

# Professional Master's Degree

## Breastfeeding





## Professional Master's Degree Breastfeeding

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/in/medicine/professional-master-degree/master-breastfeeding](http://www.techtitute.com/in/medicine/professional-master-degree/master-breastfeeding)

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# 01

# Introduction

Scientific research has confirmed the importance of breastfeeding for the baby's health and has even been linked to a decrease in the risk of obesity in adulthood. The benefits are innumerable as well as its complexity, which has led to open lines of study in order to understand its effects on both the mother and the child. Given the continuous developments in this field, the medical professional must be up to date in order to offer the latest information and set the appropriate guidelines.





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*Thanks to this Professional Master's Degree, you will be able to update your knowledge on Breastfeeding through a faculty with extensive experience in this field"*

The positive results of breast milk on the well-being of the baby and the mother have led medical professionals in recent decades to recommend that the breastfeeding process be extended to 2 years of age. Reduced risk of obesity, cognitive improvement and THE strengthening of the immune system are some of the positive effects on the child. In this period of breastfeeding, beyond the emotional connection that may exist between mother and child, the woman herself also reduces the risk of ovarian, breast or uterine cancer.

Scientific evidence supports the World Health Organization's recommendation to promote breastfeeding. In an increasingly informed society, mothers and fathers are asking medical professionals for answers to their questions, advice and effective solutions to pathologies that contraindicate breastfeeding. For this reason, TECH has designed this Professional Master's Degree that provides the health professional with the most up to date knowledge on Breastfeeding.

For this purpose, students will be provided with multimedia didactic resources with which they will be able to study in depth in a visual and dynamic way the promotion of breastfeeding after birth, the evaluation of the feeding, the nutritional needs of the infant, the approach to hypogalactia, the LAM method or inhibition. In addition, the professional has simulations of clinical cases that will bring them closer in a more direct way to situations that could be experienced in their practice and that can be integrated into their usual clinical practice.

This is an excellent opportunity for professionals to pursue a university degree that is compatible with their work and/or personal responsibilities. All you need is an electronic device with an Internet connection to view the content hosted on the virtual campus. With no classroom attendance or fixed class schedules, students have the freedom to distribute the course load according to their needs, which gives them total flexibility.

This **Professional Master's Degree in 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 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
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies in Advanced Practice Nursing
- ♦ 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 100% online program with which you will be updated on the most recommended positions during breastfeeding, its benefits and the care of the breast during this period"*

“*You will be able to integrate the case studies provided by the specialized team of this degree program into your regular practice”*

The program’s teaching staff includes professionals from the sector who contribute their work experience to this training 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 specialization 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 throughout the program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*A degree that brings you the latest studies on combining breastfeeding with complementary feeding.*

*With this university education you will be up to date on the drugs recommended during breastfeeding and their contraindications.*



# 02 Objectives

Upon completion of this 12 month Professional Master's Degree, medical professionals will have updated their knowledge on breastfeeding and will be up to date with the most recent studies in this field. This will be possible thanks to the multimedia content (video summaries, interactive summaries or specialized readings), provided by the specialized teaching team that teaches this degree. A faculty that will guide the professional to reach their goals successfully.





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*This Professional Master's Degree provides you with the latest scientific evidence on the benefits of breastfeeding up to 2 years of age"*



## General Objectives

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- Update your 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



*Study in depth with this university teaching on the process of breastfeeding in women with HIV or hepatitis"*





## Specific Objectives

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### Module 1. Breastfeeding Today and Throughout History

- ◆ 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

### Module 2. Physiology and Clinical History in Breastfeeding

- ◆ Update knowledge about the Physiology of Breastfeeding
- ◆ Describe the anatomy of the lactating breast
- ◆ Define the characteristics of a milk bank

### Module 3. Breastfeeding Care and Breastfeeding Women's Health

- ◆ Provide information on nutrition for the breastfeeding mother
- ◆ Describe the rights of women during Breastfeeding

