

# Postgraduate Certificate Nursing Care in Pregnancy





## Postgraduate Certificate Nursing Care in Pregnancy

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Global University
- » Credits: 11 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nursing/postgraduate-certificate/nursing-care-pregnancy](http://www.techtute.com/us/nursing/postgraduate-certificate/nursing-care-pregnancy)

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01

# Introduction

The Spanish Society of Gynecology and Obstetrics (SEGO) considers that the birth of a healthy child is not, although it may seem so, a casual event. It is the result of a great deal of care and attention given with generosity and professionalism by different professional categories. It also considers that childbirth care should be based on the principles of humanization, fetal control and pain relief.





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*Improve your knowledge through this program, where you will find the best didactic material with real clinical cases. Learn here about the latest advances in the specialty to be able to perform a quality nursing practice"*

The Nursing Staff works in the care and attention of the pregnant woman ensuring basic care such as hygiene, comfort, psychological support and nutritional care, basic principles to ensure effective care. Thanks to the evolution of low-intervention childbirth advocated by the Ministry of Health and Social Policy, the different health professionals who work with the pregnant woman must provide adequate and effective care, reducing unnecessary interventions to a minimum and ensuring the privacy of the pregnant woman, as well as favoring newborn care such as cleaning, placing identification bracelets, etc., in close contact with the mother, favoring the maternal-filial bond.

The role of nursing in the evolution of the pregnant woman, the puerpera and her newborn is essential, provided by professionals dedicated directly to the care of the woman, as joint knowledge allows us to achieve care in favour of the recommendations on normal birth, as well as the latest standards developed in the Clinical Guide to Normal Birth published by the Ministry of Health and Social Policy this year.

This line of thought and action coincides with a strong change that has to take place in the relationship between health teams and the woman user, to move from a technical relationship to one in which the bioethical principle of autonomy and attention to the integrity of the person involved is prioritised. The aim is to comprehensively address the process that women face during childbirth and thus improve health outcomes for them and their babies. The Postgraduate Certificate is based on an institutional need to train health professionals involved in the process of pregnancy, childbirth and puerperium, in accordance with the objectives set by the Ministry of Health and Social Policy regarding the humanization of pregnancy and childbirth.

The general purpose of this training proposal is to train nursing professionals to meet the health needs of people with scientific rigor and the highest professional level. This course was created in response to multiple needs in the hospital environment for all professionals, both for those recently incorporated and those who have been providing their professional services for some time and who require constant updating in this very specific area of practice.

**This Postgraduate Certificate in Nursing Care in Pregnancy** contains the most complete and up to date. The most important features of the program include:

- ◆ Development of more than 75 clinical cases presented by experts in nursing care in pregnancy. Its graphic, schematic and eminently practical contents provide scientific and assistance information on those disciplines that are essential for professional practice.
- ◆ Advances in nursing care and intervention in pregnancy care
- ◆ It contains practical exercises where the self-evaluation process can be carried out to improve learning
- ◆ Algorithm-based interactive learning system for decision-making in the situations that are presented to the student.
- ◆ With special emphasis on evidence-based nursing and research methodologies in nursing care in pregnancy.
- ◆ 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



*Increase your competencies in the approach to nursing care in pregnancy through this program"*

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*This Postgraduate Certificate may be the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Nursing Care in Pregnancy, you will obtain a Postgraduate Certificate issued by TECH Global University"*

It includes in its teaching staff professionals belonging to the field of Nursing Care in Pregnancy, who bring to this training the experience of their work, in addition to recognized specialists belonging to scientific societies of reference.

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 training program to train in real situations.

The design of this program is based on problem-based learning, by means of which the nurse must try to solve the different professional practice situations that arise throughout the Postgraduate Certificate. For this, the nurse will be assisted by an innovative interactive video system developed by recognized experts in the field of Pregnancy Nursing Care with extensive teaching experience.

*The Postgraduate Certificate allows training in simulated environments, which provide immersive learning programmed to train for real situations.*

*It includes clinical cases to bring the program's degree as close as possible to the reality of care in Nursing.*



# 02 Objectives

The Postgraduate Certificate in Nursing Care in Pregnancy is oriented to facilitate the nurse's performance in the care of all patients with obstetric problems or at risk of suffering them.



