

Postgraduate Certificate

Women's Adaptation to Breastfeeding



Postgraduate Certificate Women's Adaptation to Breastfeeding

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 4 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/medicine/postgraduate-certificate/womens-adaptation-breastfeeding

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01

Introduction

The choice of breastfeeding is one of the most important decisions a woman must make during the postpartum period. A natural process that brings multiple and important benefits for the breastfeeding mother and child. However, adapting to the breastfeeding process may not be easy. From the moment of breastfeeding until the woman is able to return to her normal life, she may encounter difficulties that will jeopardize the continuity of breastfeeding. The physician has the possibility of becoming the necessary support to overcome these difficulties. To achieve this, you need the most up-to-date knowledge in breastfeeding support, which we now make available to you in this complete and efficient program.





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A complete and clear program that will give you the most effective tools to become the best breastfeeding support for your patients, with the confidence that comes from the best program"

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 non-breastfeeding, since artificial breastfeeding means an increase in health care costs due to the greater disease associated with non-breastfeeding; 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 less expenses to their families, to society in 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 need to spend on manufacturing, packaging or transportation.

This **Postgraduate Certificate in Women's Adaptation to Breastfeeding** contains the most complete and up-to-date educational program on the market. The most important features of the program include:

- » Case studies presented by experts in Women's Adaptation to 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 Women's Adaptation to Breastfeeding
- » It contains practical exercises where the self-assessment process can be carried out to improve learning
- » With special emphasis on innovative methodologies in Women's Adaptation to Breastfeeding
- » All of this will be complemented by 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 developed with the best study methods of the online teaching market and the characteristics of a high-level program"

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A state-of-the-art program that will take you through the content in a diverse, interactive and stimulating way, with audiovisual content and all kinds of learning support material"

It includes in its teaching staff professionals belonging to the field of Women's Adaptation to Breastfeeding, who pour into this qualification the experience of their work, in addition to recognized specialists belonging to reference societies and prestigious universities.

Thanks to its multimedia content developed with the latest educational technology, it will allow the professional a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to train in real situations.

This program is designed around Problem-Based Learning, whereby the student must try to solve the different professional practice situations that arise throughout the program. For this, the student will be assisted by an innovative interactive video system developed by recognized experts in the field of Women's Adaptation to Breastfeeding, and with extensive teaching experience.

An educational program supported by experience-based learning models that will boost your personal and professional capacity by providing you with new and efficient work tools.

With a high-impact video system that will be one of the fundamental supports in this program and will provide you with all the resources of the latest technologies in remote medical training.



02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the physician can master in a practical and rigorous way all aspects of breastfeeding to be able to offer full support to breastfeeding from the first moments, at the beginning, until the end of it.

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The most important objective of this complete program is that, at the end of the qualification, you will be able to give the most complete support in breastfeeding to your patients, with the solvency to know the latest advances and protocols in this field at an international level"



General Objectives

- » Update knowledge in 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





Specific Objectives

- » Counsel the mother who works outside the home and wishes to continue breastfeeding
- » Cover the benefits of prolonged and tandem breastfeeding
- » Study the different methods of milk expression
- » In-depth study of the transport and storage of breast milk

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Seize the opportunity and take the step to get up to date on the latest developments in Women's Adaptation to Breastfeeding"

03

Course Management

This program brings together in its teaching staff the best specialists of in Women's Adaptation to Breastfeeding In this way, TECH offers learning based on the experiences and teachings provided by the teaching team through a unique and innovative learning methodology. 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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Learn from the best professionals in the industry and gain the confidence that will propel your performance in this field to levels of excellence”

Management



Ms. Aguilar Ortega, Juana María

- ♦ Breastfeeding Nurse Coordinator at Hospital 12 de Octubre 2008
- ♦ Breastfeeding Nurse Coordinator at Hospital 12 de Octubre
- ♦ Clinical Practice Tutor of Family and Community EIR Madrid
- ♦ Specialist Nursing Qualification 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 Health at Rey Juan Carlos University

Professors

Ms. Gerbeau, Bettina

- » Pediatric Assistant
- » Trainings in Child Psychomotricity and Pediatric Massage
- » "Breastfeeding, preparation for the profession of consultant", training 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 at University Hospital 12 de Octubre
- » Official Master's Degree in Health Care Research at the Complutense University of Madrid
- » Master's degree in Quality Management ISO 9001:2008 and Internal Auditor in the 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
- » Specialist in Pediatric Nursing via EIR
- » Postgraduate Diploma in Nursing in Out-of-Hospital Emergencies CEU Cardenal Herrera University
- » Nursing Degree at San Pablo CEU University
- » Internal Nurse Resident at the 12 de Octubre Hospital.
- » Neonatal and Pediatric ICU Nurse at HM 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 centers, universities, and companies in the national territory, aware of the relevance of the current qualification in order to intervene in the preparation and support of students, and committed to quality teaching through 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. Common Situations During Breastfeeding

