

# Postgraduate Certificate

## Natural Childbirth at Home for Midwives



## Postgraduate Certificate Natural Childbirth at Home for Midwives

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

Website: [www.techtute.com/us/nursing/postgraduate-certificayte/natural-childbirth-history-home-midwives](http://www.techtute.com/us/nursing/postgraduate-certificayte/natural-childbirth-history-home-midwives)

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# 01

# Introduction

Childbirth at home offers a calmer and more relaxed environment for women, which can make the experience more satisfying, in a more comfortable and reliable environment. As a result, more and more women are choosing this option. In this sense, midwives who attend childbirths at home can offer more personalized care, including more frequent prenatal visits and continuous care throughout the process. Therefore, this educational program is focused on providing a complete training on the clinical aspects of Natural Childbirth at Home for Midwives. All this, through a 100% online methodology that will allow students to have more control over their time.



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*A postgraduate certificate that will allow you to be completely up-to-date on the clinical particularities of a Natural Childbirth at home and the most used practices in this field"*

Midwife-assisted Natural Childbirth at home is a very viable option for those women who are looking to give birth in a personalized way. However, it is important that this process is performed safely by experienced professionals who are constantly up-to-date, as only then will they know the established safety protocols and be able to guarantee the health and well-being of both the mother and the baby.

That is why this Postgraduate Certificate offers an effective alternative for those midwives who wish to expand their knowledge in assistance and perform an effective follow-up and accompaniment during pregnancy. In addition, it will delve into the risk factors that currently exist and the clinical protocols that must be followed in the event that life-threatening problems occur to patients during the processes.

This will be achieved through a syllabus that contains a detailed explanation of each practice, the materials needed to ensure a process free of altercations and the actions to be taken before the mother gives birth, such as a home visit to ensure that the place is appropriate to childbirth.

Students will be able to complete the study itinerary 100% online thanks to the *Relearning* methodology, which will allow them to learn anywhere and have greater time flexibility. In addition, they will have access to multimedia resources 24 hours a day, which will ensure that they understand the topics clearly and effectively. They will also improve their problem-solving skills by analyzing case studies that simulate real-life situations and prepare them to face challenges in a work context.

The **Postgraduate Certificate in Natural Childbirth at Home for Midwives** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Natural Childbirth in Video Midwives Home
- ♦ 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



*Discover the necessary materials for childbirth at home and make an effective management and organization of the team for the Natural Childbirth at Home thanks to this program”*

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*You will be able to combine your personal and work responsibilities with your professional update with a Postgraduate certificate that is 100% flexible and adapted to you”*

The program's teaching staff includes professionals from the industry who contribute their work experience to this 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.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*You will find motivational videos, schematic content, case studies and much more to help you and much more to get you up to speed on Natural Childbirth at Home for Midwives.*

*You will effectively identify special situations that require transferring the mother to a medical center, thanks to this program.*



# 02

# Objectives

The Postgraduate Certificate in Natural Childbirth at Home for Midwives will allow the professional to get up to date in the follow-up and accompaniment during pregnancy, as well as in the assistance to dilation. In this sense, it will delve into the accompaniment of childbirth, placental detachment and delivery, as well as dilation and childbirth in water. All this in search of a first level update to which the graduate will have access through a training of only 6 weeks of duration.





A close-up photograph of a person's hands gently holding a newborn baby's hand. The baby's hand is small and curled, while the adult's hand is larger and more relaxed. The background is softly blurred, showing the baby's face and the adult's torso. The image is partially obscured by a diagonal green overlay.

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*With this Postgraduate Certificate you will get an advanced update on the latest clinical practices in home birth assistance”*



## General Objectives

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- ♦ Acquire fundamental knowledge about the physiology of Natural Childbirth, ancestral 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 the promotion of healthy pregnancies and the identification of possible complications
- ♦ Acquire fundamental knowledge and skills in the diagnosis, management and prevention of emergencies in childbirth, with a focus on interprofessional collaboration and patient advocacy
- ♦ Acquire fundamental knowledge of labor and childbirth at home, including team management and organization, preparation and accompaniment during pregnancy, labor and puerperium, and identification and management of special situations and home obstetric emergencies
- ♦ Analyze the stages of labor and pain management and relaxation techniques.
- ♦ Develop skills in the development and follow-up of personalized childbirth plans



*What are you waiting for to get up to date on the latest developments in childbirth care at home? Start now"*





## Specific Objectives

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- ♦ Analyze in depth the scientific evidence, history and anthropology of labor and childbirth at home, considering the importance of preventing obstetric violence
- ♦ Analyze how to manage and organize the team, as well as how to select and use the necessary materials for childbirth at home
- ♦ Analyze how to carry out an adequate follow-up and accompaniment during pregnancy, including the elaboration of the clinical history and the identification of difficulties and deviations from normality
- ♦ Examine the assistance and accompaniment of dilation at home, using non-pharmacological resources to alleviate pain and addressing deviations from normality
- ♦ Accompany the childbirth, placental abruption and delivery, and manage dystocia and other complications that may arise
- ♦ Analyze in depth the physiology of water childbirth, examining the safety of this type of childbirth at home
- ♦ Identify special situations, perform hospital transfers and manage obstetrical emergencies in the home environment
- ♦ To examine the appropriate follow-up and support during the postpartum period, both physically and emotionally, for both mother and baby
- ♦ Analyze Mental Health in the Puerperium, including Breastfeeding, Perinatal Death, and Post traumatic Stress
- ♦ Develop research expertise and examine strategies to care for the pelvic floor during and after childbirth

