

# Postgraduate Certificate Natural Childbirth for Midwives





## Postgraduate Certificate Natural Childbirth 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-certificate/natural-childbirth-midwives](http://www.techtute.com/us/nursing/postgraduate-certificate/natural-childbirth-midwives)

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# 01

# Introduction

Natural childbirth is a physiological and natural process that involves less risk of bleeding, less postpartum recovery time and less likelihood of the need for unnecessary medical interventions. It also benefits the baby with better development of the immune system, less risk of respiratory complications and less likelihood of needing hospitalization in the neonatal ICU. As a result, more and more patients are looking for skilled midwives to support their natural childbirth options, which has increased the demand for midwives with in-depth knowledge in this area. With this in mind, TECH has developed an educational program focused on enabling graduates to learn about the emotional needs of the birthing woman 100% online, allowing its students to have greater control over their time.





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*Get into the physiology of the sexual act and enrich your knowledge of childbirth through ancestral cultures with the innovative contents offered by TECH”*

Many mothers who opt for natural childbirth report feeling more empowered and involved in the birth process, which can result in greater satisfaction with the overall experience. As a result, more and more patients are looking for professionals who can support their natural childbirth choices, which has led to a growing demand for midwives with extensive expertise in this area. Therefore, keeping abreast of new developments is a must for the professionals who are part of it, especially when it comes to clinical procedures that could present difficulties.

For this reason, TECH presents this Postgraduate Certificate as an effective solution for those midwives who wish to update their knowledge and broaden their skills in the application of the most avant-garde protocols. This will be achieved through a complete educational itinerary in which students will find a detailed study of the biological reactions that are unleashed in the woman's body at the moment of childbirth. In addition, it will delve into the current processes in which the intervention of professionals is given, in order to avoid complications and make this procedure smoother.

In addition to this, a prestigious teaching team, made up of the best professionals in the field of Natural Childbirth assistance, will provide students with the current panorama of this field, allowing them to develop a holistic vision of the challenges that exist within this field.

All of the above will be possible through the *Relearning* method that allows students the possibility of completing the syllabus 100% online, without time restrictions and from the comfort of their home. They will also have access to multimedia resources at any time of the day, which will help them to clearly understand the topics of the program. In addition, they will be able to improve their problem-solving skills by examining case studies that simulate real-life situations.

This **Postgraduate Certificate in Natural Childbirth 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 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



*You will understand the needs that the laboring woman looks for in the professional thanks to this Postgraduate Certificate”*

“

*Certificate will allow you to acquire a complete mastery of the new protocols of Natural Childbirth assistance”*

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.

*Take advantage of the opportunity to update you on the latest developments in medical practices.*

*You will be able to learn all the contents that TECH has developed for you from the comfort of your home and at your own pace.*





# 02

# Objectives

The objective of this Postgraduate Certificate is to create a complete updating tool for its participants, providing them with the essential elements that will allow them to keep abreast of the latest advances in this field. In addition, they will be provided with a holistic overview of the latest medical practices being implemented during the Natural Childbirth procedure, as well as the most contemporary way to effectively address the mother's emotions.





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*You will delve into empowerment, intimacy, commitment and the professional's attitude towards pain to become an up-to-date professional in a booming field"*



## 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 fundamental knowledge about Natural Childbirth units, such as birthing homes and hospital units, and develop skills to evaluate, plan and manage these environments, ensuring a high level of care and satisfaction for women and their families
- ◆ Analyze the stages of labor and pain management and relaxation techniques
- ◆ Develop skills in the development and monitoring of individualized birth plans
- ◆ Examine the importance of interdisciplinary collaboration in childbirth care
- ◆ Encourage emotional preparation and support for women and their families during the birthing process



*A unique, didactic and decisive updating experience to enhance your professional development"*