### Module 4. The Healthy Newborn

- ◆ Explain the benefits of breastfeeding for women's postpartum and long-term recovery
- ◆ Explain the different breastfeeding positions and their indications



### **Module 5. Problems During Breastfeeding**

- ♦ Train mothers in newborn care and in the resolution of common infant health problems
- ♦ Detect bad latching positions of the baby that may alter the development of feeding

### **Module 6. Other Types of Breastfeeding**

- ♦ Explain other types of infant feeding and their substitution or combination with breastfeeding
- ♦ Explain the different bottle preparation techniques and their advantages and disadvantages

### **Module 7. Breastfeeding in Special Situations**

- ♦ Explain the benefits of physical activity during Breastfeeding
- ♦ Describe the main contraindications of breastfeeding

### **Module 8. Common Situations During Breastfeeding**

- ♦ Counsel the mother who works outside the home and wishes to continue breastfeeding
- ♦ Teach the steps to be followed to achieve successful exclusive breastfeeding

### **Module 9. Drugs and Breastfeeding**

- ♦ Obtain knowledge about the transfer of drugs to breast milk in order to guide women in their doubts when taking medications
- ♦ Define appropriate treatment of breast and nipple associated complications





#### **Module 10. Breastfeeding Associations Initiatives and Legislation**

- ♦ Describe paternal involvement in the breastfeeding process
- ♦ Promote active participation in the care of the RN and in the monitoring of its growth and development

#### **Module 11. Diseases and Breastfeeding**

- ♦ Debunk false myths and false contraindications regarding Breastfeeding
- ♦ Coverage of HIV and Hepatitis condition with respect to breastfeeding
- ♦ Study the possible difficulties of the newborn in special breastfeeding situations
- ♦ Understand the impact of breastfeeding on maternal conditions

#### **Module 12. Maternal Inhibition or Weaning**

- ♦ Define strategies to counsel and accompany women who do not wish to breastfeed
- ♦ Explain erroneous beliefs regarding Breastfeeding

# 03 Skills

Through this online program, the medical professional will be able to enhance their skills to offer the breastfeeding mother the support she requires throughout the process, to advise and intervene before special cases and to identify those pathologies that may interfere or discourage breastfeeding. To achieve this improvement, students are provided with detailed clinical case studies and videos that will be very useful and of direct application.





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*Access 24 hours a day to the latest information on Breastfeeding and the difficulties present in a baby with pathologies”*



## General Skills

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- Describe all the advances regarding breastfeeding in the international panorama
- Act in support of the nursing mother at all stages of the process
- Promote the establishment of successful breastfeeding
- Promote the prolonged maintenance of breastfeeding
- Intervene in special cases of the mother and infant
- Support during the end of the breastfeeding process
- Know about medications and their compatibility with breastfeeding
- Support for the mothers with breastfeeding disorders
- Support for the mother with an infant who is having difficulty or is unable to breastfeed



*This training will enhance your skills in counseling and counseling of women with mastitis"*







## Specific Skills

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- ◆ Describe the historical processes of breastfeeding
- ◆ Use of human milk banks
- ◆ Supporting the woman who does or does not want to breastfeed
- ◆ Describe the benefits of breast milk for the baby
- ◆ Make and advise on proper hook-up
- ◆ Teaching correct and incorrect postures
- ◆ Performing a care regimen during pregnancy
- ◆ List the foods that benefit breastfeeding
- ◆ Know what type of exercise is recommended during lactation
- ◆ Describe the nutritional needs of the infant
- ◆ Perform an infant growth curve and interpret it
- ◆ Intervene and advise on infant colic
- ◆ Know the benefits of skin-to-skin systems
- ◆ Describe the contraindications to breastfeeding
- ◆ Recognize contraindicated maternal pathologies
- ◆ Recognize contraindicated childhood pathologies
- ◆ Know and intervene in breast engorgement
- ◆ Know and intervene in mastitis
- ◆ Know which breastfeeding support devices to use and how to use them
- ◆ Mastering breastfeeding techniques

# 04

# Course Management

TECH remains committed to offering quality education to all its students. To this end, it has brought together in this university education a management and teaching staff specialized in breastfeeding. In addition to their high qualifications, their extensive professional experience in leading hospitals is reflected in the syllabus to which students will have access. A knowledge that provides students, who enter this degree, with the latest information in a field in continuous exploration and where positive results on breastfeeding are constantly emerging.