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*This Postgraduate Certificate is designed for you to update your knowledge in nursing care in pregnancy, with the use of the latest educational technology, to contribute with quality and safety to decision making, care, monitoring and support of the patient"*



## General Objectives

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- ◆ Acquire knowledge in the specifics of Obstetric Care
- ◆ Promote work strategies based on a comprehensive approach to the patient as a standard model for achieving excellent care
- ◆ Encourage the acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through specific training.
- ◆ Encourage professional stimulation through continuous education and research

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*Seize the opportunity and take the step to get up to speed on the latest developments in nursing care in pregnancy”*





## Specific Objectives

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- ♦ Coordination between the professionals attending the process.
- ♦ Facilitating the first contact with the newborn
- ♦ Ensure identification of the NB

03

# Course Management

The program includes in its teaching staff reference specialists in nursing care in pregnancy who bring to this training the experience of their work. Additionally, other recognized specialists participate in its design and preparation, which means that the program is developed in an interdisciplinary manner.





*Learn from reference professionals, the latest advances in procedures in the field of nursing care in pregnancy"*

## Management



### Dr. Rodríguez Díaz, Luciano

- ♦ Matron. University Hospital of Ceuta
- ♦ Lecturer at the University Centre of Nursing of Ronda
- ♦ Lecturer in the Ceuta Midwifery Teaching Unit
- ♦ Member of the group of Obstetric and Gynecologic Emergencies of the SEEUE.
- ♦ Responsible for Perinatal Health: Reproductive Sexual Health and Normal Childbirth of Ingesa.
- ♦ Member of the Clinical Commission for Research and Continuing Education of the University Hospital of Ceuta.
- ♦ Full member of the Institute of Ceuta Studies.
- ♦ Member of the Editorial Board of the European Journal of Health Research.
- ♦ Doctor from the University of Granada



### Dr. Vázquez Lara, Juana María

- ♦ Nurse of the 061 of Ceuta
- ♦ Ceuta Health Area Matron
- ♦ Head of Studies of the Ceuta Midwifery Teaching Unit.
- ♦ Professor of the Ceuta Midwifery Teaching Unit
- ♦ Coordinator of SEEUE obstetric-gynecologic emergencies group.
- ♦ PhD from the University of Granada

## Professors

### **Andrés Núñez, Carmen Patricia**

- ◆ Specialist in Obstetrics and Gynecology at the University Hospital of Ceuta.

### **Carrasco Racero, María Mercedes**

- ◆ Nurse and Internship Coordinator at the University Center of Ronda.

### **De Dios Pérez, María Isabel**

- ◆ Midwife at the Zaragoza University Hospital

### **Díaz Lozano, Paula**

- ◆ Midwife at the Ceuta University Hospital

### **Gilart Cantizano, Patricia**

- ◆ Specialized Care Midwife Campo de Gibraltar and Quirón Campo de Gibraltar

### **Llinás Prieto, Lucía**

- ◆ Nurse in Specialized Care Cadiz

### **Márquez Díaz, Antonio**

- ◆ Midwife at Hospital Costa del Sol de Marbella and Hospital Quirón Campo de Gibraltar