03

# Course Management

TECH is committed to provide quality education and access to the latest knowledge in the field of Natural Home Birth for Midwives. To achieve this, it has carefully selected the teaching team of this program, composed of the best professionals in this field, who will share in depth the current protocols to assist natural childbirths at home, as well as the necessary tools to prevent any type of complication. In this way, students will learn from the best and will be prepared to offer safe and effective care.





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*The best professionals have designed a comprehensive syllabus that will provide you with the most rigorous knowledge to update you in special situations, hospital transfer and home obstetric emergencies”*

## Address



### **Dr. Santos Leal, Emilio**

- Medical Director of the International Medical Technology Center
- Specialist Doctor at Fundación Alcorcón University Hospital
- Specialist in Hospital Consortium Valencia General University Hospital
- Physician specialized in Rheumatology at the Torrejón Hospital
- Medical Specialist in Pediatrics, Perpetuo Socorro Hospital
- Specialist in Geriatrics, San Carlos Clinical Hospital

## Professors

### Dr. Espinosa Barraión, José Ángel

- ◆ Director of the Affective Childbirth Unit at the Hospital San Francisco de Asís
- ◆ Head of the Obstetrics and General Gynecology Team at Hospital San Francisco de Asís
- ◆ Specialist in Gynecology and Obstetrics at Clínica de la Concepción
- ◆ Master's Degree in Minimally Invasive Surgery in Gynecology from the Universidad Cardenal Herrera
- ◆ Degree in Medicine and Surgery from the Universidad Autónoma de Madrid

### Ms. García García, María Dolores

- ◆ Midwife in Specialized Care at the Hospital General Universitario de Valencia
- ◆ Master's Degree in Business Management from the Universidad Católica San Antonio de Murcia
- ◆ Master's Degree in Bioethics from the Universidad Católica San Antonio de Murcia
- ◆ Expert in Breastfeeding Advice and Consultancy, Universidad Católica de Ávila
- ◆ Degree in Nursing, specializing in Midwifery

### Ms. Lanza del Rivero, Cristina

- ◆ Field Psychologist at Casa de la Salud
- ◆ Postgraduate in Theory and Practice of Psychodrama, Sociodrama and Sociometry at the Universidad de Salamanca
- ◆ Postgraduate in Theory and Practice of Group Analysis at the Universidad de Salamanca
- ◆ Master's Degree in Behavior Modification from the Universidad de Salamanca
- ◆ Degree in Psychology from the Universidad de Salamanca

# 04

## Structure and Content

The syllabus of this program has been designed to provide an in-depth understanding of the main factors that influence the delivery of a childbirth at home. Therefore, participants will learn from multimedia resources the most commonly used instrumentation and clinical practices. In addition, the previous actions to be carried out before assisting the mother to give birth will be explained, in order to verify that the place is suitable for this procedure. In addition, the methodology in which it is taught, Relearning, based on the reiteration of content, facilitates the assimilation of knowledge by students to provide comfort to the graduate.








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*Get to know the most frequent pathologies and difficulties such as post-traumatic stress disorder with this TECH program”*

## Module 1. Childbirth at Home

1. 1. Labor and childbirth at home
  - 1.1.1. Scientific evidence on labor and childbirth at home.
  - 1.1.2. History and Anthropology on labor and childbirth at home.
  - 1.1.3. Obstetric violence
  - 1.1.4. Know how to accompany
- 1.2. Team management and organization
  - 1.2.1. Team management and organization
  - 1.2.2. Materials needed for childbirth at home
  - 1.2.3. Assistance information: Selection-exclusion criteria
  - 1.2.4. Childbirth registration
- 1.3. Follow-up and assistance during pregnancy
  - 1.3.1. Creation of the Clinical History
  - 1.3.2. Most frequent difficulties and deviations from normality during pregnancy: Therapeutic resources
  - 1.3.3. Childbirth preparation An opportunity for growth and empowerment
  - 1.3.4. Home visits
- 1.4. Dilation assistance
  - 1.4.1. Interpretation of childbirth signs and symptoms: When to go to the home
  - 1.4.2. How Dilation is assisted at home
  - 1.4.3. Non-Pharmacological Pain Relief Resources
  - 1.4.4. Deviations from normality and therapeutic resources in dilation.
- 1.5. Accompaniment of childbirth, placental abruption and delivery of the placenta
  - 1.5.1. Descent and delivery of the child (expulsive)
  - 1.5.2. Dystocia and Resolution
  - 1.5.3. Welcoming the child, umbilical cord clamping and first assessment
  - 1.5.4. Physiology, deviations from normality and resolutions of placental deliverance
- 1.6. Dilation and childbirth in water
  - 1.6.1. Woman and Child physiology for in-water assistance
  - 1.6.2. Materials needed for childbirth at Water
  - 1.6.3. Procedures and practices for childbirth in water assistance
  - 1.6.4. Security and precautions for childbirth in water assistance



