

# Postgraduate Certificate

## Natural Childbirth Units for Nursing





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

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# 01

# Introduction

To carry out a Natural Birth process, it is necessary to have optimal spaces within hospitals or health centers. These units are focused on promoting physiological childbirth, without unnecessary interventions, and respecting the rhythms and needs of both the mother and the newborn. By understanding natural processes and having skills in comfort and pain relief techniques, nursing professionals can provide specialized and personalized care, creating a more satisfying and secure experience. Therefore, TECH has created the following qualification with the objective of training students in a high-demand sector. All of this is presented through an impactful informational conglomerate, enriched with audiovisual resources and complementary readings.





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*You will be trained in a booming sector due to the demand from patients requiring this service”*

Due to the increase and demand for Natural Birth procedures within clinics and hospitals, it has been necessary to implement more comprehensive units that guarantee the well-being and safety of both the mother and the baby at all times. One of the most involved areas in this procedure is Nursing, as they are the closest to the patients and are aware of their entire process. Therefore, it is crucial for professionals in the field to update their knowledge, having a solid foundation on the structural needs and tools that a Birth unit should have.

In this way, this Postgraduate Certificate offered by TECH becomes an opportunity for professional internship. Inside, the graduate will find the most up-to-date advances and knowledge in the sector, presented through audiovisual resources, interactive videos, and complementary readings. In addition, it features the Relearning methodology, presenting Nursing staff with different real and simulation cases, facing current challenges in the field.

It is worth noting that, with a 100% online format, only a device with internet connection is needed, with no predetermined schedules or trips to in-person centers. This way, graduates can adjust their academic workload to their preferred times, balancing their health work with the acquisition of new knowledge.

This **Postgraduate Certificate in Natural Childbirth Units 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 Natural Childbirth Units 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



*You will face real and simulated cases, gaining an immersive and more beneficial experience”*

“

*A certification that you can pursue from the comfort of your home, without the need to attend in-person centers”*

*You will delve into the principles of design and architecture for the creation of birthing centers in rural areas.*

*You will learn about the various safety factors in both types of facilities, including those in a hospital and those in a birthing center.*

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



# 02

# Objectives

This program has been specifically designed to provide nursing professionals with the most up-to-date academic content on Natural Birthing Units, along with a high-impact methodology for acquiring new skills and specialized knowledge. TECH's objective is to ensure that after completing the Postgraduate Certificate, graduates have been trained and have acquired new skills and competencies to provide the best specialized care to their patients.







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*Once you graduate, you will be one step closer to achieving your professional objectives”*



## General Objectives

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- ♦ 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

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- ♦ Thoroughly examine the definition and function of birth centers and differentiate them from hospitals
- ♦ Analyze the principles of design and architecture of birth centers to create comfortable and safe environments
- ♦ Identify the services offered by birth centers and hospital maternity units during prenatal, labor, and postnatal stages
- ♦ Promote and support birth centers and their importance in the care of low-risk pregnancies
- ♦ Compare the safety, comfort, and satisfaction of women in birth centers and hospital maternity units
- ♦ Examine the roles of professionals in birth centers and hospital units, as well as the necessary training to work in these settings
- ♦ Thoroughly examine the planning and management of birth centers, financing, and staff selection
- ♦ Explore trends and future perspectives in the development of birth centers and maternity units, considering technological innovations, policies, and models of care focused on women and families



*You will expand your knowledge about the advantages offered to both the mother and her baby within a birthing center"*

03

# Course Management

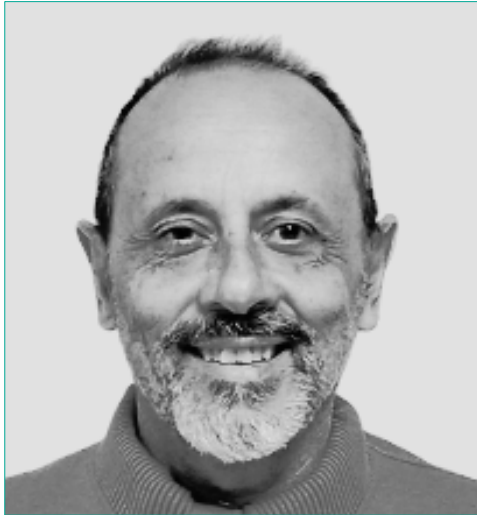
For the development of this program, TECH has carefully selected a highly qualified and experienced faculty in the management and establishment of Natural Birthing Units. These experts and specialists have been chosen for their extensive knowledge and track record in the field, having worked in some of the most respected hospitals and clinics. Together, they have gathered the most up-to-date and rigorous information, creating exclusive and impactful academic material accessible only to enrolled program graduates.