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*For 12 months a team of professionals specialized in Breastfeeding will bring you the latest scientific evidence in this field"*

## Management



### Ms. Aguilar Ortega, Juana María

- ◆ Breastfeeding Nurse Coordinator at Hospital 12 de Octubre
- ◆ Neonatal Nurse at the 12 de Octubre Hospital
- ◆ Specialist in Pediatric Nursing by the Ministry of Education, Culture and Sports.
- ◆ Clinical practice tutor of Family and Community EIR Madrid
- ◆ Professional Master's Degree in Gender and Health, Rey Juan Carlos University.
- ◆ Degree in Nursing, Complutense University of Madrid

## Professors

### Dr. Rodríguez Díaz, Luciano

- ◆ Midwife at the University Hospital of Ceuta
- ◆ Responsible for Perinatal Health: Reproductive Sexual Health and Normal Childbirth of Ingesa
- ◆ Lecturer at the University Centre of Nursing of Ronda
- ◆ Lecturer in the Ceuta Midwifery Teaching Unit
- ◆ SEEUE obstetric-gynecologic emergencies group member
- ◆ Member of the Clinical Commission for Research and Continuing Education of the University Hospital of Ceuta
- ◆ PhD from the University of Granada
- ◆ Diploma in Nursing

### Dr. Vázquez Lara, Juana María

- ◆ Nurse of the 061 of Ceuta
- ◆ Midwife in the Ceuta Health Area
- ◆ Head of Studies of the Ceuta Midwifery Teaching Unit
- ◆ Professor of the Ceuta Midwifery Teaching Unit
- ◆ Coordinator of SEEUE obstetric-gynecologic emergencies group
- ◆ Diploma in Nursing
- ◆ PhD from the University of Granada



**Ms. Armijo Navarro, Elena**

- ♦ Midwife San Sebastián Hospital

**D. Carrasco Guerrero, Manuel**

- ♦ Midwife Ceuta University Hospital

**Ms. De Dios Pérez, María Isabel**

- ♦ Midwife. Bellvitge University Hospital

**Ms. De la Cabeza Molina Castillo, María**

- ♦ Midwife Ceuta University Hospital

**Ms. Del Pozo Álvarez, Lidia**

- ♦ Midwife Ceuta University Hospital

**Ms. Díaz Lozano, Paula**

- ♦ Midwife Ceuta University Hospital

**Ms. Gómez González, Irene**

- ♦ Midwife Ceuta University Hospital

**Ms. Hachero Rodríguez, Carmen María**

- ♦ Midwife Zaragoza Hospital

# 05

## Structure and Content

The curriculum of this Professional Master's Degree has been developed by an expert teaching team in Breastfeeding, which offers in 12 modules the most detailed and innovative knowledge. Through the *Relearning* system, used by TECH in all of its programs, the medical professional will be able to advance more quickly through the different problems that the mother may encounter in this process, especially in premature children, with pathologies of both the newborn and the woman.





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*A Professional Master's Degree that will introduce you to the novelties of Breastfeeding and the false myths surrounding it"*

