

# Postgraduate Certificate

Breastfeeding Care and  
Breastfeeding Women's  
Health for Midwives



## Postgraduate Certificate Breastfeeding Care and Breastfeeding Women's Health for Midwives

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

Website: [www.techtute.com/pk/nursing/postgraduate-certificate/breastfeeding-care-breastfeeding-womens-health-midwives](http://www.techtute.com/pk/nursing/postgraduate-certificate/breastfeeding-care-breastfeeding-womens-health-midwives)

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# 01

# Introduction

Midwives have accompanied pregnant women since the beginning of time. For this reason, they are the health staff best prepared to accompany women at this stage. Especially when it comes to Breastfeeding Care and Breastfeeding Women's Health, so it is essential to keep up to date and with the right knowledge. TECH, in its interest to provide the best education, has brought together a team of professionals in the area to develop this complete program, in which all the aspects that the Midwife must know to exercise a correct performance in the care of the Breastfeeding Woman. A 100% online educational space that has the quality and comfort that today's professional requires.





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*A Postgraduate Certificate created by the best Nursing professionals specialized in Gynecology and Obstetrics, with extensive experience in the health care of the Nursing Woman"*

The midwife not only performs technical assistance functions during pregnancy, but is also the recommended staff to provide recommendations regarding general care, ask questions, and provide support for the needs presented by the breastfeeding woman.

In this sense, they must keep abreast of the latest news on the subject, to be able to give the first recommendations during pregnancy, about the evolution of breastfeeding, the care to be followed, among other aspects that will be precisely expanded in this high-level educational field.

A syllabus focused on the effects of breastfeeding on women's health in the medium and long term, the different techniques for breastfeeding, the promotion of physical activity during breastfeeding, as well as all the observation and support during this important stage of the woman and her newborn.

Therefore, in just a few weeks, this Postgraduate Certificate in Breastfeeding Care and Breastfeeding Women's Health for Midwives will provide the graduate with the best knowledge in the field. Through the 100% online connection from your favorite digital device and with the tutoring of expert teachers, you will enjoy content in various formats that will facilitate the learning process.

As a result, you will obtain the qualification that will allow you to offer quality service to your patients and stand out in the healthcare sector with unique skills and qualities. This, without the need to travel to a classroom, since the methodology and technology used by TECH allows you to study at your own pace.

This **Postgraduate Certificate in Breastfeeding Care and Breastfeeding Women's Health for Midwives** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical case studies presented by experts in Breastfeeding for Midwives
- ♦ 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



*By taking this educational program you will be able to intervene in this area with total confidence and up-to-date knowledge, playing an adequate role in the support of the breastfeeding woman"*

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*The most complete educational program on the market today, 100% online based on the Relearning methodology that will allow you to learn in an easy and comfortable way"*

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 course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*You will be up to date on the most appropriate physical activities and diets for breastfeeding.*

*You will be able to educate the breastfeeding woman about the short, medium and long term effects of breastfeeding on her health.*



# 02 Objectives

Midwives play a fundamental role in a woman's pregnancy. It is an important support for their care and recommendations, especially in processes such as breastfeeding, which is different for each mother. For this reason, they must be qualified professionals with the necessary knowledge to provide the best guidance and assistance during this stage. This Postgraduate Certificate aims to provide the professional in the area with all the news regarding the health of breastfeeding women.





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*This 100% online educational program will provide you with the most advanced and current knowledge about the care of the breastfeeding mother"*



## General Objectives

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- Gain up-to-date knowledge on 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 education
- Encourage professional stimulation through continuous education and research







## Specific Objectives

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

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*You will be able to recommend the most appropriate techniques to the nursing mother for breastfeeding”*

03

# Course Management

Within the teaching team of this Postgraduate Certificate are outstanding nursing professionals specialized in Obstetrics and Gynecology, who have dedicated the last years to the continuous updating of knowledge. Therefore, the content is based on the latest advances in Breastfeeding Care and Breastfeeding Women's Health for Midwives and the most relevant and useful aspects to perform successfully in this area will be understood.





