

Postgraduate Certificate

Maternal Needs after Natural Childbirth for Nursing



Postgraduate Certificate Maternal Needs after Natural Childbirth for Nursing

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/nursing/postgraduate-certificate/maternal-needs-after-natural-childbirth-nursing

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01

Presentación

After natural childbirth, the mother experiences a series of needs that require attention and care from nursing staff. These include physical, emotional, and psychological recovery, as well as the establishment of breastfeeding. Therefore, it is important for the professional in the field to closely monitor the patient's progress and administer necessary care and medications. This internship requires extensive knowledge, which TECH addresses in the following 100% online qualification. It is an academic program focused on updating the graduate and includes impactful materials to ensure the acquisition of new knowledge through practical exercises.





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You will develop extensive skills to provide your patients with more specialized care”

Natural childbirth requires effort, which is why, at the end, the mother has certain needs and requires priority attention. This way, it is essential to have trained professionals with extensive knowledge to ensure optimal stabilization and quick recovery for the patient. To take charge of this procedure, it is necessary to be acquainted with the latest health updates, leading TECH to create this qualification to train the graduate.

This Postgraduate Certificate in Maternal Needs after Natural Childbirth for Nursing is a unique knowledge opportunity. Over 6 weeks, professionals will be presented with cutting-edge and updated information focused on primary care, counseling, education, and psychological support. All of this is presented through an impactful academic compendium, enriched with audiovisual resources, complementary readings, and practical exercises developed with the *Relearning* methodology.

Therefore, this 100% online qualification becomes the best academic choice for graduates to stay up-to-date with the latest advances in the field. They only need a device with internet connection, without having to attend in-person classes or training centers. Another advantage is the guidance of experts and specialists, providing an exclusive and highly beneficial experience.

This **Postgraduate Certificate in Maternal Needs after Natural Childbirth for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Maternal Needs after Natural Childbirth for Nursing
- ♦ 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 the self-assessment process can be carried out 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



A program that allows you to balance your daily routine and healthcare work with the acquisition of new knowledge”

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You will be trained in a growing sector with high demand for professionals due to the impact of Natural Childbirth in recent years”

The program's teaching staff includes professionals from the sector who bring to this program the experience of their work, in addition to recognized specialists from prestigious reference societies and universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

You will learn about the changes in a woman's menstrual cycle after her childbirth process.

You will contribute, based on your knowledge, to the recovery of the mother's pelvic floor.



02

Objetivos

The design of this program has been conceived to bring together the most up-to-date academic content in the sector along with a high-impact methodology that allows for the acquisition of new knowledge and skills. Therefore, TECH guarantees that, after this Postgraduate Certificate, the professional will have updated their knowledge regarding Maternal Needs after Natural Childbirth, having also acquired new competencies and skills to provide their patients with the best specialized care.





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Stay updated on contraceptive methods compatible with breastfeeding for women who wish to avoid getting pregnant again”



General Objectives

- ♦ Acquire fundamental knowledge about the physiology of Natural Childbirth, ancient cultural practices, and the emotional needs of women during childbirth, as well as the implications of medical interventions
- ♦ Acquire essential skills and knowledge for the care of pregnant women and their fetuses, including promoting healthy pregnancies and identifying potential complications
- ♦ Acquire fundamental knowledge and skills in the diagnosis, management, and prevention of childbirth emergencies, with a focus on interprofessional collaboration and patient rights advocacy
- ♦ Acquire fundamental knowledge and skills in the assessment, diagnosis, and management of neonatal emergencies, with an emphasis on early problem recognition and the application of appropriate interventions
- ♦ Emphasize fundamental knowledge about the neuroscience of pregnancy, motherhood, and perinatal care, as well as the scientific evidence related to Natural Childbirth and evidence-based care practices
- ♦ Acquire fundamental knowledge about home births, including team management and organization, pregnancy, childbirth, and postpartum preparation and support, as well as the identification and management of special situations and home obstetric emergencies
- ♦ Acquire fundamental knowledge about Natural Childbirth units, such as birthing centers and hospital units, and develop skills to assess, plan, and manage these environments, ensuring a high level of care and satisfaction for women and their families
- ♦ Acquire fundamental knowledge and practical skills in newborn care, as well as the ability to provide comprehensive and safe care in this critical stage of life and collaborate with other health professionals and families to ensure the well-being of the newborn.
- ♦ Acquire knowledge about the physical and emotional needs of the mother during the perinatal period
- ♦ Develop skills to provide emotional support and comprehensive care to the mother during the postpartum period, including difficult and emotionally intense situations
- ♦ Promote the prevention and care of maternal mental health during the perinatal period, including the detection and treatment of mood disorders and addressing obstetric trauma and obstetric violence
- ♦ Analyze the stages of labor and pain management and relaxation techniques
- ♦ Develop skills in creating and monitoring personalized birth plans
- ♦ Examine the importance of interdisciplinary collaboration in childbirth care
- ♦ Promote emotional preparation and support for women and their families during the childbirth process
- ♦ Acquire skills to identify and manage high-risk situations in pregnancy and childbirth



