

# Postgraduate Diploma

Postpartum after  
Natural Birth





## Postgraduate Diploma

### Postpartum after Natural Birth

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

Website: [www.techtitute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-postpartum-natural-birth](http://www.techtitute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-postpartum-natural-birth)

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# 01

# Introduction

Recent scientific research efforts have focused on the study of effective postpartum care. As a result, improved preventive measures have emerged to minimize the occurrence of physical and psychological problems in women after pregnancy, as well as strategies to prevent Sudden Infant Death Syndrome. Their outstanding benefits for ensuring the well-being of both mother and baby make it essential for health professionals to identify these advancements in a rapidly evolving field. This way, TECH has created this program, which enables specialists to learn, online and from the comfort of their homes, the latest techniques for preventing dermatological conditions in infants and perinatal mood disorders in mother.



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*The Postgraduate Diploma in Postpartum after Natural Birth will equip you with the knowledge of cutting-edge techniques to prevent the onset of mood disorders in mothers after pregnancy”*

Depression, anxiety, or afterpains are conditions commonly affecting women after pregnancy. Meanwhile, nutritional problems and body temperature regulation issues often impact newborns. Consequently, cutting-edge methods have been developed to prevent and treat all of these situations with the utmost effectiveness, aiming to ensure the well-being of both the mother and the child. Therefore, it is crucial for all health professionals who wish to stay at the forefront of medicine to identify these updated procedures.

This is why TECH has developed this Postgraduate Diploma, providing students with the latest scientific evidence regarding the management of postpartum care after natural childbirth. Over 450 hours of intensive updates, they will learn advanced protocols for the medical follow-up of newborns and delve into recent findings on the benefits and drawbacks of vaccines at these ages. They will also identify sophisticated strategies to prevent postpartum depression in mothers and mechanisms to prevent obstetric trauma.

All of this without the need to make inconvenient daily commutes to a study center, as this program features a revolutionary 100% online methodology. Likewise, professionals will have excellent educational resources available in a wide variety of formats, including videos, supplementary readings, and evaluative tests. Therefore, they will obtain a fully personalized learning experience tailored to their individual academic preferences.

This **Postgraduate Diploma in Postpartum after Natural Birth** 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 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



*Analyze the drawbacks and benefits that vaccines offer to newborns based on the latest scientific evidence”*

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*Complete your desired update in postpartum care after natural childbirth while enjoying the best educational materials available in the educational landscape”*

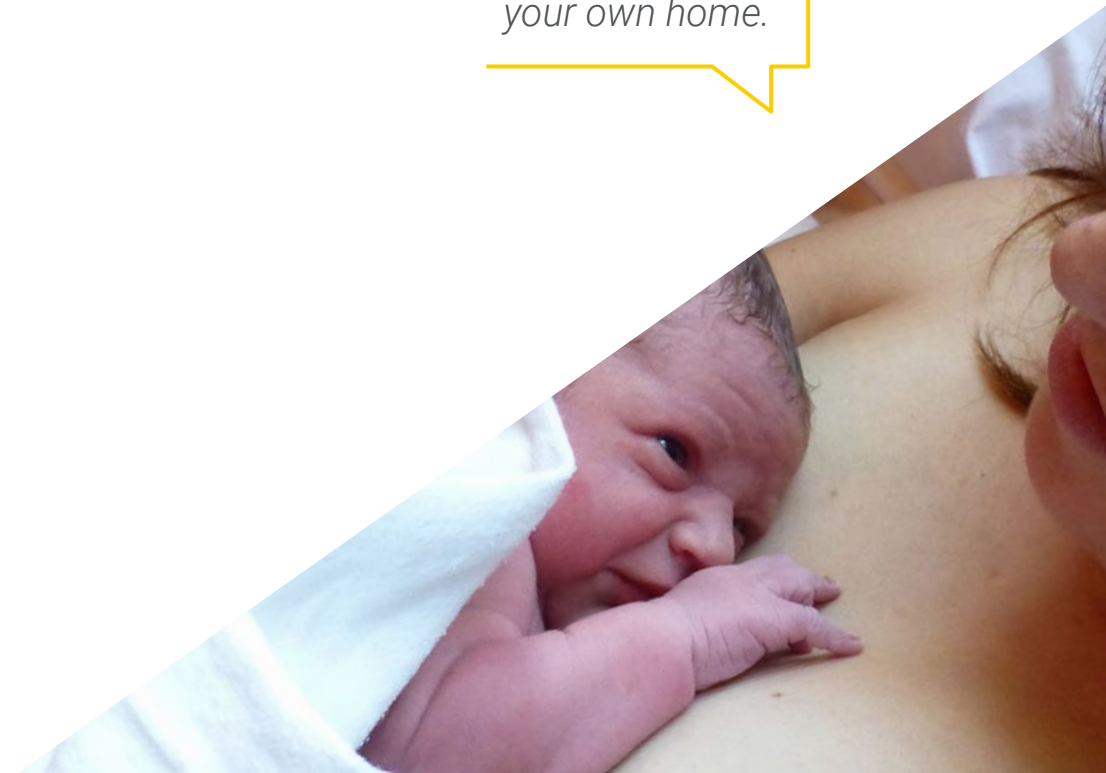
The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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.