## Specific Objectives

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- ◆ Analyze the science and evolution of Natural Childbirth, and how current medical practices compare to historical and global statistics
- ◆ Examine the physiology of normal childbirth in the human species, including the hormonal cocktail, postures, and female sexuality
- ◆ Analyze childbirth practices in ancestral cultures and their relevance today
- ◆ Identify and address the emotional needs of women during childbirth and how professionals can support them
- ◆ Take an in-depth analysis of the role of Oxytocin in Natural Childbirth and the differences between endogenous and exogenous Oxytocin
- ◆ Examine current pandemics related to childbirth and their impact on the health of women and newborns
- ◆ Delve into the needs of the newborn during and after childbirth, including gut and epidermal flora, the umbilical cord, and placental blood
- ◆ Analyze interventionism in childbirth and how it affects the environment and safety in childbirth, as well as the importance of respecting the nature of the process



03

# Course Management

In order to provide its students with a quality education, TECH has made a rigorous selection of the team of teachers who will deliver this program. In this way, students will learn from the best working professionals in this field, who will share with them the protocols of assistance and materials used during the assistance of a Natural Childbirth. In addition, they will be shown the latest advances in this field in order to integrate them into their work.







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*The best professionals are ready to share with you the most modern instruments to assist a Natural Childbirth"*

## Management



### Dr. Santos Leal, Emilio

- Medical Director of the International Medical Technology Center
- Specialist Doctor at Alcorcón Foundation University Hospital
- Medical specialist at Consorcio University General Hospital of Valencia
- Medical specialist at Pius Hospital de Valls
- Medical specialist at Perpetuo Socorro Clinic
- Specialty in Gynecology and Obstetrics by San Carlos Clinical Hospital
- Degree in Medicine and Surgery from the University of Cantabria



## Professors

### **Dr. Espinosa Barraón, 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 that makes up this program has been developed by the best specialists in Natural Childbirth. Therefore, 150 hours of the best theoretical, practical and additional content presented in different audiovisual formats have been included to contribute to the constant updating of professionals in this sector. Therefore, the graduate will delve into natural childbirth in the human species and in ancestral cultures, as well as the emotional needs of the laboring woman. Likewise, they will understand what is required of a professional in these situations and will understand the importance of hormones and their function. All this through a 100% online program based on the most effective methodology, TECH Relearning.





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*A syllabus that will update you on assistance during Natural Childbirth and the application of postures during this process”*

## Module 1. Natural Childbirth

- 1.1. Natural Childbirth
  - 1.1.1. Science versus Dogma
  - 1.1.2. Evolution as a Species
  - 1.1.3. Statistics in the World: Oxytocin, Analgesia, Episiotomies, Caesarean Sections
  - 1.1.4. Improving Statistics
- 1.2. Normal Childbirth in the Human Species
  - 1.2.1. Hormone Cocktail in Normal Childbirth
  - 1.2.2. Positions in Normal Childbirth
  - 1.2.3. Female Sexuality
  - 1.2.4. Physiology of Sexual Intercourse
- 1.3. Childbirth in Ancestral Cultures
  - 1.3.1. Childbirth among the Taínos, Guanajatabeyes and Siboneyes
  - 1.3.2. Childbirth before the Sumerians
  - 1.3.3. Orgasmic Childbirth
  - 1.3.4. Michel Odent
- 1.4. Emotional Needs of Laboring Women
  - 1.4.1. Empowerment
  - 1.4.2. Privacy
  - 1.4.3. Delivery
  - 1.4.4. Majesty
- 1.5. Needs of the Professional Attending Laboring Women
  - 1.5.1. Secrecy
  - 1.5.2. Professional Attitude Towards Pain
  - 1.5.3. Respect for the Majesty of the Moment
  - 1.5.4. Privilege
- 1.6. The Reasons for Emotional Needs
  - 1.6.1. Comfort
  - 1.6.2. Privacy
  - 1.6.3. Connection with the most Primal
  - 1.6.4. Connection with the most Spiritual



- 1.7. Oxytocin
  - 1.7.1. The Hemato-Placental Barrier
  - 1.7.2. The Blood-Brain Barrier
  - 1.7.3. Endogenous Oxytocin
  - 1.7.4. Exogenous Oxytocin
- 1.8. Current Pandemics
  - 1.8.1. The Cesarean Pandemic
  - 1.8.2. The Immunological Disorders Pandemic
  - 1.8.3. The Autism Pandemic
  - 1.8.4. The Hyperactivity and Attention Deficit Pandemic
- 1.9. Newborn Needs
  - 1.9.1. Intestinal Flora
  - 1.9.2. Skin Flora
  - 1.9.3. The Umbilical Cord
  - 1.9.4. Placental Blood
- 1.10. Interventionism
  - 1.10.1. Amending Nature
  - 1.10.2. Intervening Calls for Intervention
  - 1.10.3. The Chain of Interventionism
  - 1.10.4. Environment and Safety in Childbirth



*TECH has all the tools to provide you with a quality education and a practical update in your field of work. Start now”*



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.