### **Mérida Téllez, Juanma**

- ◆ Midwife Costa del Sol de Marbella Hospital

### **Mérida Yáñez, Beatriz**

- ◆ Dr. Primary Care Midwife Extremadura

### **Muñoz Vela, Francisco Javier**

- ◆ Midwife in Specialized Care at the Maternal-Children's Hospital of Malaga

### **Palomo Gómez, Rocío**

- ◆ Ceuta Specialized Care Midwife

### **Revidiego Pérez, María Dolores**

- ◆ Specialized Care Midwife Campo de Gibraltar and Quirón Campo de Gibraltar

### **Rivero Gutiérrez, Carmen**

- ◆ Ceuta Specialized Care Midwife

### **Rodríguez Díaz, David**

- ◆ Nurse at Nuestra Señora de Candelaria University Hospital

### **Vázquez Lara, Francisco José**

- ◆ Degree in Biological Sciences

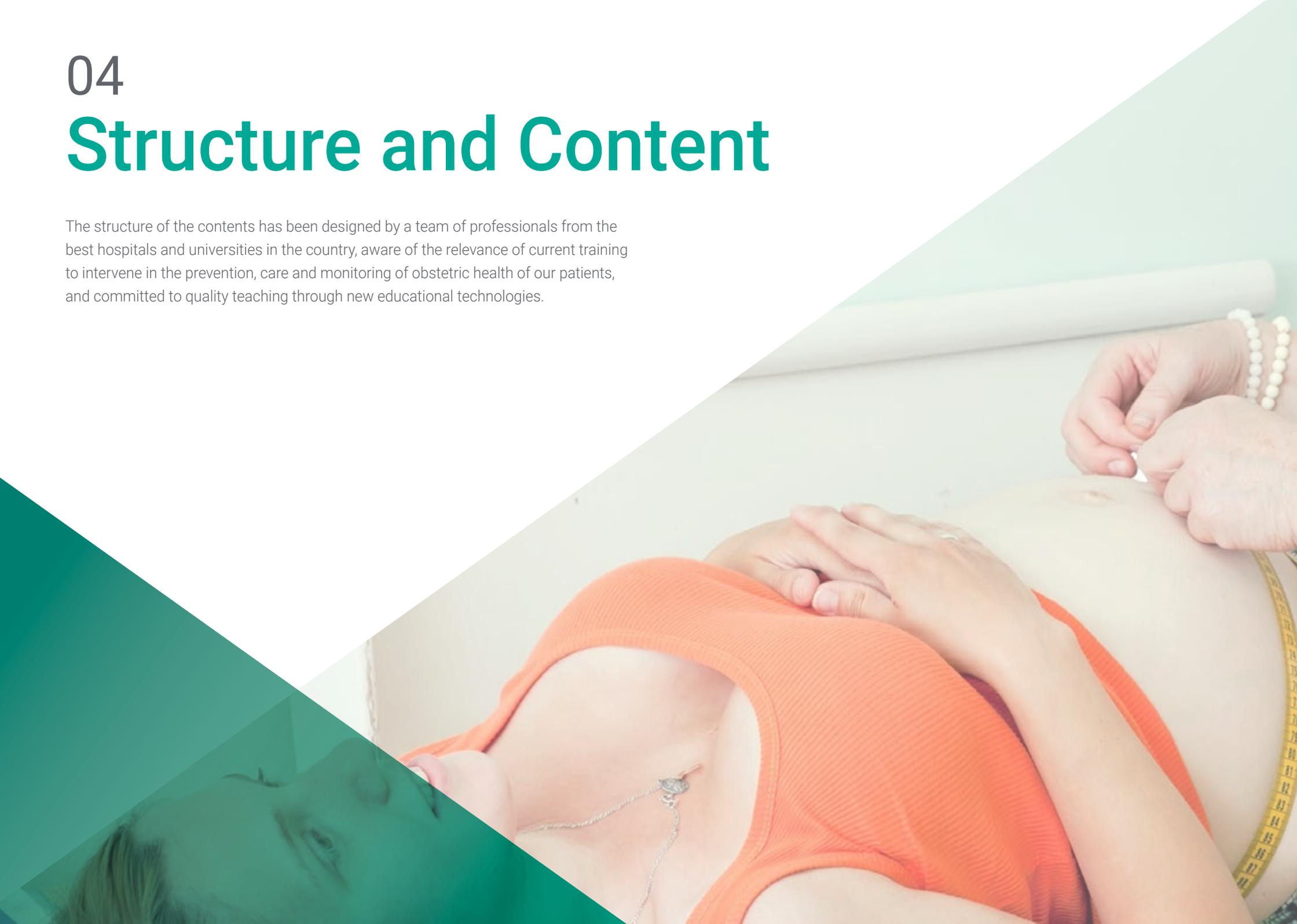
### **Vázquez Lara, María Dolores**

- ◆ Campo de Gibraltar Primary Care Nurse

04

# Structure and Content

The structure of the contents has been designed by a team of professionals from the best hospitals and universities in the country, aware of the relevance of current training to intervene in the prevention, care and monitoring of obstetric health of our patients, and committed to quality teaching through new educational technologies.