*Get to know, throughout this program, the cutting-edge procedures for establishing medical follow-up of the newborn.*

*The 100% online methodology offered by this program allows you to update yourself without leaving your own home.*



# 02 Objectives

The Postgraduate Diploma in Postpartum after Natural Childbirth has been developed with the idea of providing professionals with the most up-to-date knowledge in this field. During the 6 months of academic experience, you will discover the latest strategies to address the needs of both the mother and the newborn to ensure their complete safety. Additionally, this learning will be preserved through the achievement of the following general and specific objectives.





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*Incorporate recent advances in postpartum care after natural childbirth into your daily practice in just 6 months”*



## 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



## Specific Objectives

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### Module 1. Natural Childbirth

- ♦ Analyze the science and evolution of Natural Childbirth, and how current medical practices compare to historical and global statistics
- ♦ Examine the physiology of normal childbirth in the human species, including the hormonal cocktail, positions, and female sexuality
- ♦ Analyze childbirth practices in ancestral cultures and their relevance in the present
- ♦ Identify and address the emotional needs of women during childbirth and how professionals can support them
- ♦ Thoroughly analyze the role of Oxytocin in Natural Childbirth and the differences between endogenous and exogenous Oxytocin
- ♦ Examine current pandemics related to childbirth and their impact on the health of women and newborns
- ♦ Delve into the needs of the newborn during and after childbirth, including intestinal and epidermal flora, the umbilical cord, and placental blood
- ♦ Analyze the intervention in childbirth and how it affects the environment and safety, as well as the importance of respecting the nature of the process

## Module 2. Newborn Needs

- ♦ Examine the importance of Natural Birth and the care of the newborn in this stage
- ♦ Acquire skills in the immediate assessment of the newborn, including vital signs measurement and establishing respiration
- ♦ Promote and facilitate the first skin-to-skin contact and early initiation of breastfeeding
- ♦ Conduct a physical examination of the newborn and detect warning signs
- ♦ Examine best practices in umbilical cord management
- ♦ Review the administration of screening tests and prevention, such as Vitamin K administration and initial immunization
- ♦ Provide advice on vaccines and support natural immunization
- ♦ Examine appropriate techniques for newborn skin care and hygiene
- ♦ Promote safe sleep practices and prevent Sudden Infant Death Syndrome (SIDS)
- ♦ Deepen proper medical follow-up and monitor the newborn's development





### Module 3. Mother's Needs

- ♦ 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



*Dive deeper into cutting-edge tools to manage the needs of the newborn and the mother in the postpartum period"*

03

# Course Management

To maintain the exquisite level of education that characterizes TECH's programs, this Postgraduate Diploma in Postpartum after Natural Childbirth is taught by leading professionals in the health field. These specialists, with decades of medical experience in prestigious institutions, are responsible for creating the educational content of the program. As a result, the knowledge acquired by the student will be valuable in their daily practice.



