

# Postgraduate Certificate

## Breastfeeding Inhibition for Nursing





## Postgraduate Certificate Breastfeeding Inhibition for Nursing

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

Website: [www.techtute.com/in/nursing/postgraduate-certificate/breastfeeding-inhibition-nursing](http://www.techtute.com/in/nursing/postgraduate-certificate/breastfeeding-inhibition-nursing)

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01

# Introduction

For the breastfeeding mother and the baby, one of the most important moments of breastfeeding is the end of it. A delicate time for your emotional and physical health that needs the support of the most qualified nursing professionals in this area. This Postgraduate Certificate is TECH's answer to that need: a high-level Postgraduate Certificate that will propel you towards excellence.





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*A Postgraduate Certificate that compiles the most important advances and updates of the international scientific panorama in Breastfeeding Inhibition created for the nursing professional in a special way”*



Breastfeeding provides significantly better protection than artificial feeding against diarrheal diseases and respiratory infections in children, the main causes of mortality in low-income populations. In 1993, WHO estimated that 1.5 million infant deaths could be prevented each year through effective breastfeeding. In addition, formula milk is not only expensive, but can be a risk factor for malnutrition, as some mothers may be tempted to dilute it or switch prematurely to other forms of feeding. On the other hand, in some high-income countries many mothers stop breastfeeding earlier than they wish; although about 80% of mothers decide to breastfeed when they give birth, only 36% continue six months after delivery. Many mothers stop breastfeeding because they have a mistaken perception that their milk does not nourish their newborn, they lose confidence in themselves and that they are producing enough milk for their child to be properly nourished.

In the last three decades, the low incidence and duration of breastfeeding have been recognized as a public health problem.

The European Action Plan for the protection, promotion and support of breastfeeding recognizes breastfeeding as a public health priority. Society suffers from the detriments of non-breastfeeding, since artificial breastfeeding means an increase in health care costs due to the greater disease associated with non-breastfeeding; the mother has a greater risk of postpartum hemorrhage, spinal and hip fracture after menopause, rheumatoid arthritis, uterine, breast and ovarian cancer, hypertension, anxiety and depression. The increased disease of non-breastfed infants and their mothers leads to an increase in absenteeism from work, and companies are also suffering from these effects. Breastfed children cause less expenses to their families, to society in medicines and use of health services and cause fewer losses due to absenteeism from work, and we must not forget that it saves natural resources, does not pollute the environment and does not need to spend on manufacturing, packaging or transportation.

This **Postgraduate Certificate in Breastfeeding Inhibition for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features of the program include:

- ♦ The development of case studies presented by experts in Diseases and Breastfeeding.
- ♦ The graphic, schematic, and eminently practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional practice.
- ♦ New developments on Diseases and Breastfeeding.
- ♦ Practical exercises where self-assessment can be used to improve learning.
- ♦ Emphasis on innovative methodologies in Diseases and Breastfeeding.
- ♦ 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



*An essential Postgraduate Certificate that will allow you to face all the situations that may arise during the inhibition of breastfeeding, with the security of the most up-to-date knowledge"*

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*This Postgraduate Certificate may be the best investment you can make when choosing a refresher program for two reasons: in addition to updating your knowledge in Inhibition of Breastfeeding for Nursing, you will obtain a certificate from TECH - Technological University"*

Its teaching staff includes professionals belonging to the field of Breastfeeding Inhibition for Nursing, who pour into this training the experience of their work, in addition to recognized specialists belonging to reference 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 an immersive training program to train in real situations.

The design of this program is based on Problem-Based Learning, by means of which the student must try to solve the different professional practice situations that arise throughout the program. For this, the student will be assisted by an innovative interactive video system developed by recognized experts in the field of Breastfeeding Inhibition for Nursing, and with extensive teaching experience.