## Module 1. Breastfeeding Today and Throughout History

- 1.1. Concepts Related to Breastfeeding
  - 1.1.1. Evolution of the Concept of Breastfeeding
  - 1.1.2. Breastfeeding Concepts
- 1.2. History of Breastfeeding
  - 1.2.1. Natural History of Breastfeeding
  - 1.2.2. Historical Development of The Importance of Breastfeeding
- 1.3. False Myths
  - 1.3.1. Misconceptions About Breastfeeding
  - 1.3.2. Correct Beliefs About Breastfeeding
- 1.4. Care Strategy for Normal Childbirth
  - 1.4.1. Encouraging Breastfeeding after Childbirth
  - 1.4.2. Benefits of Breastfeeding in Childbirth
- 1.5. Epidemiology
  - 1.5.1. Epidemiological Course of Breastfeeding Development
  - 1.5.2. Social Evolution of Breastfeeding
- 1.6. Human Milk Banks
  - 1.6.1. Milk Bank Concept
  - 1.6.2. Characteristics of a Milk Bank
- 1.7. Counseling and Support for Women Who Do Not Wish to Breastfeed
  - 1.7.1. Health Education for Women Do Not Wish to Breastfeed
  - 1.7.2. Specific Information on Care for Non-Lactating Women
- 1.8. Women's Rights During Breastfeeding
  - 1.8.1. The Immediate Rights of the Infant
  - 1.8.2. Social Benefits in Breastfeeding Women
- 1.9. Paternal Involvement in Breastfeeding
  - 1.9.1. The Father as a Supporting Figure in Breastfeeding
  - 1.9.2. The Father as a Breastfeeding Consultant
- 1.10. Protection of Breastfeeding Worldwide: WHO Recommendations
  - 1.10.1. WHO Recommendations
  - 1.10.2. Global Protection in Breastfeeding

## Module 2. Physiology and Clinical History in Breastfeeding

- 2.1. Anatomy of the Breast
  - 2.1.1. Surrounding Bony Structure of the Breast
  - 2.1.2. Muscular Structure of the Breast
- 2.2. Physiology of Breastfeeding
  - 2.2.1. Physiological Development of Breastfeeding
  - 2.2.2. Hormonal Circuit of Breastfeeding
- 2.3. Benefits of Breastfeeding for the Mother
  - 2.3.1. Concept
  - 2.3.2. Benefits of Breastfeeding for the Mother
- 2.4. Benefits of Breastfeeding for the Baby
  - 2.4.1. Concept
  - 2.4.2. Benefits of Breastfeeding for the Baby
- 2.5. Evaluation of the Intake
  - 2.5.1. Indications on the Intake
  - 2.5.2. Inadequate Actions on the Intake
- 2.6. Signs of Good and Bad Hitching
  - 2.6.1. Hitching Concept
  - 2.6.2. Benefits of a Good Hitch
- 2.7. Recommended Positions
  - 2.7.1. Proper Breastfeeding Positions
  - 2.7.2. Inadequate Breastfeeding Positions





### Module 3. Breastfeeding Care and Breastfeeding Women's Health

- 3.1. First Recommendations during Pregnancy
  - 3.1.1. Evolution of Breastfeeding in Pregnancy
  - 3.1.2. Breastfeeding Care in Pregnancy
- 3.2. Breast Care during Breastfeeding
  - 3.2.1. General Care
  - 3.2.2. Specific Advice
- 3.3. Proper Techniques for Breastfeeding
  - 3.3.1. Different Breastfeeding Techniques
  - 3.3.2. Incorrect Breastfeeding Measures
- 3.4. Effects of Breastfeeding on Women's Health in the Short Term
  - 3.4.1. Immediate Benefits of Breastfeeding in Women
  - 3.4.2. Positive Breastfeeding Tips
- 3.5. Effects of Breastfeeding on Women's Health in the Mid- and Long-Term
  - 3.5.1. Long-term Benefits of Breastfeeding
  - 3.5.2. Mid-term Benefits of Breastfeeding
- 3.6. Maternal Diet and Breastfeeding
  - 3.6.1. Foods that Alter Breast Milk
  - 3.6.2. Foods that Benefit Breastfeeding
- 3.7. Physical Activity and Breastfeeding
  - 3.7.1. Encouraging Physical Activity During Breastfeeding
  - 3.7.2. Contraindications to Physical Activity During Breastfeeding