Specific Objectives

- ♦ Thoroughly examine immediate care and pelvic floor recovery
- ♦ Examine the causes and physiology of afterbirth pains (entuentos)
- ♦ Analyze pain management strategies and provide appropriate care
- ♦ Thoroughly examine the return of menstruation and the factors influencing its reappearance
- ♦ Deepen the relationship between menstruation and breastfeeding
- ♦ Identify contraceptive methods compatible with breastfeeding
- ♦ Identify the symptoms of postpartum depression, postpartum anxiety, and post-traumatic stress disorder
- ♦ Identify types and manifestations of obstetric violence



You will learn the fundamental principles of psychological care after natural childbirth"

03

Dirección del curso

To ensure an immersive and effective internship experience, TECH has carefully selected a highly experienced and active faculty in post-natural childbirth care. This team of experts and specialists has collaborated closely to integrate all their knowledge and experience into the syllabus. As a result, graduates will have access to a rigorous and exclusive professional update.





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You will be updated through high-impact audiovisual resources, designed by experts and specialists with several years of experience”

Management



Dr. Santos Leal, Emilio

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



04

Estructura y contenido

TECH, along with its team of experts, has created the syllabus for this qualification based on the needs and demands of the field. The academic content of this program is presented in a cutting-edge and updated manner on post-natural childbirth care, and it is delivered over a period of 6 weeks through a 100% online format with the *Relearning* methodology.





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You will face real and simulation cases, putting your acquired knowledge to the test during each session”

Module 1. Mother's Needs

- 1.1. Normal postpartum
 - 1.1.1. Physical and emotional changes
 - 1.1.2. Immediate care
 - 1.1.3. Breastfeeding
 - 1.1.4. Pelvic floor recovery
- 1.2. Afterpains
 - 1.2.1. Causes and physiology
 - 1.2.2. Pain Management
 - 1.2.3. Duration and progression
 - 1.2.4. Prevention and care
- 1.3. The first menstruation
 - 1.3.1. Return of menstruation
 - 1.3.2. Factors influencing its reappearance
 - 1.3.3. Menstruation and breastfeeding
 - 1.3.4. Changes in the menstrual cycle
- 1.4. Postpartum contraception
 - 1.4.1. Breastfeeding-friendly contraceptive methods
 - 1.4.2. Start of postpartum contraception
 - 1.4.3. Emergency Contraception
 - 1.4.4. Counseling and education
- 1.5. Spontaneous and induced abortion
 - 1.5.1. Causes and Risk Factors
 - 1.5.2. Procedures and Care
 - 1.5.3. Physical and emotional recovery
 - 1.5.4. Prevention and counseling
- 1.6. The empty crib: the painful process of losing a late-term pregnancy
 - 1.6.1. Emotional impact and grief
 - 1.6.2. Support and companionship
 - 1.6.3. Recovery process
 - 1.6.4. Prevention and management of future pregnancies





- 1.7. Psychological care after childbirth
 - 1.7.1. Identification of emotional issues
 - 1.7.2. Interventions and emotional support
 - 1.7.3. Support networks and available resources
 - 1.7.4. Strengthening the couple and family relationship
- 1.8. Perinatal mood disorders
 - 1.8.1. Postpartum Depression
 - 1.8.2. Postpartum anxiety
 - 1.8.3. Post-Traumatic Stress Disorder
 - 1.8.4. Detection, Prevention and Treatment
- 1.9. Obstetric trauma
 - 1.9.1. Causes and Risk Factors
 - 1.9.2. Prevention and management of obstetric trauma
 - 1.9.3. Short and Long-Term Consequences
 - 1.9.4. Support and resources for recovery
- 1.10. Obstetric Violence
 - 1.10.1. Types and manifestations of obstetric violence
 - 1.10.2. Prevention and awareness
 - 1.10.3. Interdisciplinary approach and professional training



Without preset schedules and from the location of your choice. You are just a click away from training quickly and effectively"

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 Maternal Needs after Natural Childbirth for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



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

This program will allow you to obtain your **Postgraduate Certificate in Maternal Needs after Natural Childbirth for Nursing** 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 Maternal Needs after Natural Childbirth for Nursing**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 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
development language
virtual classroom



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