*A learning focused on practice, with real immersion videos that will allow you to perform in practice in complete safety.*

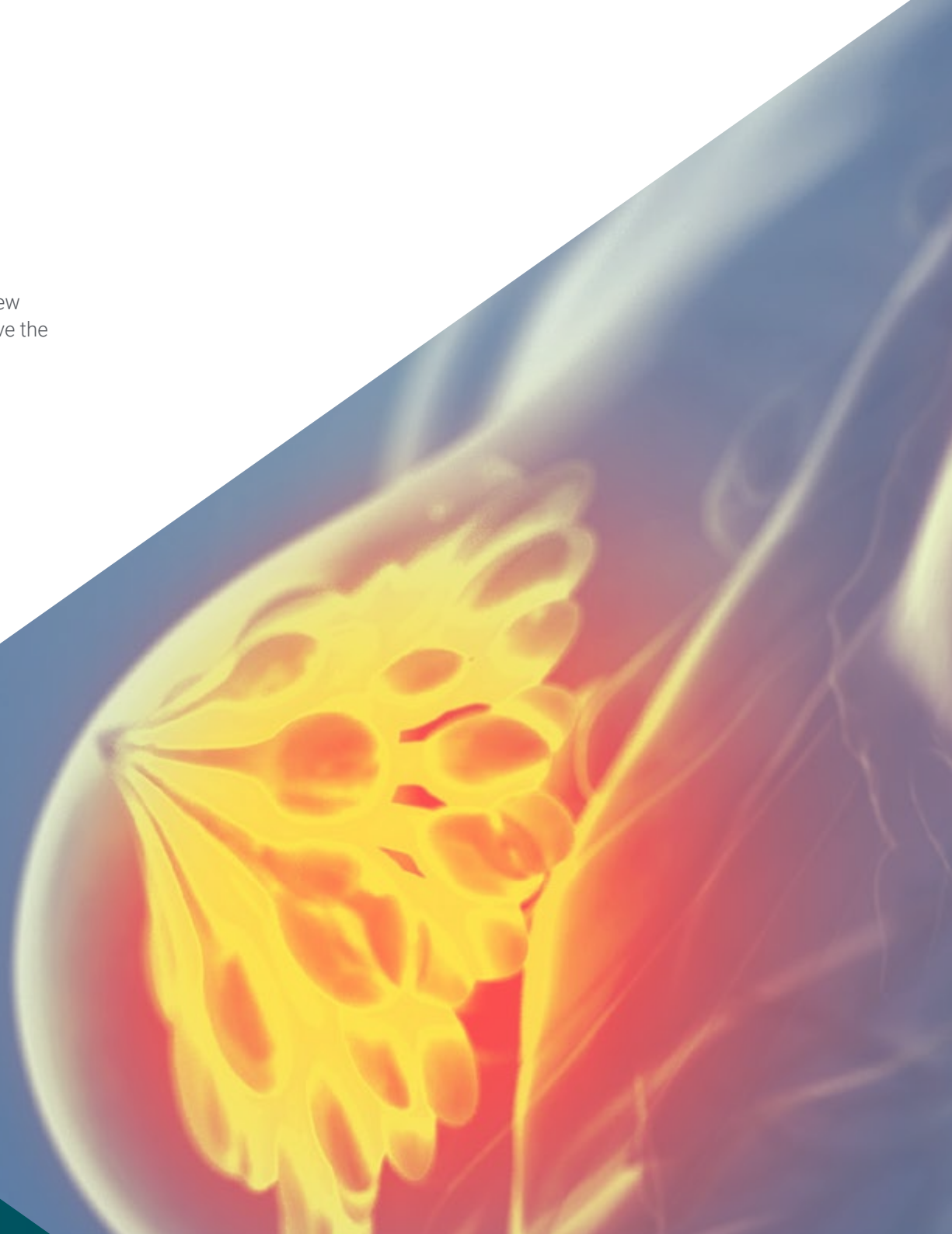
*Take a step in your qualification with a specific and high quality Postgraduate Certificate in Breastfeeding Inhibition.*



# 02

# Objectives

A complete and efficient Postgraduate Certificate that will allow you to acquire new skills with the ease of the best training technology of the moment. You will achieve the objectives of a quality intervention with the knowledge of an expert in this sector.