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*Leading Nursing professionals specializing in Obstetrics and Gynecology have contributed decades of experience in developing the content of this program, exclusively for TECH"*

## Management



### Ms. Aguilar Ortega, Juana María

- ♦ Breastfeeding Coordinator at 12 de Octubre Hospital
- ♦ Neonatal Nurse at the 12 de Octubre Hospital
- ♦ Co-author of studies on Breastfeeding during Puerperium
- ♦ Teacher in university studies of Nursing
- ♦ Certified Lactation Consultant

## Professors

### Mr. Carrasco Guerrero, Manuel

- ♦ Midwife at the University Hospital of Ceuta
- ♦ Obstetric-Gynecological Nursing Specialization
- ♦ Best oral communication Prize at the International Congress of Nursing and Physiotherapy of Ceuta and Melilla

### Ms. De Dios Pérez, María Isabel

- ♦ Midwife at the University Hospital of Zaragoza
- ♦ Diploma in Nursing
- ♦ Nursing Specialist in Obstetrics and Gynecology

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

- ♦ Expert midwife in Gynecobstetric Triages
- ♦ Midwife at Churriana de la Vega Health Center
- ♦ Midwife in the Obstetrics Service of the Maternal and Child Hospital of Jaén
- ♦ Midwife at the University Hospital of Ceuta
- ♦ Member of: Andalusian Association of Midwives

### Ms. Armijo Navarro, Elena

- ♦ Midwife at the San Sebastián Hospital

**Dr. Vázquez Lara, Juana María**

- ♦ Primary Care Nurse
- ♦ Emergency Service of 061 Nurse of the Ceuta Health Management Area
- ♦ PhD from the University of Granada
- ♦ Acting midwife of the Delivery Service at the University Hospital of Ceuta
- ♦ Head of Studies of the Ceuta Midwifery Teaching Unit
- ♦ Professor in the Ceuta Midwifery Teaching Unit
- ♦ National Coordinator of the Obstetrical-Gynecological Emergencies Working Group of the Spanish Society of Emergency Nursing (SEEUE)
- ♦ Master's Degree of the Official Doctoral Program in Physical Education and Health
- ♦ University Expert on "Health Promotion in the Community" UNED
- ♦ Speciality in Obstetric and Gynecological Nursing (Midwife) at the Costa del Sol Hospital in Marbella of the University School of Nursing and Midwifery of Málaga by the University of Málaga
- ♦ University Diploma in Nursing, Salus Infirmorum University School of Nursing, University of Cádiz

**Ms. Del Pozo Álvarez, Lidia**

- ♦ Expert nurse midwife in Gynecology and Obstetrics
- ♦ Midwife at University Hospital of Ceuta
- ♦ Midwife in health centers in Cordoba
- ♦ Midwife in health centers in Lanzarote

**Ms. Gómez González, Irene**

- ♦ Midwife at the University Hospital of Ceuta

**Dr. Rodríguez Díaz, Luciano**

- ♦ Nursing Specialist in Obstetrics and Gynecology
- ♦ Head of Studies of the Obstetric-Gynecological Nursing Teaching Unit (Midwife) of the University Hospital of Ceuta
- ♦ Midwife at the University Hospital of Ceuta
- ♦ Teacher at the University Centre of Nursing Virgen of La Paz. Ronda, Spain
- ♦ Professor of the Ceuta Midwifery Teaching Unit
- ♦ Vocal of the Emergencies Group of the Spanish Society of Emergency Nurses (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
- ♦ Member of: Instituto de Estudios Ceutíes, Editorial Board of the European Journal of Health Research and Sociedad Española de Medicina de Urgencias y Emergencias
- ♦ PhD from the University of Granada
- ♦ Master's Degree in Physical Education and Health from the University of Granada
- ♦ Master's Degree in Gynecological Nursing from the CEU Cardenal Herrera University
- ♦ Master's Degree in Obstetric Nursing from the CEU Cardenal Herrera University
- ♦ Speciality in Obstetric and Gynecological Nursing from the University of Málaga
- ♦ University Diploma in Nursing, University of Cadiz
- ♦ Currently studying a Postgraduate Diploma in Community Health Promotion in National University of Remote Education

**Ms. Díaz Lozano, Paula**

- ♦ Midwife, University Hospital Virgen de Valme
- ♦ Midwife in the Ceuta Health Area
- ♦ Specialist in Obstetrics and Gynecology at the University Hospital of Ceuta
- ♦ Teacher specialized in Obstetrics
- ♦ Diploma in Nursing by Faculty of Nursing and Physiotherapy of Cádiz