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*This Postgraduate Certificate in Nursing Care in Pregnancy contains the most complete and up to date scientific program on the market"*

## Module 1. Pregnancy

- 1.1. Duration of Pregnancy Nomenclature
- 1.2. Anatomico-physiological Modifications
  - 1.2.1. Cardiovascular and Cardiac Changes
    - 1.2.1.1. Cardiac Changes
    - 1.2.1.2. Hematological Changes
    - 1.2.1.3. Vascular Changes
  - 1.2.2. Respiratory Changes
    - 1.2.2.1. Anatomical Changes
    - 1.2.2.2. Functional Changes
  - 1.2.3. Renal and Urinary Changes
    - 1.2.3.1. Anatomical Modifications
    - 1.2.3.2. Functional Modifications
  - 1.2.4. Metabolic Changes
    - 1.2.4.1. Weight Gain
    - 1.2.4.2. Basal Metabolism
    - 1.2.4.3. Carbohydrate Metabolism
    - 1.2.4.4. Lipid Metabolism
    - 1.2.4.5. Protein Metabolism
    - 1.2.4.6. Acid-base Equilibrium
    - 1.2.4.7. Water Metabolism
    - 1.2.4.8. Minerals and Vitamins
  - 1.2.5. Genital and Breast Changes
    - 1.2.5.1. External Genitalia
    - 1.2.5.2. Internal Genitals
    - 1.2.5.3. Breast Changes
  - 1.2.6. Endocrine Changes
    - 1.2.6.1. Constitution of the Fetoplacental Unit
    - 1.2.6.2. Pituitary
    - 1.2.6.3. Thyroid
    - 1.2.6.4. Parathyroid
    - 1.2.6.5. Pancreas.
    - 1.2.6.6. Adrenal Gland
  - 1.2.7. Skin and Eye Changes
    - 1.2.7.1. Vascular Changes
    - 1.2.7.2. Pigmentation Changes
    - 1.2.7.3. Integumentary System
    - 1.2.7.4. Eye Changes
  - 1.2.8. Gastrointestinal Changes
    - 1.2.8.1. Mouth
    - 1.2.8.2. Esophagus and Stomach
    - 1.2.8.3. Intestine
    - 1.2.8.4. Liver
    - 1.2.8.5. Gallbladder
  - 1.2.9. Musculoskeletal Changes
    - 1.2.9.1. Change of Center of Gravity
    - 1.2.9.2. Pelvis
    - 1.2.9.3. Musculoskeletal Disorders
- 1.3. Gestational Diagnosis for Midwives
  - 1.3.1. Diagnosis of Pregnancy
  - 1.3.2. Biochemical Tests
    - 1.3.2.1. Biological Tests
    - 1.3.2.2. Immunological Tests
  - 1.3.3. Ultrasound
  - 1.3.4. Signs and Symptoms
    - 1.3.4.1. Signs
    - 1.3.4.2. Symptoms
- 1.4. Prenatal Care. Midwife's program of gestational control.
  - 1.4.1. Prenatal Care
  - 1.4.2. Gestation Control Program
    - 1.4.2.1. First Pregnancy Check-Up Visit (10 weeks)
    - 1.4.2.2. Successive Prenatal Visits
  - 1.4.3. Perinatal Risk Assessment
  - 1.4.4. Prenatal Control Protocols
    - 1.4.4.1. Definition
    - 1.4.4.2. Objectives
    - 1.4.4.3. Personnel involved.
    - 1.4.4.4. Process



