

# Postgraduate Certificate

## Natural Childbirth in Water for Midwives





## Postgraduate Certificate Natural Childbirth in Water for Midwives

- » 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-water-midwives](http://www.techtute.com/us/nursing/postgraduate-certificate/natural-childbirth-water-midwives)

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# 01

# Introduction

In the search for alternatives to have less painful deliveries, the assistance of this procedure in water has positioned itself as an effective method that reduces these symptoms and therefore, keeps constantly advancing its protocols. Accordingly, Midwives must be constantly updated to ensure that they can broaden their knowledge in this area and efficiently attend to any type of complication that may arise during the process. Therefore, studying this program will ensure them a solid training in the new clinical practices for this type of childbirth and which will be developed 100% online, a benefit that will allow students to have greater control over their time.





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*This scientific program is the best investment you can make in an academic program to acquire the most up-to-date knowledge on Natural Childbirth in Water"*

Midwife-assisted Water Birth suggests a safe and beneficial option for some women, provided it is performed properly and under professional supervision. Some of the advantages it offers are the reduction of pain and relaxation of the mother, avoiding the excessive use of painkillers. Additionally, the buoyancy of the water can help reduce the pressure on the woman's body, facilitating movement during the work of the procedure, which is becoming increasingly popular.

Therefore, it is essential for professionals in this field to be constantly updated on the protocols to be followed when providing care for Natural Childbirth in Water, and this is precisely what this Postgraduate Certificate offers. This will be achieved through a curriculum that includes a detailed syllabus on water temperature monitoring and control, as well as the management of any risk situation that may arise during the procedure. Additionally, they will have a teaching team made up of the best specialists in Natural Childbirth, who will share the current panorama of this profession.

Thanks to the Relearning methodology, students will be able to complete the 100% online study plan, providing them with greater flexibility and the possibility of learning from anywhere. Additionally, they will have constant access to multimedia resources, which will help them to integrate the concepts in an effective and progressive manner. Additionally, they will analyze practical cases that simulate real situations, with the objective of improving their ability to solve problems and face challenges in a work environment.

The **Postgraduate Certificate in Natural Childbirth in Water 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 Water 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 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



*TECH will provide you with all the tools you need, ensuring an efficient and up-to-date learning experience"*

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*Immerse yourself in the physical and physiological fundamentals of water birth with this program and become fully trained in this area”*

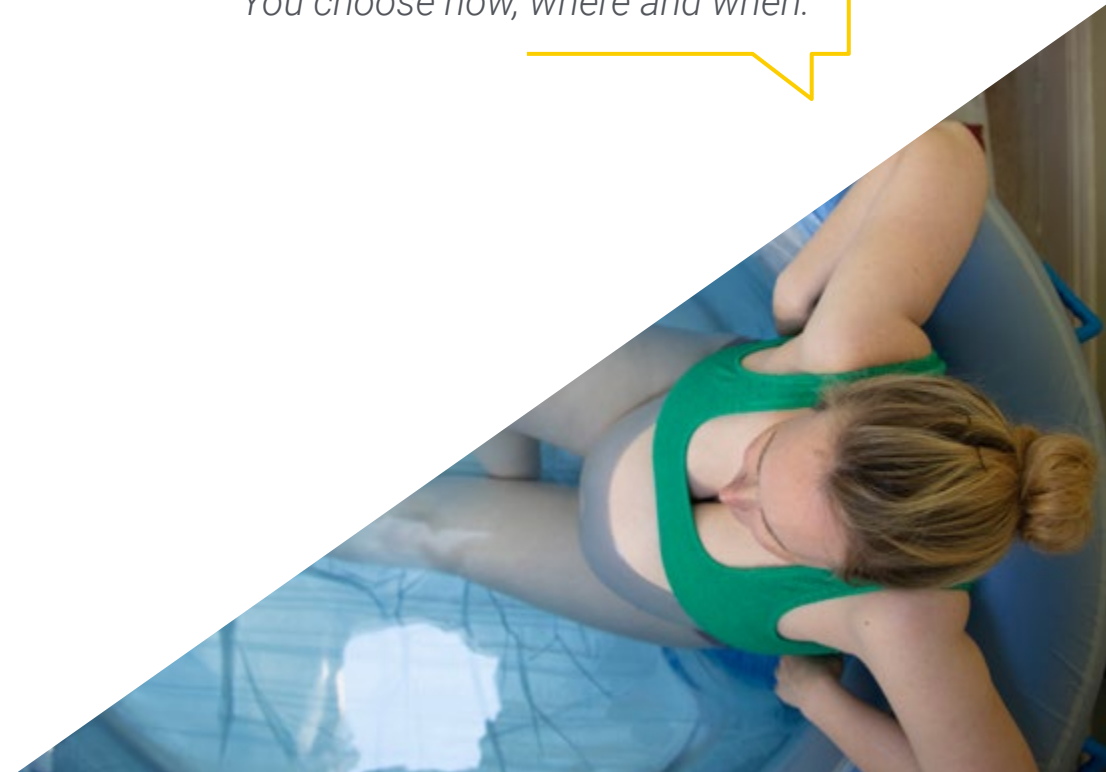
The program includes in its teaching staff professionals from the sector who bring to this program the experience of their work, as well as recognized specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will allow the professional a situated and contextual learning, that is, a simulated environment that will provide an immersive training programmed to train in real situations.