**Ms. Hachero Rodríguez, Carmen María**

- ♦ Midwife at the Hospital of Zaragoza
- ♦ Member of: Board of Directors of the Andalusian Association of Midwives
- ♦ Training spokesperson

**Ms. Rojas Carmona, Belén**

- ♦ Midwife at the University Hospital of Ceuta

**Ms. Ortega del Valle, Silvia**

- ♦ Midwives Service, Marqués de Valdecilla University Hospital
- ♦ Midwife at the University Hospital of Salamanca
- ♦ Nurse at the Marqués de Valdecilla University Hospital
- ♦ Master's Degree in Perinatal and Child Care from the Autonomous University of Madrid and FUDEN
- ♦ Master's Degree in Breastfeeding for Midwives by the Cardenal Herrera University
- ♦ Nurse specialized in Obstetric-Gynecological Nursing by the UDM of Ceuta
- ♦ Diploma in Nursing from the Pontifical University of Salamanca

**Ms. Miquelajáuregui Espinosa, Araceli**

- ♦ Midwife at the University Hospital of Ceuta

**Ms. Martínez Picón, Claudia**

- ♦ Midwife at Costa del Sol Hospital
- ♦ Midwife at the University Hospital of Ceuta
- ♦ Diploma in Nursing

**Ms. Mohamed Mohamed, Dina**

- ♦ Midwife at the University Hospital of Ceuta

**Martín Ansede, Esperanza**

- ♦ Pediatric Nurse. University Hospital of Ceuta



*Make the most of this opportunity to learn about the latest advances in this field in order to apply it to your daily practice"*





# 04

# Structure and Content

Studying 100% online offers countless advantages, but only with the methodology implemented by TECH the assimilation of the content becomes much more agile and simple. This is *Relearning*, a modern teaching method that will allow you to live a unique and avant-garde experience. In addition, you will have material designed in different formats, distributed in different multimedia resources through the most comfortable to use and secure educational platform. In just 6 weeks you will achieve the qualification that will allow you to successfully perform as a Midwife, in Breastfeeding Care and Breastfeeding Women's Health.





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*TECH has the most advanced technology and learning methodology that will allow you to obtain new knowledge in an agile and effective way. Enroll now and advance in your career"*



## Module 1. Breastfeeding Care and Breastfeeding Women's Health

- 1.1. First Recommendations during Pregnancy
  - 1.1.1. Evolution of Breastfeeding in Pregnancy
  - 1.1.2. Breastfeeding Care in Pregnancy
- 1.2. Breast Care during Breastfeeding
  - 1.2.1. General Care
  - 1.2.2. Specific Advice
- 1.3. Proper Techniques for Breastfeeding
  - 1.3.1. Different Breastfeeding Techniques
  - 1.3.2. Incorrect Breastfeeding Measures
- 1.4. Effects of Breastfeeding on Women's Health in the Short Term
  - 1.4.1. Immediate Benefits of Breastfeeding in Women
  - 1.4.2. Positive Breastfeeding Tips
- 1.5. Effects of Breastfeeding on Women's Health in the Mid- and Long-Term
  - 1.5.1. Long-term Benefits of Breastfeeding
  - 1.5.2. Mid-term Benefits of Breastfeeding
- 1.6. Maternal Diet and Breastfeeding
  - 1.6.1. Foods that alter Breast Milk
  - 1.6.2. Foods that benefit Breastfeeding
- 1.7. Physical Activity and Breastfeeding
  - 1.7.1. Encouraging Physical Activity During Breastfeeding
  - 1.7.2. Contraindications to Physical Activity During Breastfeeding







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*You will have a variety of resources within the study material that will make the comprehension process much more dynamic and lighter”*

# 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 Nursing School we use the Case Method

In a given situation, what should a professional do? 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. 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 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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of 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 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 we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. 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 really 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.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, 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 them as many times as you want.



### 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 suggesting that observing third-party experts can be useful.

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 Breastfeeding Care and Breastfeeding Women's Health for Midwives guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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*Successfully complete this program  
and receive your university qualification  
without having to travel or fill out  
laborious paperwork”*

This **Postgraduate Certificate in Breastfeeding Care and Breastfeeding Women's Health for Midwives** contains the most complete and up-to-date scientific program on the market.

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

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

Title: **Postgraduate Certificate in Breastfeeding Care and Breastfeeding Women's Health for Midwives**

Official N° of Hours: **125 h.**



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



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



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