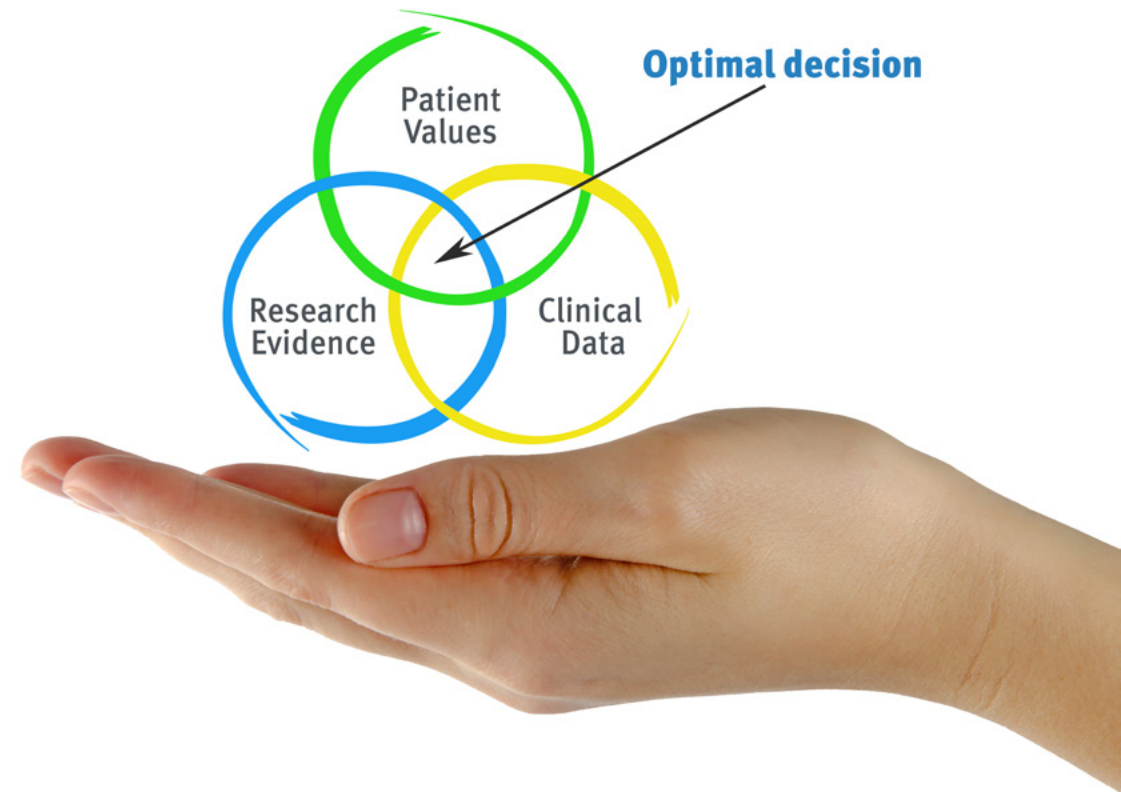
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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