- 1.5. Prenatal Diagnosis
  - 1.5.1. Non-invasive Techniques
  - 1.5.2. Invasive Techniques
  - 1.5.3. Couple Counseling in Prenatal Diagnosis
    - 1.5.3.1. Definition
    - 1.5.3.2. General Objectives
    - 1.5.3.3. Specific Objectives
    - 1.5.3.4. Target Population
    - 1.5.3.5. Description of the Process
- 1.6. Health Education of the Midwife to the Pregnant Woman
  - 1.6.1. Health Education for Pregnant Women
  - 1.6.2. Healthy Habits
    - 1.6.2.1. Feeding
    - 1.6.2.2. Consumption of Harmful Substances
    - 1.6.2.3. Work
    - 1.6.2.4. Sport
    - 1.6.2.5. Travel
    - 1.6.2.6. Hygiene, Clothing and Footwear
    - 1.6.2.7. Violence in Pregnancy
  - 1.6.3. Sexuality
  - 1.6.4. Common Discomforts During Pregnancy
    - 1.6.4.1. Cardiovascular
    - 1.6.4.2. Dermatological
    - 1.6.4.3. Digestive
    - 1.6.4.4. Locomotives
    - 1.6.4.5. Respiratory
    - 1.6.4.6. Genitourinary.
  - 1.6.5. Warning Signs
  - 1.6.6. Promoting Breastfeeding
  - 1.6.7. Birth Plan

- 1.7. Nutrition of the Pregnant Woman
  - 1.7.1. Dietary Assessment
    - 1.7.1.1. Energy Requirements
    - 1.7.1.2. Food Selection
    - 1.7.1.3. Supplements during Pregnancy
    - 1.7.1.4. Weight Gain
  - 1.7.2. Special Situations
    - 1.7.2.1. Medical treatment
    - 1.7.2.2. Vegetarians
  - 1.7.3. Dietary Counseling in Pregnancy
- 1.8. Drugs in Pregnancy
  - 1.8.1. Drugs in Pregnancy
  - 1.8.2. Pharmacology in Pregnancy
  - 1.8.3. Mechanisms of Action in the Mother and Fetus
    - 1.8.3.1. Mother
    - 1.8.3.2. Placenta
    - 1.8.3.3. Fetus
  - 1.8.4. Use and Management of Drugs in Pregnancy
  - 1.8.5. Indications, Pharmacological Interaction and Dosage
    - 1.8.5.1. Anti-inflammatory, Analgesic, and Antipyretic Medications.
    - 1.8.5.2. Gastroesophageal Reflux Prophylactics and Antiulcer Agents
    - 1.8.5.3. Anticoagulants
    - 1.8.5.4. Laxatives
    - 1.8.5.5. E. Vitamins
    - 1.8.5.6. Antianemics
    - 1.8.5.7. Antiarrhythmics
    - 1.8.5.8. Antihypertensives.
    - 1.8.5.9. Hormones
    - 1.8.5.10. Oral Contraceptives
    - 1.8.5.11. Oral Antidiabetics
    - 1.8.5.12. Corticoids
    - 1.8.5.13. Dermatological Treatments.
    - 1.8.5.14. N. Antiviral Treatments
    - 1.8.5.15. Trichomonocides





- 1.8.5.16. Antibiotics
- 1.8.5.17. Antiasmatics
- 1.8.5.18. Antitussives
- 1.8.5.19. Rhinological
- 1.8.5.20. Antihistamines
- 1.8.5.21. Antiepileptics
- 1.8.5.22. Antidepressants
- 1.8.5.23. Antipsychotics
- 1.8.6. Annex. FDA Classification of the Different Drug Groups
- 1.9. Psychosocial Aspects in Pregnancy
  - 1.9.1. Psychosocial Aspects in Pregnancy
  - 1.9.2. Cultural and Religious Influences
  - 1.9.3. The Meaning and Impact of Pregnancy on the Couple and the Family and Social Environment
  - 1.9.4. Psychological Changes in Pregnancy
    - 1.9.4.1. The First Quarter
    - 1.9.4.2. The Second Quarter
    - 1.9.4.3. The Third Quarter
  - 1.9.5. Affective Bond



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

05

# Methodology

This training provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used 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.