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*Acquire the theoretical and practical knowledge necessary to act with solvency and safety at the moment of Breastfeeding Inhibition”*



## General Objectives

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- Update knowledge in Breastfeeding.
- Promote work strategies based on a comprehensive approach to care for breastfeeding-conscious mothers as a reference model for achieving excellence in care.
- Encourage the acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online simulation workshops and/or specific training





## Specific Objectives

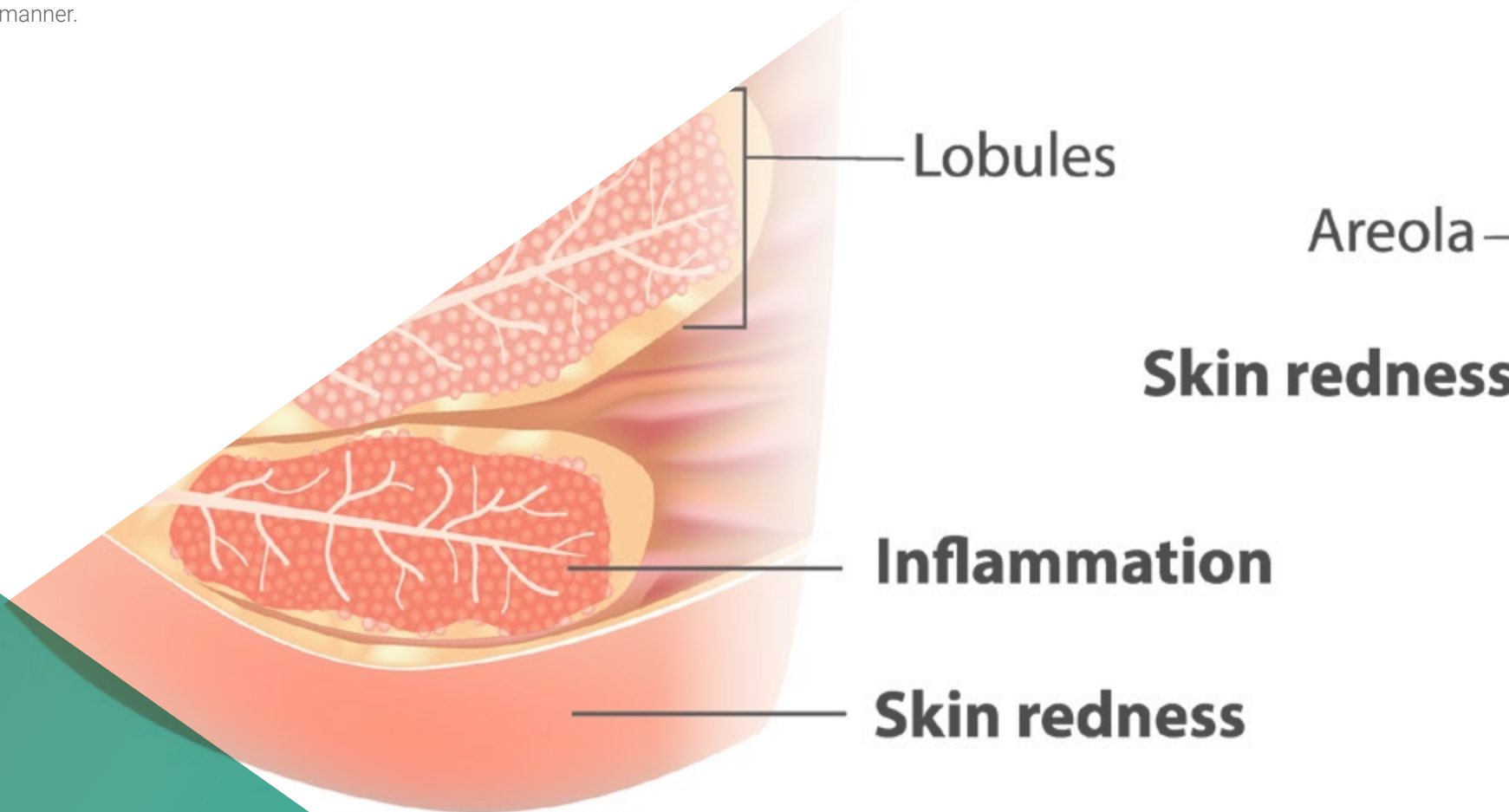
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- ◆ Learn the different types of Inhibition.
- ◆ Know when it is time to stop breastfeeding.
- ◆ Learn how to do progressive weaning or fast weaning.
- ◆ Study the benefits and harms of prolonged breastfeeding.
- ◆ Know what and the drugs for inhibition are and when to proceed.
- ◆ Support the nursing mother in the process of returning to work.

