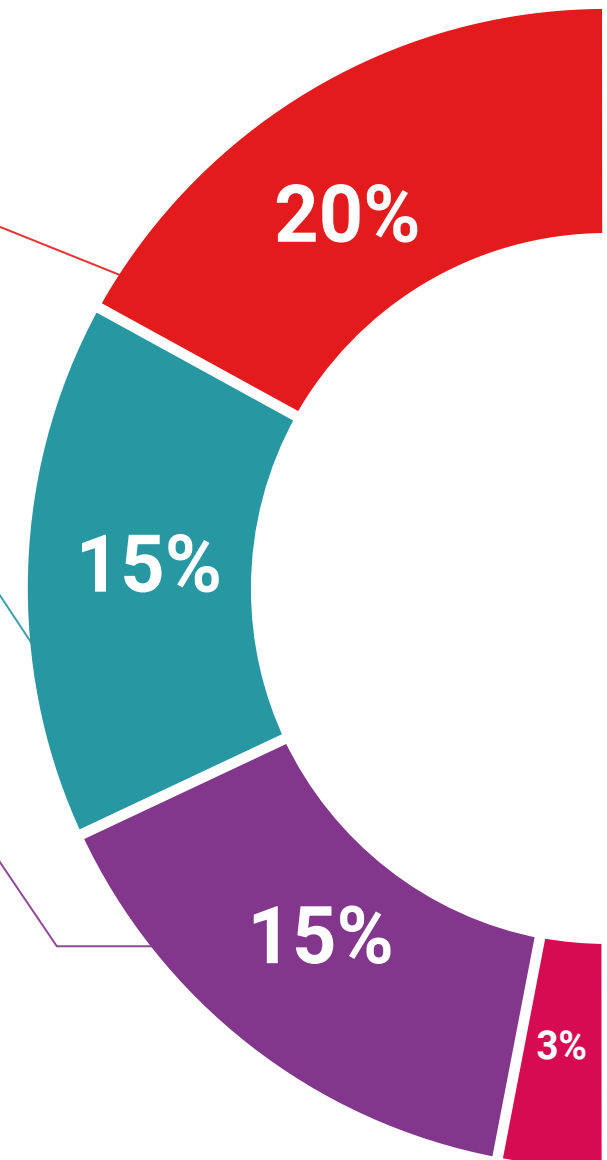
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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 Problems During 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 Problems During 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 diploma 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 Problems During Breastfeeding**

Official N° of Hours: **250 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION 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

**tech** technological  
university

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