## Module 4. The Healthy Newborn

- 4.1. Anatomical and Physiological Characteristics
  - 4.1.1. Anatomy of the Newborn
  - 4.1.2. Physiology of the Newborn
- 4.2. Nutritional Requirements of the Infant
  - 4.2.1. Infant Nutrition
  - 4.2.2. Dietary Advice
- 4.3. Growth of Breastfed Infants
  - 4.3.1. WHO Curves
  - 4.3.2. Normality in the Curve
- 4.4. Infantile Colic
  - 4.4.1. Concept
  - 4.4.2. Indications to Prevent Infant Colic
- 4.5. Early Skin-to-skin Contact
  - 4.5.1. The Skin-to-skin Start
  - 4.5.2. Immediate Skin-to-skin Benefits
- 4.6. First Intake Attachment
  - 4.6.1. Concept of Attachment
  - 4.6.2. Indications of Onset of Contact
- 4.7. Breastfeeding and Kangaroo Mother Method
  - 4.7.1. Kangaroo Method Approach
  - 4.7.2. Start of the Technique
- 4.8. Nipples and Pacifiers During Breastfeeding
  - 4.8.1. Description of Nipples and Pacifiers
  - 4.8.2. Precautions for Nipples and Pacifiers

## Module 5. Problems During Breastfeeding

- 5.1. Contraindications for Breastfeeding
  - 5.1.1. Situations that Contraindicate Breastfeeding
  - 5.1.2. Nutritional
- 5.2. Maternal Pathologies that Contraindicate Breastfeeding
  - 5.2.1. List Maternal Pathologies that Contraindicate Breastfeeding
  - 5.2.2. Advice on Contraindications to Breastfeeding
- 5.3. Newborn Pathologies that Contraindicate Breastfeeding
  - 5.3.1. List Neonatal Pathologies that Contraindicate Breastfeeding
  - 5.3.2. Counseling on Contraindications to Breastfeeding
- 5.4. Nipple Problems
  - 5.4.1. Different Types of Nipple
  - 5.4.2. Support to the Mother
- 5.5. Mammary Ingurgitation
  - 5.5.1. Concept
  - 5.5.2. Adequate Treatment
- 5.6. Mastitis
  - 5.6.1. Concept
  - 5.6.2. Adequate Treatment
- 5.7. Aids and Devices to Assist in Breastfeeding
  - 5.7.1. Different Breastfeeding Devices
  - 5.7.2. How to help Breastfeeding?

## Module 6. Other Types of Breastfeeding

- 6.1. Artificial Breastfeeding
  - 6.1.1. Concept
  - 6.1.2. Development of the Technique
- 6.2. Formula Milk: Handling and Disadvantages
  - 6.2.1. Formula Milk Preparation
  - 6.2.2. Benefits and Drawbacks

- 6.3. Preparation of a Baby Bottle
  - 6.3.1. Technique for Preparing a Baby Bottle
  - 6.3.2. Sterilizing Baby Bottles
- 6.4. Mixed Breastfeeding
  - 6.4.1. Concept
  - 6.4.2. How to Carry it Out?
- 6.5. Relactation
  - 6.5.1. Concept
  - 6.5.2. Indications
- 6.6. Combination of Breastfeeding with Nutrition
  - 6.6.1. Complementary Nutrition
  - 6.6.2. Nutritional Needs

## Module 7. Breastfeeding in Special Situations

- 7.1. Hypogalactia
  - 7.1.1. Concept
  - 7.1.2. Measures to Treat
- 7.2. Sick Newborns
  - 7.2.1. Different Pathologies
  - 7.2.2. Breastfeeding in Children with Pathologies
- 7.3. Prematurity
  - 7.3.1. Definition of Prematurity
  - 7.3.2. Breastfeeding in Premature Infants
- 7.4. Teenage Mothers
  - 7.4.1. Breastfeeding in Teenage Mothers
  - 7.4.2. Problems in Teenage Mothers
- 7.5. Breastfeeding and Lactation Amenorrhea Method (LAM)
  - 7.5.1. Concept
  - 7.5.2. Benefits of LAM