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*Alongside active leading specialists in the field of Natural Childbirth, you will acquire the most cutting-edge knowledge on postpartum management”*

## Management



### Dr. Santos Leal, Emilio

- ♦ Medical Director of the International Medical Technology Center
- ♦ Specialist Doctor at Fundación Alcorcón University Hospital
- ♦ Doctor Specialist at the General University Hospital Consortium of Valencia
- ♦ Specialist at Pius Hospital in Valls
- ♦ Medical Specialist at Perpetuo Socorro Clinic
- ♦ Specialization in Gynecology and Obstetrics from San Carlos Clinical Hospital
- ♦ Graduate in Medicine and Surgery from the University of Cantabria

## Professors

### Dr. García Báez, Miguel

- ♦ Pediatrician at Virgen de La Salud Hospital in Toledo
- ♦ Pediatrician at University Hospital of the Canaries
- ♦ Pediatrician at University Hospital of La Candelaria
- ♦ Degree in Medicine and Surgery from the University of Zaragoza
- ♦ Postgraduate Certificate in Medical Biostatistics from the Autonomous University of Barcelona
- ♦ Master's Degree in Homeopathy from the University of Seville





# 04

## Structure and Content

The syllabus of this Postgraduate Diploma is comprised of 3 excellent modules, through which the specialist will delve into the most relevant and cutting-edge aspects of postpartum following natural childbirth. All the educational contents that you will have access to during this program are available in formats such as additional readings, self-assessment exercises, or explanatory videos. This, combined with a 100% online methodology, ensures effective and personalized learning that accommodates the student's daily commitments.





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*The Relearning system unique to this program enables you to learn at your own pace and without external learning limitations"*

## Module 1. Natural Childbirth

- 1.1. Natural Childbirth
  - 1.1.1. Science versus dogma
  - 1.1.2. Evolution as a species
  - 1.1.3. Worldwide statistics: oxytocin, analgesia, episiotomies, cesarean sections
  - 1.1.4. Improving the statistics
- 1.2. Normal childbirth in the human species
  - 1.2.1. Hormonal cocktail in normal childbirth
  - 1.2.2. Positions in normal childbirth
  - 1.2.3. Female sexuality
  - 1.2.4. Physiology of the sexual act
- 1.3. Childbirth in ancestral cultures
  - 1.3.1. Childbirth among the Taínos, Guanajatabeyes, and Siboneyes
  - 1.3.2. Childbirth before the Sumerians
  - 1.3.3. Orgasmic childbirth
  - 1.3.4. Michel Odent
- 1.4. Emotional needs of laboring women
  - 1.4.1. Empowerment
  - 1.4.2. Intimacy
  - 1.4.3. Delivery
  - 1.4.4. Majesty
- 1.5. Needs of the professional attending laboring women
  - 1.5.1. Secrecy
  - 1.5.2. Professional attitude towards pain
  - 1.5.3. Respect for the majesty of the moment
  - 1.5.4. Priviledge



- 1.6. The Why of Emotional Needs
  - 1.6.1. Comfort
  - 1.6.2. Intimacy
  - 1.6.3. Connection with the most primal
  - 1.6.4. Connection with the most spiritual
- 1.7. Oxytocin
  - 1.7.1. The hemato-placental barrier
  - 1.7.2. The blood-brain barrier
  - 1.7.3. Endogenous oxytocin
  - 1.7.4. Exogenous oxytocin
- 1.8. Current pandemics
  - 1.8.1. The cesarean pandemic
  - 1.8.2. The immunological disorders pandemic
  - 1.8.3. The autism pandemic
  - 1.8.4. The hyperactivity and attention deficit pandemic
- 1.9. Newborn Needs
  - 1.9.1. Intestinal flora
  - 1.9.2. Skin flora
  - 1.9.3. The Umbilical Cord
  - 1.9.4. Placental blood
- 1.10. Interventionism
  - 1.10.1. Amending nature
  - 1.10.2. Intervening calls for intervention
  - 1.10.3. The chain of interventionism
  - 1.10.4. Environment and safety in childbirth

## Module 2. Newborn Needs

- 2.1. The newborn in natural childbirth
  - 2.1.1. Definition of natural childbirth
  - 2.1.2. Benefits of natural childbirth
  - 2.1.3. Importance of newborn monitoring
- 2.2. First minutes after birth
  - 2.2.1. Immediate Assessment of the Newborn
  - 2.2.2. Breathing establishment
  - 2.2.3. First skin-to-skin contact
  - 2.2.4. Early initiation of breastfeeding
- 2.3. Monitoring of vital signs
  - 2.3.1. Measurement of Heart Rate
  - 2.3.2. Monitoring of respiratory rate
  - 2.3.3. Control of body temperature
  - 2.3.4. Assessment of coloration and perfusion
- 2.4. Physical Examination of the Newborn
  - 2.4.1. Measurement of weight, height, and head circumference
  - 2.4.2. General body inspection
  - 2.4.3. Assessment of reflexes and muscle tone
  - 2.4.4. Detection of warning signs
- 2.5. The Umbilical Cord
  - 2.5.1. Clamping and cutting procedure
  - 2.5.2. Cleaning and Maintenance
  - 2.5.3. Observation of infection signs
  - 2.5.4. Late cutting