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*Experts and specialists committed  
to your professional development”*

## 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

## 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

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*Make the most of this opportunity to learn about the latest advances in this subject to apply it to your daily practice”*

# 04

# Structure and Content

The syllabus of this program has been specifically designed to meet the requirements of Nursing in the management and establishment of healthcare units for the Natural Birthing process. The Postgraduate Certificate provides updated and rigorous information on the topic, presented through impactful audiovisual resources, complementary readings, and the completion of practical exercises based on real and simulated cases, using the Relearning methodology.







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*Here, you will find the best training tools,  
gaining access to exclusive material  
presented through interactive videos”*

## Module 1. Natural Birth Units

- 1.1. Birth centers
  - 1.1.1. Differences from hospitals
  - 1.1.2. Benefits for women and professionals
  - 1.1.3. Examples of designs and architecture
  - 1.1.4. Services offered
- 1.2. Principles of design and architecture of birth centers
  - 1.2.1. Comfortable and safe environment
  - 1.2.2. Common Features
  - 1.2.3. Design of private rooms and common areas
- 1.3. Outdoor spaces and common areas in birth centers
  - 1.3.1. Function and benefits of outdoor spaces
  - 1.3.2. Design and maintenance of common areas
  - 1.3.3. Integration with the natural environment
- 1.4. Services offered by birth centers
  - 1.4.1. Prenatal care and childbirth education
  - 1.4.2. Emotional and physical support during labor
  - 1.4.3. Postnatal and follow-up services
  - 1.4.4. Collaboration and referral to hospitals in case of complications
- 1.5. Promotion and support of birth centers
  - 1.5.1. Importance in the care of low-risk pregnancies
  - 1.5.2. Role of organizations like the American Association of Birth Centers
  - 1.5.3. Challenges in the implementation of birth centers
  - 1.5.4. Opportunities in obstetric care
- 1.6. Services offered by hospital maternity units
  - 1.6.1. Prenatal care and fetal monitoring
  - 1.6.2. Pain management during childbirth
  - 1.6.3. Postnatal and follow-up services
  - 1.6.4. Comparison with birth centers



- 1.7. Comparison of safety, comfort, and women's satisfaction
  - 1.7.1. Advantages and disadvantages of birth centers
  - 1.7.2. Advantages and disadvantages of hospital maternity units
  - 1.7.3. Safety factors in both types of facilities
  - 1.7.4. Levels of comfort and women's satisfaction
- 1.8. Role of professionals in birth centers and hospital maternity units
  - 1.8.1. Differences in the role of professionals
  - 1.8.2. Training and education to work in birth centers and hospital maternity units
  - 1.8.3. Levels of collaboration and teamwork among professionals
  - 1.8.4. Assessment of the quality of care
- 1.9. Planning and management of birth centers
  - 1.9.1. Requirements
  - 1.9.2. Financing and sustainability
  - 1.9.3. Personnel selection and training
  - 1.9.4. Assessment and continuous improvement of the quality of care
- 1.10. Trends and future perspectives in the development of birth centers and hospital maternity units
  - 1.10.1. Technological and design innovations
  - 1.10.2. New policies and regulations
  - 1.10.3. Development of woman- and family-centered care models
  - 1.10.4. Opportunities and challenges in obstetric care in the future

“ *A program that allows you to balance your daily routine with the acquisition of new knowledge* ”



# 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 Units 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 Natural Childbirth Units 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 Natural Childbirth Units 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



**Postgraduate Certificate**  
Natural Childbirth  
Units for Nursing

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