- 1.1. Crying and Breast Refusal
 - 1.1.1. Concept
 - 1.1.2. Immediate Attention
- 1.2. Breastfeeding Strike
 - 1.2.1. Concept
 - 1.2.2. Strike Counseling
- 1.3. Prolonged and Tandem Breastfeeding
 - 1.3.1. Concept
 - 1.3.2. Benefits
- 1.4. Co-Sleeping
 - 1.4.1. Concept
 - 1.4.2. Benefits of Co-sleeping
- 1.5. Working Outside the Home and Breastfeeding
 - 1.5.1. Incorporation into Work
 - 1.5.2. Support in this Situation
- 1.6. Milk Extraction: Methods and Tools
 - 1.6.1. Parts of the Breast Pump
 - 1.6.2. Use of the Breast Pump
- 1.7. Transport and Storage of Breast Milk
 - 1.7.1. Milk Storage Mechanisms
 - 1.7.2. Milk Transport





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*A unique, key, and decisive
program 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

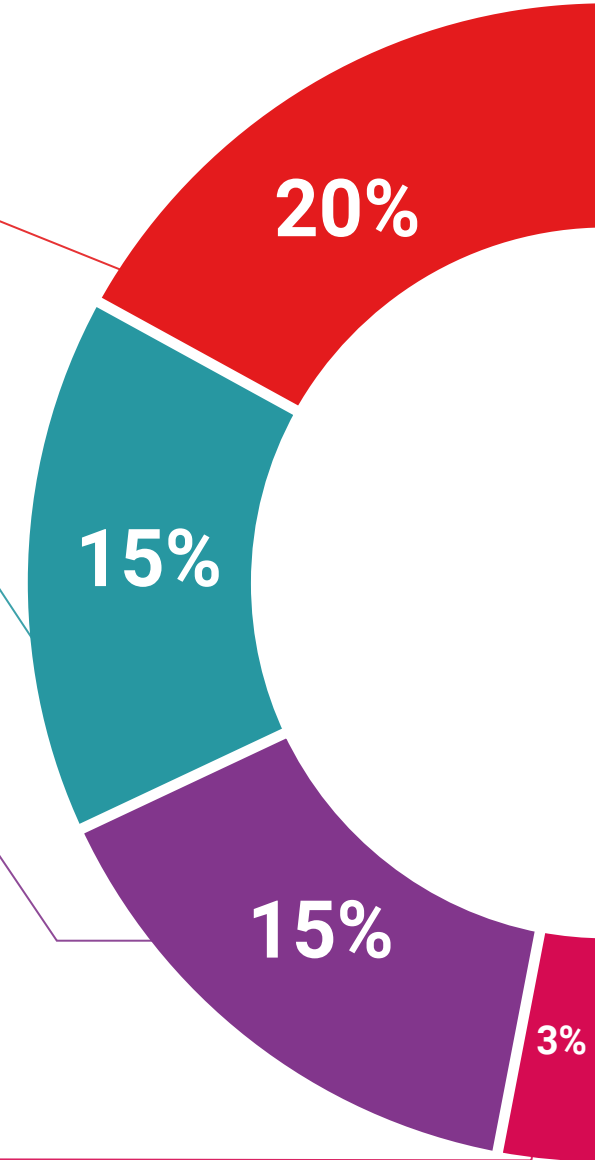
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

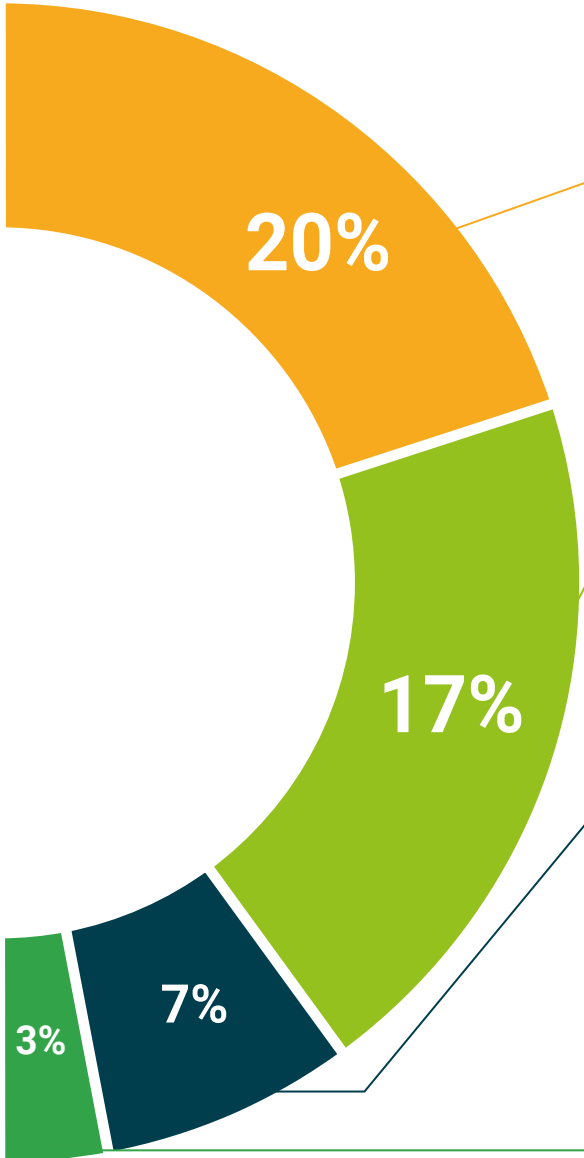
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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 Women's Adaptation to Breastfeeding 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 Women's Adaptation to Breastfeeding** 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 Women's Adaptation to Breastfeeding**

Modality: **online**

Duration: **6 weeks**

Accreditation: **4 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.

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



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