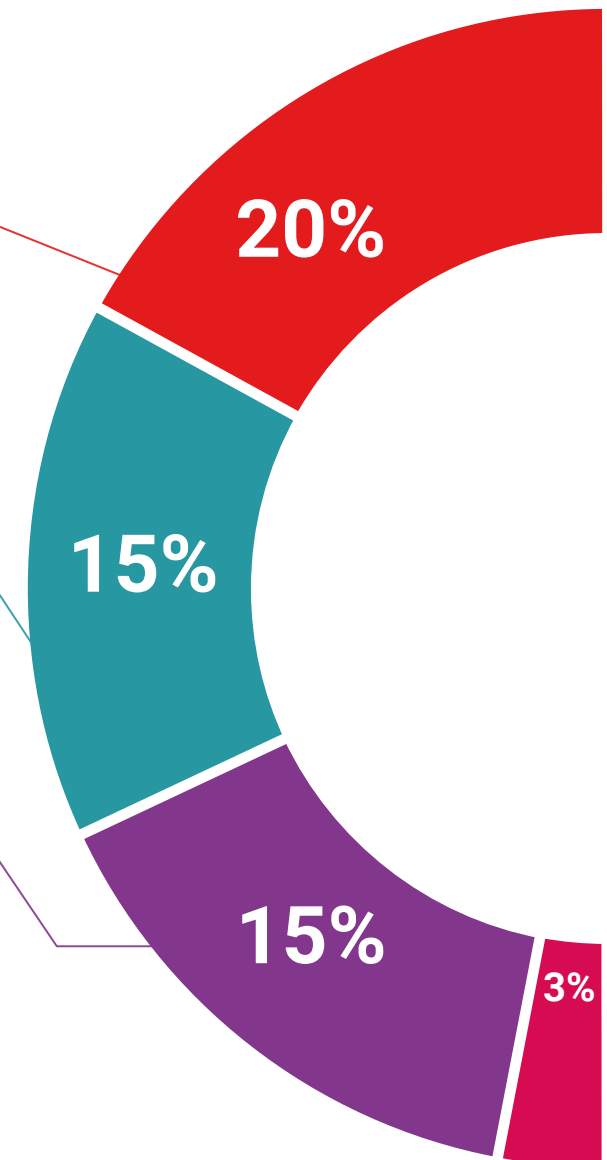
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

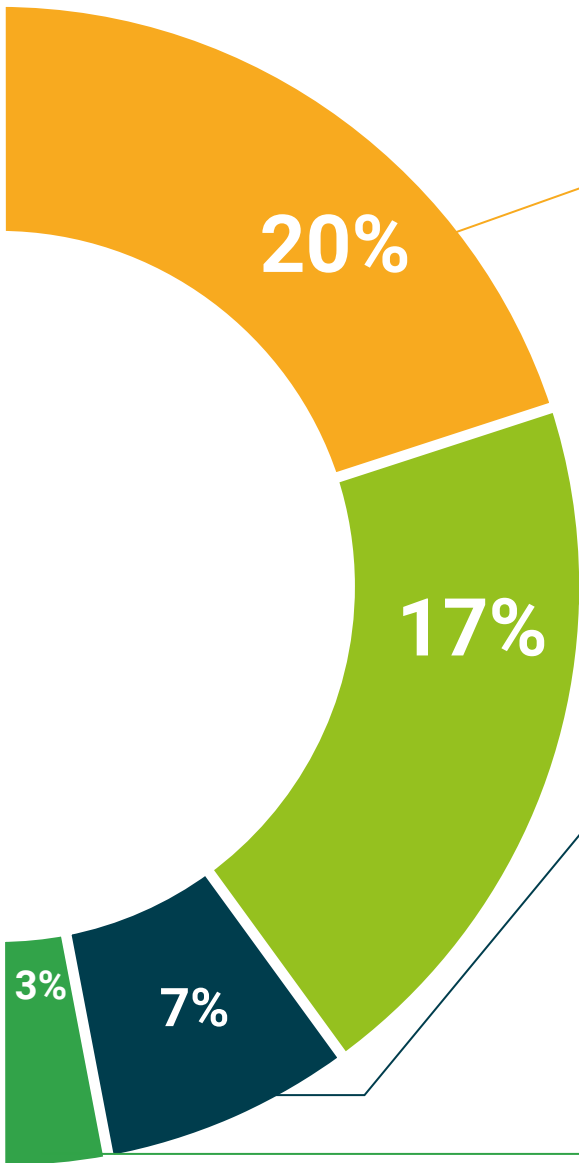
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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 Natural Childbirth 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 Natural Childbirth 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 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  
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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# Postgraduate Certificate

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