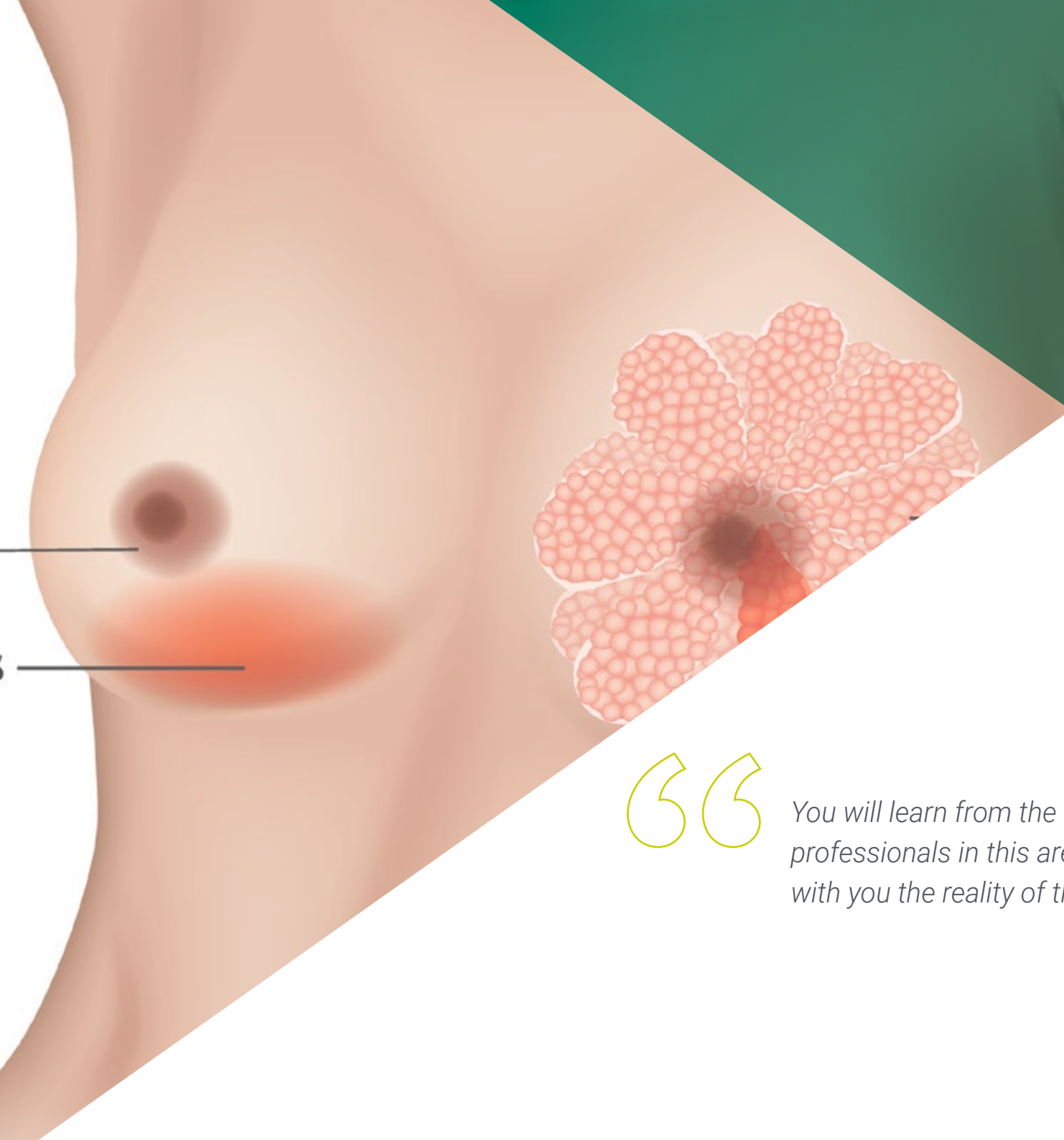
03

# Course Management

The program includes in its teaching staff reference specialists in Breastfeeding Inhibition, who pour into this training the experience of their work. In addition, other specialists of recognized prestige participate in its design and elaboration, completing the program in an interdisciplinary manner.







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*You will learn from the experience of great professionals in this area of work, who will share with you the reality of the profession in this field"*



## Guest Director



### Aguilar Ortega, Juana María

- ♦ Specialist Nursing Qualification in Pediatric Nursing from the Ministry of Culture, Education and Sports - 2016
- ♦ Master's Degree in Gender and Public Health, Rey Juan Carlos University - 2015
- ♦ Graduate in Nursing from Complutense University of Madrid - Spain
- ♦ Breastfeeding Nurse Coordinator at Hospital 12 de Octubre 2008 - currently