- 7.6. Cleft Lip and Lip Malformations
  - 7.6.1. Concept
  - 7.6.2. Support for Newborns and Breastfeeding Mothers
- 7.7. Breastfeeding and New Pregnancy
  - 7.7.1. Tandem Breastfeeding
  - 7.7.2. Nutritional
- 7.8. Breastfeeding and Stress
  - 7.8.1. Stress as a Detriment to Breastfeeding
  - 7.8.2. Measures to Cope with Stress

## Module 8. Common Situations During Breastfeeding

- 8.1. Crying and Breast Refusal
  - 8.1.1. Concept
  - 8.1.2. Immediate Attention
- 8.2. Breastfeeding Strike
  - 8.2.1. Concept
  - 8.2.2. Strike Counseling
- 8.3. Prolonged and Tandem Breastfeeding
  - 8.3.1. Concept
  - 8.3.2. Benefits
- 8.4. Co-Sleeping
  - 8.4.1. Concept
  - 8.4.2. Benefits of Co-sleeping
- 8.5. Working Outside the Home and Breastfeeding
  - 8.5.1. Incorporation into Work
  - 8.5.2. Support in this Situation
- 8.6. Milk Extraction: Methods and Tools
  - 8.6.1. Parts of the Breast Pump
  - 8.6.2. Use of the Breast Pump
- 8.7. Transport and Storage of Breast Milk
  - 8.7.1. Milk Storage Mechanisms
  - 8.7.2. Milk Transport

## Module 9. Drugs and Breastfeeding

- 9.1. Transfer of Drugs and Other Elements into Breast Milk
  - 9.1.1. Concept
  - 9.1.2. Medication Administration Contraindications
- 9.2. Drug Interaction and Breastfeeding
  - 9.2.1. Drug Interaction
  - 9.2.2. Medication administration
- 9.3. Most Commonly Used Drugs During Breastfeeding
  - 9.3.1. Drugs Indicated for Breastfeeding
  - 9.3.2. Indications
- 9.4. Web-Based Resources and Tools on Drugs and Breastfeeding
  - 9.4.1. Web about Breastfeeding and Drugs
  - 9.4.2. How to Search Online?
- 9.5. Harmful Substances and Breastfeeding
  - 9.5.1. Different Harmful Substances in Breastfeeding
  - 9.5.2. Attitude Towards the Ingestion of Harmful Substances

## Module 10. Breastfeeding Associations Initiatives and Legislation

- 10.1. Support Groups
  - 10.1.1. Concept
  - 10.1.2. Different Support Groups
- 10.2. Lactation Consultants
  - 10.2.1. Concept of Consultants
  - 10.2.2. Consultant's Roles
- 10.3. Innocenti Statement
  - 10.3.1. Protecting Breastfeeding Globally
  - 10.3.2. Protection Treaty
- 10.4. WHO Baby-Friendly Hospital Initiative (BFHI)
  - 10.4.1. Characteristics of the Initiative
  - 10.4.2. Objectives to be Met

- 10.5. Legislation for the Protection of Breastfeeding
  - 10.5.1. Current Legislation
  - 10.5.2. Rights and Responsibilities
- 10.6. Recommended Websites
  - 10.6.1. Online Queries
  - 10.6.2. Web Credibility

## Module 11. Diseases and Breastfeeding

- 11.1. Concept
  - 11.1.1. Definition of Diseases and Breastfeeding
  - 11.1.2. Performance
- 11.2. Absolute and False Contraindications
  - 11.2.1. Contraindications
  - 11.2.2. False Myths
- 11.3. HIV and Breastfeeding
  - 11.3.1. Concept
  - 11.3.2. Indications for Breastfeeding
- 11.4. Hepatitis and Breastfeeding
  - 11.4.1. Concept
  - 11.4.2. Indications for Breastfeeding
- 11.5. Oncological Processes and Breastfeeding
  - 11.5.1. Cancer and Breastfeeding
  - 11.5.2. Indications for Oncologic Process and Breastfeeding Mother
- 11.6. Special Situations in the Newborn that make Breastfeeding Difficult
  - 11.6.1. Newborn Special Situations
  - 11.6.2. Mechanisms for Adapting Special Situations and Breastfeeding
- 11.7. How to Promote Breastfeeding in Maternal-Fetal Conditions?
  - 11.7.1. Concept
  - 11.7.2. Encourage Breastfeeding In Situ