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- 1.7. Special situations, hospital transfer and obstetrical emergencies at home
    - 1.7.1. Special Situations: Streptococcus Agalactia positive, PROM without dynamics, prolonged gestation, previous cesarean section
    - 1.7.2. Hospital Admission Criteria Transfer protocol and documentation
    - 1.7.3. Obstetric Emergencies: Hemorrhage, umbilical cord prolapse, neonatal resuscitation, spinal dystocia, unexpected breech presentation, etc.
    - 1.7.4. Critical situations management and decision-making
  - 1.8. Follow-up and assistance during Puerperium
    - 1.8.1. Follow-up of the mother at home: physical and emotional assessment
    - 1.8.2. Follow-up of the child at home: general well-being assessment, negative HR, metabolic tests
    - 1.8.3. Placenta and microbiota
    - 1.8.4. Administrative management
  - 1.9. Mental Health in Puerperium
    - 1.9.1. Breastfeeding Most Frequent Difficulties and Disorders
    - 1.9.2. Perinatal death and post-traumatic stress disorder
    - 1.9.3. Gestational losses and detection of mental health red flags for referral
    - 1.9.4. Strategies to assist the emotions during the postpartum period
  - 1.10. Pelvic floor research and care
    - 1.10.1. Methodology of groups and Information Sources
    - 1.10.2. Pelvic floor: anatomy, functions and malfunctions
    - 1.10.3. Pelvic floor care during and after childbirth

# 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.





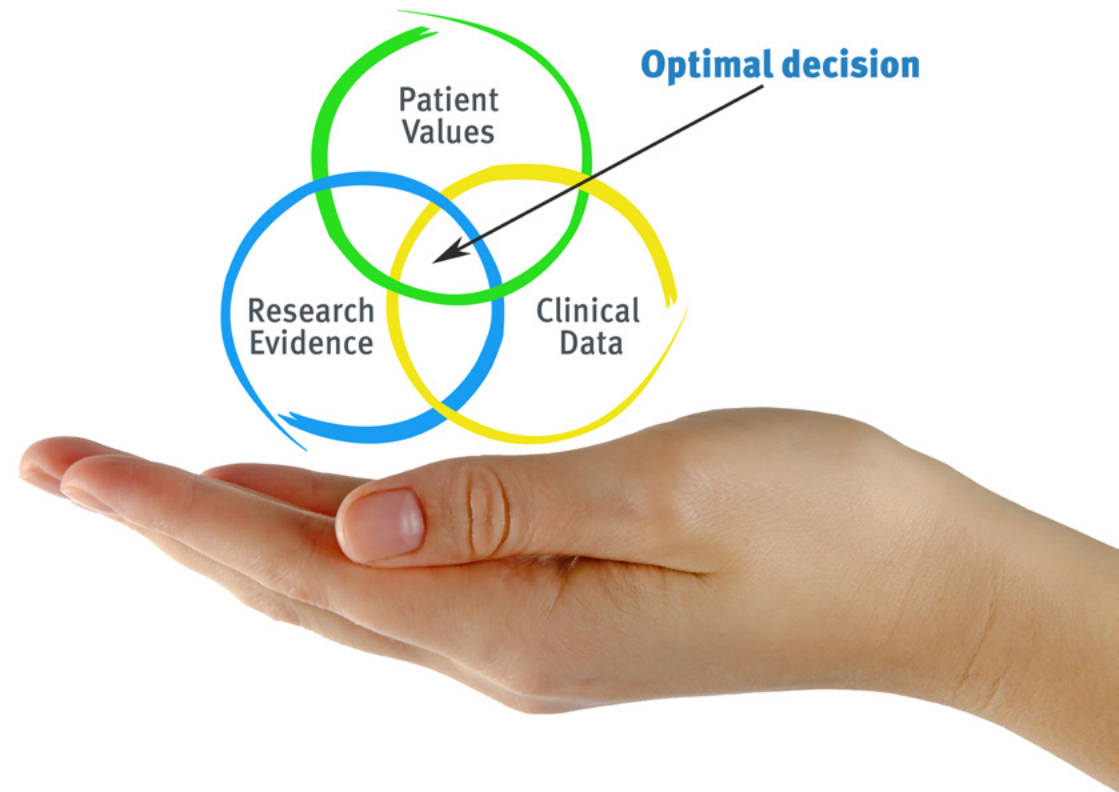
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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. Gervas, 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 Natural Childbirth at Home 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"*

The **Postgraduate Certificate in Natural Childbirth at Home for Midwives** contains the most complete and up-to-date scientific 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 Natural Childbirth at Home for Midwives**

Official N° of Hours: **150 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  
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personalized service innovation  
knowledge present  
online training  
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classroom



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