- ♦ Clinical practice tutor of Family and Community EIR Madrid. Since 2011 - currently
- ♦ Breastfeeding Nurse Coordinator at Hospital 12 de Octubre 2008

## Management



### Dr. Vázquez Lara, Juana María

- ♦ PhD from the University of Granada
- ♦ Obstetric-Gynecological Nursing Specialist (Midwife)
- ♦ Health Area of Ceuta from 2000 to present day
- ♦ Head of Studies and Professor of the Ceuta Midwifery Teaching Unit
- ♦ Coordinator of SEEUE Obstetric-Gynecologic emergencies group
- ♦ Reviewer of the journal Enfermería Clínica. Elsevier.



### Dr. Rodríguez Díaz, Luciano

- ♦ PhD from the University of Granada
- ♦ Obstetric-Gynecological Nursing Specialist (Midwife)
- ♦ University Hospital of Ceuta from 2006 to present day
- ♦ Lecturer in the Ceuta Midwifery Teaching Unit
- ♦ SEEUE Obstetric-Gynecologic emergencies group member.
- ♦ Responsible for Perinatal Health: Reproductive Sexual Health and Normal Childbirth of Ingesa.
- ♦ Reviewer of the journal Enfermería Clínica. Elsevier.
- ♦ Full member of the Institute of Ceuta Studies.