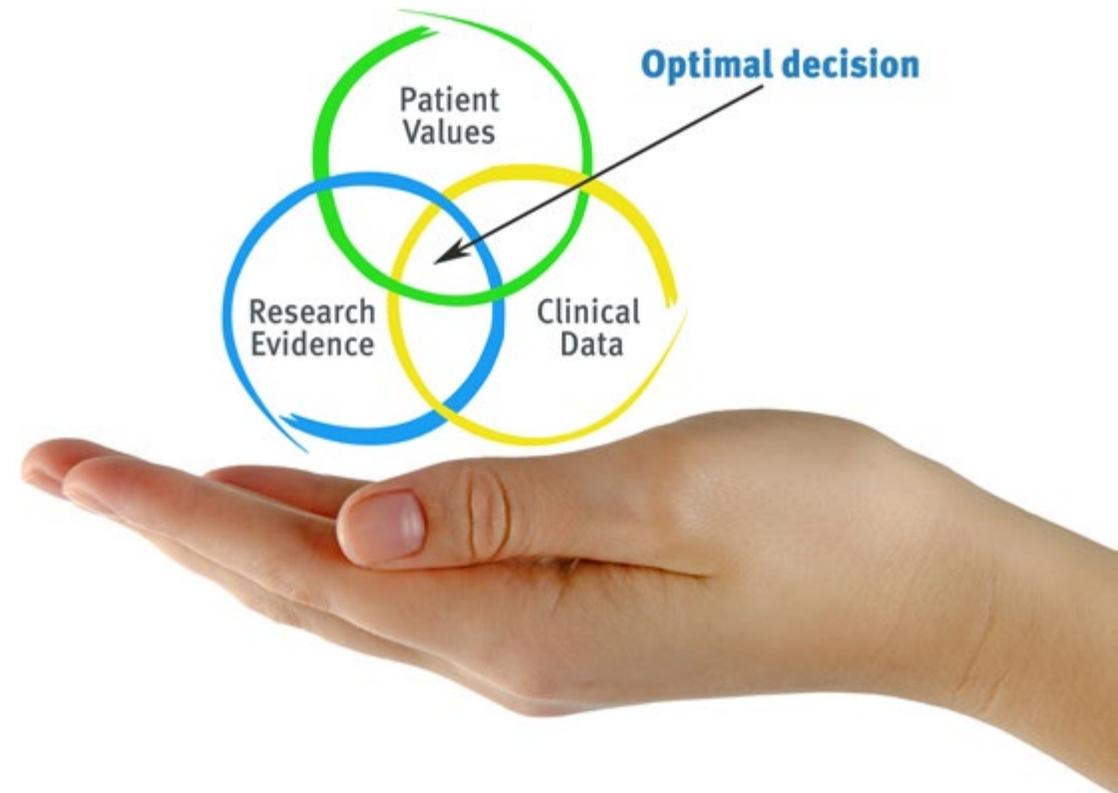
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*Discover Re-learning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH Nursing School we use the Case Method

In a given clinical situation, what would you do? Throughout the program, you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is abundant scientific evidence on the effectiveness of the method. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology that is shaking the foundations of traditional universities around the world.*