## Module 12. Maternal Inhibition or Weaning

- 12.1. Concept and Types
  - 12.1.1. Types of Inhibition
  - 12.1.2. Mechanism for Progressive Weaning
- 12.2. Physiology of Breastfeeding Inhibition
  - 12.2.1. Physiology of Inhibition
  - 12.2.2. Indications to Inhibit Breastfeeding
- 12.3. Ways to Speed Weaning
  - 12.3.1. How and When to Wean?
  - 12.3.2. How to Start Progressive Weaning?
- 12.4. Prolonged Breastfeeding
  - 12.4.1. Concept
  - 12.4.2. Benefits and Detriments
- 12.5. Medications Associated with Breastfeeding Inhibition
  - 12.5.1. Medication for Inhibition
  - 12.5.2. Indications
- 12.6. Entering Labor Market
  - 12.6.1. Stressful Situation on Incorporation
  - 12.6.2. Advice and Assistance

“ A 100% online university program that will keep you up to date with the latest research on breastfeeding and its benefits”

06

# 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.



“

*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.



# 07 Certificate

The Professional Master's Degree in Breastfeeding guarantees you, in addition to the most rigorous and updated training, access to a Professional Master's Degree issued by TECH Global University.





“

*Successfully complete this program  
and receive your university degree  
without travel or laborious paperwork”*

This program will allow you to obtain your **Professional Master's Degree certificate in 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.

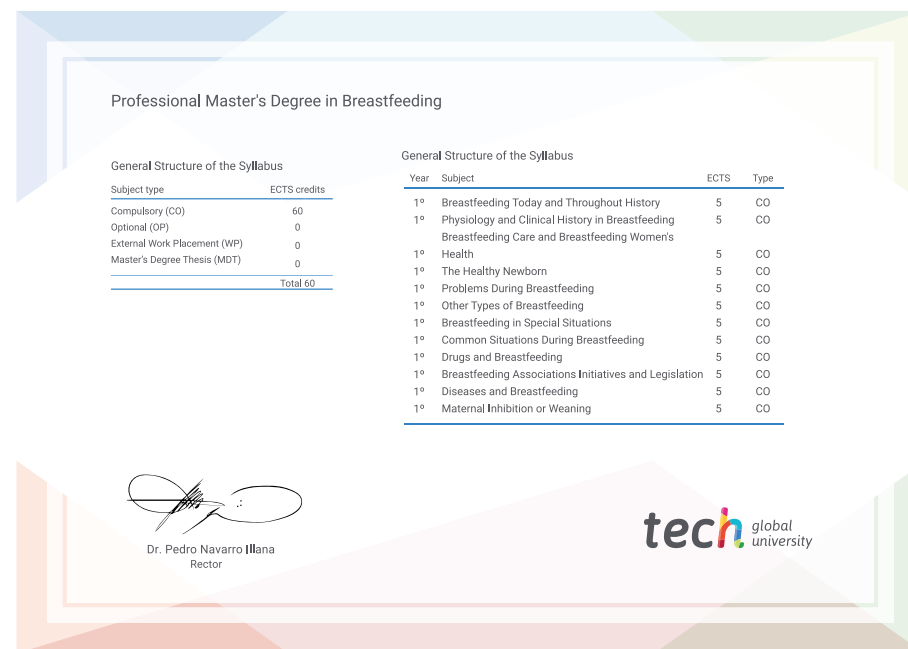
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Professional Master's Degree in Breastfeeding**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**



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



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education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
online training  
development languages  
virtual classroom



## Professional Master's Degree

### Breastfeeding

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

# Professional Master's Degree

## Breastfeeding