The design of this program focuses on Problem-Based Learning, in which the professional will have to try to solve the different professional practice situations that will arise throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*TECH is a pioneer in the implementation of Relearning, so you will have the security of having a superior educational experience.*

*Learn from the comfort offered by a completely online teaching, without pre-established schedules or uncomfortable displacements. You choose how, where and when.*



# 02

# Objectives

The main objective of the Postgraduate Certificate in Natural Childbirth in Water for Midwives is to offer students the most updated content on the criteria for immersion in water during labor and the management of the expulsive stage. Additionally, the didactic and innovative materials offered by this program bring the professional directly and quickly to the deep knowledge in neonatal physiology and assessment of the newborn. For this purpose, TECH offers the most avant-garde didactic tools, the most efficient methodology and the most convenient format.







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*You will get a holistic view of the benefits of Natural Childbirth in Water, thanks to TECH's academic program"*



## 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 advocacy for patients' rights
- Analyze the stages of labor and the techniques of pain management and relaxation
- Develop skills in the development and monitoring of personalized birth plans



*Master the most current techniques of neonatal assessment, in order to rule out any physiological problem in the newborn"*





## Specific Objectives

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- ♦ Examine in depth the history and worldwide practices of water birth and understand their benefits and physiological effects
- ♦ Analyze the physical and physiological fundamentals of water birth, including Archimedes' principle and physiological changes during submersion
- ♦ Identify the criteria for immersion and common contraindications for water birth
- ♦ Analyze the monitoring of conditions during water birth, including water temperature, infection control and body mechanics
- ♦ Examine the second stage (of labor) of water birth, protecting the perineum and addressing possible complications
- ♦ Assess neonatal physiology and the newborn in the context of water birth
- ♦ Analyze in depth the practices of the third physiological stage and postpartum care in water birth
- ♦ Facilitate the initiation of breastfeeding and postpartum follow-up in water births
- ♦ Identify and prevent specific water birth complications and manage emergency situations
- ♦ Provide water birth education, support and resources to women and their families as well as to health care professionals

03

# Course Management

TECH aims to provide high quality education and ensure immediate access to the best content on the market, so it has also made a rigorous selection of teachers for this program. In this way, the participants will learn from the most prepared professionals in this field, who will share with them the aspects that are currently taken into account during the assistance of a Natural Childbirth in Water, as well as the latest protocols that have been developed for this process.





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*The vast experience of the teachers of this program will allow you to broaden your vision of the field and to acquire a complete update on Natural Childbirth in Water"*

## Management



### 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
- Medical specialist at Pius Hospital de Valls
- Medical specialist at Clínica Perpetuo Socorro
- Specialty in Gynecology and Obstetrics by San Carlos Clinical Hospital
- Degree 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

# 04

## Structure and Content

The contents that make up the syllabus of this Postgraduate Certificate have been developed by the best experts in Natural Childbirth. In this way, participants will acquire a solid training on education, support and resources for water birth. Additionally, thanks to the multimedia resources, the Midwives will understand more easily the functions of the materials that exist at the moment that allow a constant monitoring of the conditions of the water.








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*With the contents of this program you will acquire a holistic and advanced vision on the generation of a favorable aquatic environment for both the mother and the baby"*

## Module 1. Water Birth

- 1.1. Water Birth
  - 1.1.1. History and World Practices of the Use of Water in Childbirth
  - 1.1.2. Principles and Practices of Gentle Births
  - 1.1.3. Advantages of Water Birth
  - 1.1.4. Physiological Effects of Water Birth
- 1.2. Physical and Physiological Fundamentals of Water Birth
  - 1.2.1. Archimedes' Principle and its Relation to Water Birth
  - 1.2.2. Hormonal Control of Childbirth
  - 1.2.3. Physiological Changes During Immersion in Water
  - 1.2.4. Neonatal Adaptations to Water Birth
- 1.3. Criteria for Immersion in Water During Labor and Birth
  - 1.3.1. Appropriate Timing of Water Immersion
  - 1.3.2. Common Contraindications to Water Birth
  - 1.3.3. Clinical Practices and Care Guide
  - 1.3.4. Emergency Evacuation
- 1.4. Monitoring and Control of conditions During Water Birth
  - 1.4.1. Auscultation Guide
  - 1.4.2. Water Temperature
  - 1.4.3. Infection Control
  - 1.4.4. Body Mechanics and Safety Issues
- 1.5. Management of the Second Stage (Second Stage of Labor) in Water Birth
  - 1.5.1. Protecting the Perineum
  - 1.5.2. Preventing or Coping with Late Shoulders or Dystocia
  - 1.5.3. Cord Problems
  - 1.5.4. Fetal Reflexes and Pelvic Anatomy
- 1.6. Neonatal Physiology and Newborn Assessment
  - 1.6.1. Fetal Respiratory Protection Mechanisms
  - 1.6.2. Neonatal Transitional Physiology and First Respiration
  - 1.6.3. Protecting and Seeding the Infant Microbiome
  - 1.6.4. Neonatal Resuscitation Practices