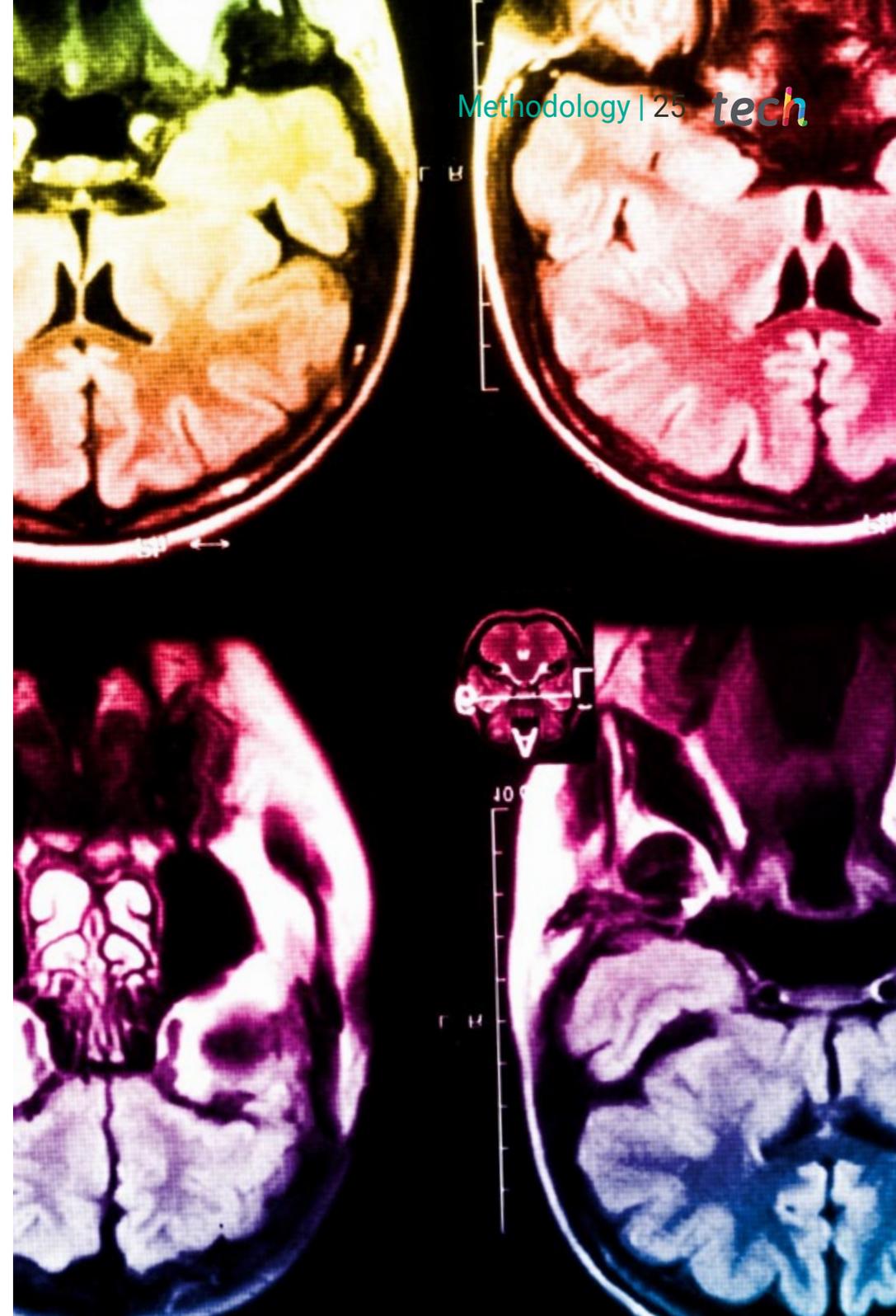
According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, in an attempt to recreate the real conditions in professional nursing 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. Nurses who follow this method not only grasp concepts, but also develop their mental capacity by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 university program.



## Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

Our 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, which represent a real revolution with respect to simply studying and analyzing cases.



*The nurse will learn through real cases and by solving 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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 175,000 nurses with unprecedented success, in all specialties regardless of from the workload. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Re-learning 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 (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.

In this program you will have access to the best educational material, prepared with you 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 really specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current nursing procedures and techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



### Interactive Summaries

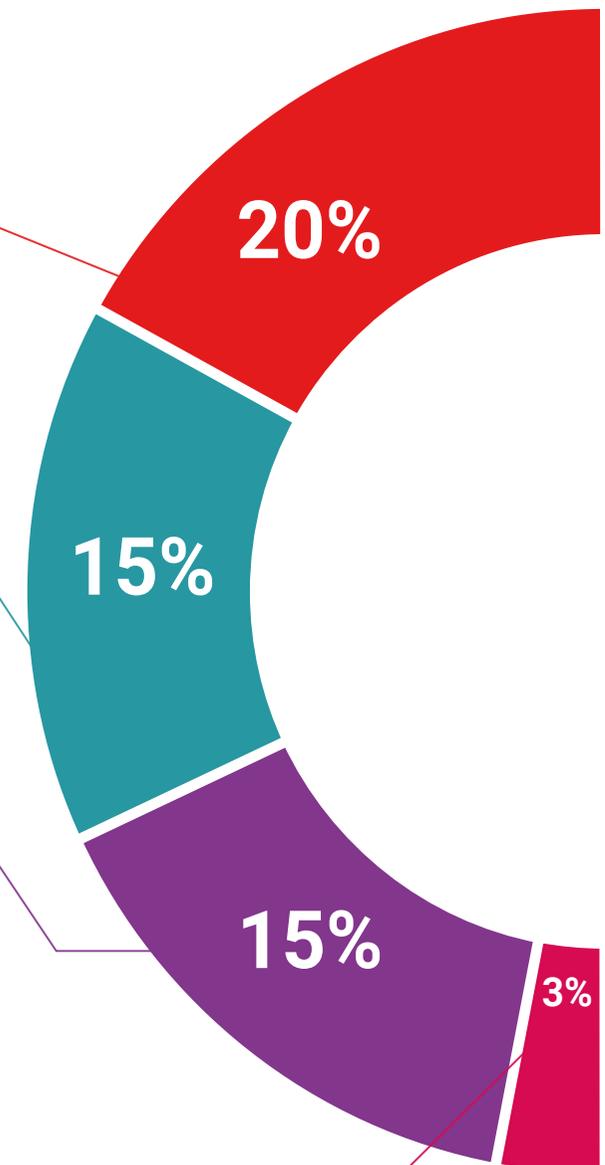
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