## Professors

### Alcolea Flores, Silvia

- ♦ Midwife Ceuta University Hospital

### Fernández, Francisco Javier

- ♦ Midwife Hospiten Hospital Estepona

### Gilart Cantizano, Patricia

- ♦ Midwife Quirón Campo de Gibraltar Hospital

### Gómez Losada, Patricia

- ♦ Midwife Quirón Campo de Gibraltar Hospital

### Mérida Tellez, Beatriz

- ♦ Midwife Granada Hospital

**Mohamed Mohamed, Dina**

- ♦ Midwife Ceuta University Hospital

**Palomo Gómez, Rocío**

- ♦ Midwife Ceuta University Hospital

**Rodríguez Díaz, David**

- ♦ Nurse at La Candelaria Hospital in Tenerife

**Vázquez Lara, Francisco**

- ♦ Degree in Biology

**Vázquez Lara, M<sup>a</sup> Dolores**

- ♦ Campo de Gibraltar Health Area Nurse

**Armijo Navarro, Elena**

- ♦ Midwife San Sebastián Hospital

**Carrasco Guerrero, Manuel**

- ♦ Midwife Ceuta University Hospital

**De Dios Pérez, María Isabel**

- ♦ Midwife Ceuta University Hospital

**De la Cabeza Molina Castillo, María**

- ♦ Midwife Ceuta University Hospital

**Del Pozo Álvarez, Lidia**

- ♦ Midwife Ceuta University Hospital

**Díaz Lozano, Paula**

- ♦ Midwife Ceuta University Hospital

**Gómez González, Irene**

- ♦ Midwife Ceuta University Hospital

**Hachero Rodríguez, Carmen María**

- ♦ Midwife Zaragoza Hospital

**Martín Ansede, Esperanza**

- ♦ Pediatric Nurse University Hospital of Ceuta

**Martínez Picón, Claudia**

- ♦ Midwife Ceuta University Hospital

**Miquelajáuregui Espinosa, Araceli**

- ♦ Midwife Ceuta University Hospital

**Mohamed Mohamed, Dina**

- ♦ Midwife Ceuta University Hospital

**Ortega del Valle, Silvia**

- ♦ Midwife Ceuta University Hospital

**Revidiego Pérez, María Dolores**

- ♦ Midwife Quirón Campo de Gibraltar Hospital

**Rojas Carmona, Belén**

- ♦ Midwife Ceuta University Hospital



04

# Structure and Content

The structure of the contents has been designed by a team of professionals from the best educational centers, universities and companies in the national territory, aware of the relevance of current training in order to intervene in the preparation and support of students, and committed to quality teaching through new educational technologies.





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*A Postgraduate Certificate designed to provide nursing professionals with the knowledge they need to offer the necessary support, at all stages of breastfeeding, to the nursing mother and baby”*

## Module 1. Maternal Inhibition or Weaning

- 1.1. Concept and Types
  - 1.1.1. Types of Inhibition
  - 1.1.2. Mechanism for Progressive Weaning
- 1.2. Physiology of Breastfeeding Inhibition
  - 1.2.1. Physiology of Inhibition
  - 1.2.2. Indications to Inhibit Breastfeeding
- 1.3. Ways to Speed Weaning
  - 1.3.1. How and When to Wean
  - 1.3.2. How to Start Progressive Weaning
- 1.4. Prolonged Breastfeeding
  - 1.4.1. Concept
  - 1.4.2. Benefits and Detriments
- 1.5. Medications Associated with Breastfeeding Inhibition
  - 1.5.1. Medication for Inhibition
  - 1.5.2. Indications
- 1.6. Entering Labor Market
  - 1.6.1. Stressful Situation on Incorporation
  - 1.6.2. Advice and Assistance



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*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 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 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. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the 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 difficult future 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 Breastfeeding Inhibition for Nursing guarantees you, in addition to the most rigorous and up-to-date training, access to a certificate issued by TECH - Technological University.





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*Successfully complete this training and receive your certificate without the hassle of travel or paperwork”*

This Postgraduate Certificate in Breastfeeding Inhibition for Nursing contains the most complete and up-to-date scientific program on the market.

After students have passed the evaluations, they will receive their corresponding **certificate** issued by **TECH - Technological University via tracked delivery.**

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

Diploma: **Postgraduate Certificate in Breastfeeding Inhibition for Nursin**

ECTS: **5**

No. Teaching Hours: **125**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with 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 language  
classroom



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