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- 1.7. Third Physiological Stage and Postpartum Care
    - 1.7.1. Third Physiologic Stage (Delivery of the Placenta) Compared to Active Management
    - 1.7.2. Assessing Blood Loss to Determine Postpartum Hemorrhage
    - 1.7.3. Getting Out of the Tub
    - 1.7.4. Facilitate Skin-to-Skin Contact and Maternal Kangaroo Care
  - 1.8. Initiation of Breastfeeding and Postpartum Follow Up
    - 1.8.1. Initiation of Lactation
    - 1.8.2. Monitoring and Follow-Up of Maternal and Newborn Condition
    - 1.8.3. Emotional Support and Well-Being of the Mother
    - 1.8.4. Return Home and Adaptation to Family Life
  - 1.9. Complications and Management of Emergency Situations
    - 1.9.1. Identification and Prevention of Specific Complications in Water Birth
    - 1.9.2. Emergency Interventions in Water Birth
    - 1.9.3. Protocols for Emergency Evacuation and Transfer to Specialized Care
  - 1.10. Water Birth Education, Support, and Resources
    - 1.10.1. Preparation and Education for Mother and Partner on Water birth
    - 1.10.2. The Role of the Health Care Team in Water birth
    - 1.10.3. Water birth Education Resources and Materials
    - 1.10.4. Water birth Support Groups and Water birth Communities

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*This is the opportunity you've been looking for to get updated on the latest trends in the Assistance of Natural Childbirth in Water"*

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.





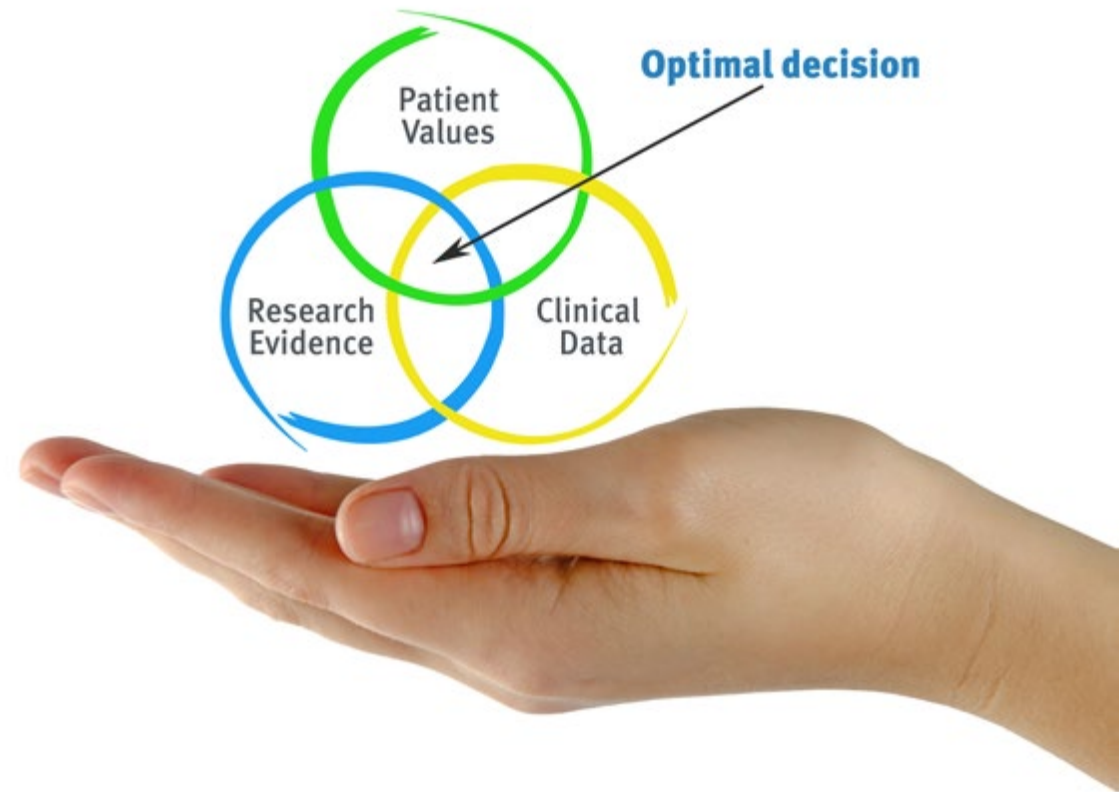
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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 in Water for Midwives 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 in Water for Midwives** 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 in Water for Midwives**

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.

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health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
classroom



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