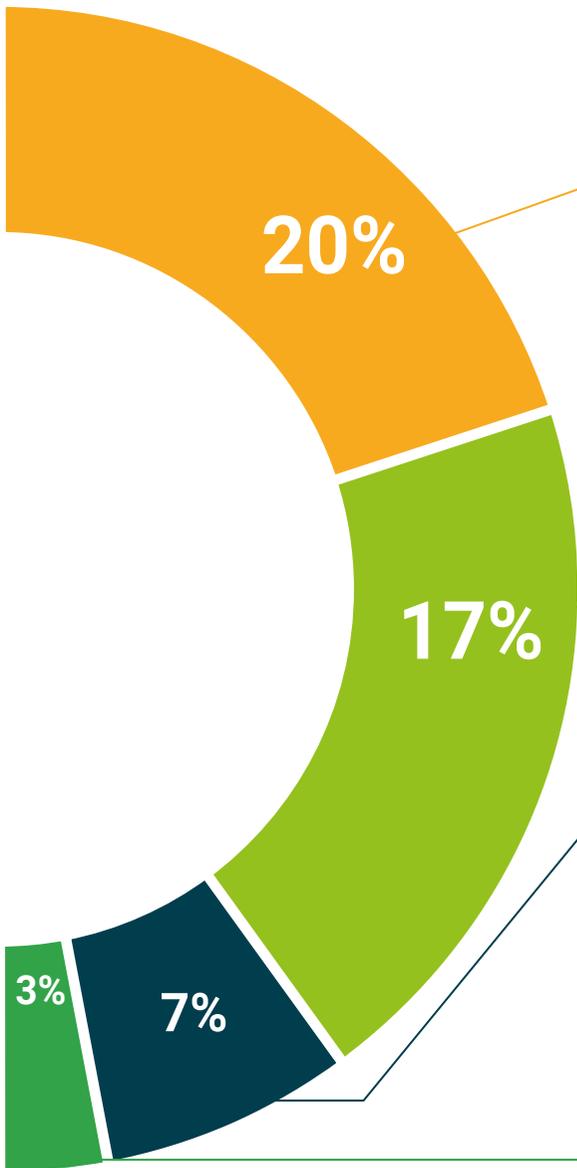
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



### Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.





### Expert-led case studies and case analysis

Effective learning ought to be contextual. For this reason, we will present you with real case developments in which the expert will guide you through the development of attention and the resolution of different situations: a clear and direct way to achieve the highest degree of understanding.



### Testing & Re-testing

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your goals.



### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an expert strengthens knowledge and memory, and generates confidence in our future difficult decisions.



### Quick Action Guides

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



# 06 Certificate

The Postgraduate Certificate in Nursing Care in Pregnancy guarantees you, in addition to the most rigorous and up to date training, access to a Postgraduate Certificate diploma issued by TECH Global University.





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

This program will allow you to obtain your **Postgraduate Certificate in Nursing Care in Pregnancy** 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 Nursing Care in Pregnancy**

Modality: **online**

Duration: **12 weeks**

Accreditation: **11 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 quality  
development languages  
classroom



## Postgraduate Certificate Nursing Care in Pregnancy

- » Modality: online
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- » Schedule: at your own pace
- » Exams: online

# Postgraduate Certificate Nursing Care in Pregnancy