- 2.6. Screening tests and prevention
  - 2.6.1. Administration of vitamin K
  - 2.6.2. Neonatal conjunctivitis prophylaxis
  - 2.6.3. Heel prick test
  - 2.6.4. Initial immunization
- 2.7. Vaccines
  - 2.7.1. Benefits
  - 2.7.2. Inconveniences
  - 2.7.3. How to advise
  - 2.7.4. How to promote natural immunization
- 2.8. Skin hygiene and care
  - 2.8.1. Bathing and cleaning the newborn
  - 2.8.2. Diaper care and prevention of dermatitis
  - 2.8.3. Identification of common skin problems
  - 2.8.4. Use of appropriate skin products
- 2.9. Sleep and prevention of sudden infant death syndrome
  - 2.9.1. Guidelines for safe sleep
  - 2.9.2. Proper sleeping position
  - 2.9.3. How to recognize and reduce risk factors
  - 2.9.4. Establishing routines and a conducive environment
- 2.10. Medical follow-up and development
  - 2.10.1. Follow-up visits
  - 2.10.2. Parameters to be Measured
  - 2.10.3. Monitoring during check-ups



### Module 3. Mother's Needs

- 3.1. Normal postpartum
  - 3.1.1. Physical and emotional changes
  - 3.1.2. Immediate care
  - 3.1.3. Breastfeeding
  - 3.1.4. Recuperación del suelo pélvico
- 3.2. Afterpains
  - 3.2.1. Causes and physiology
  - 3.2.2. Pain Management
  - 3.2.3. Duration and progression
  - 3.2.4. Prevention and care
- 3.3. The first menstruation
  - 3.3.1. Return of menstruation
  - 3.3.2. Factors influencing its reappearance
  - 3.3.3. Menstruation and breastfeeding
  - 3.3.4. Changes in the menstrual cycle
- 3.4. Postpartum contraception
  - 3.4.1. Breastfeeding-friendly contraceptive methods
  - 3.4.2. Start of postpartum contraception
  - 3.4.3. Emergency Contraception
  - 3.4.4. Counseling and education
- 3.5. Spontaneous and induced abortion
  - 3.5.1. Causes and Risk Factors
  - 3.5.2. Procedures and Care
  - 3.5.3. Physical and emotional recovery
  - 3.5.4. Prevention and counseling
- 3.6. The empty crib: the painful process of losing a late-term pregnancy
  - 3.6.1. Emotional impact and grief
  - 3.6.2. Support and companionship
  - 3.6.3. Recovery process
  - 3.6.4. Prevention and management of future pregnancies
- 3.7. Psychological care after childbirth
  - 3.7.1. Identification of emotional issues
  - 3.7.2. Interventions and emotional support
  - 3.7.3. Support networks and available resources
  - 3.7.4. Strengthening the couple and family relationship
- 3.8. Perinatal mood disorders
  - 3.8.1. Postpartum Depression
  - 3.8.2. Postpartum anxiety
  - 3.8.3. Post-Traumatic Stress Disorder
  - 3.8.4. Detection, Prevention and Treatment
- 3.9. Obstetric trauma
  - 3.9.1. Causes and Risk Factors
  - 3.9.2. Prevention and management of obstetric trauma
  - 3.9.3. Short and Long-Term Consequences
  - 3.9.4. Support and resources for recovery
- 3.10. Obstetric Violence
  - 3.10.1. Types and manifestations of obstetric violence
  - 3.10.2. Prevention and awareness
  - 3.10.3. Interdisciplinary approach and professional training



*Enroll in this program to enjoy a wide range of multimedia educational formats, allowing you to choose the support you prefer to optimize your learning”*

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 Diploma in Postpartum after Natural Birth guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Diploma in Postpartum after Natural Birth** contains the most complete and up-to-date scientific on the market.

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

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

Title: **Postgraduate Diploma in Postpartum after Natural Birth**

Official N° of Hours: **450 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.

future  
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education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
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university

## Postgraduate Diploma

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