

# Postgraduate Certificate Physiological Puerperium and Health Education for Midwives



## Postgraduate Certificate Physiological Puerperium and Health Education 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/physiological-puerperium-health-education-midwives](http://www.techtute.com/us/nursing/postgraduate-certificate/physiological-puerperium-health-education-midwives)

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# 01

# Introduction

Knowing the woman's own changes during each of the stages of the puerperium helps to establish the needs and prioritize the midwife's care throughout the different phases. In addition, it is important that the professional is trained to offer the most appropriate information to the patient in each case.





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*The best way to care for patients during the postpartum period is to be aware of all the changes that may occur in their bodies. So, join us and expand your expertise in this area"*

Understanding the physiological development of the puerperium is essential for the management of patients, both from the perspective of hospital care and primary care. Recognizing the physiology of the puerperium is a key factor in identifying early signs of risk and being able to prevent complications or act as efficiently and quickly as possible in the event of complications that may arise.

This course will distinguish the actions of the midwife in the different levels of puerperal care, starting in the delivery room during the immediate puerperium, the assistance of the puerpera in the puerperal ward and in the health center through the consultation of the midwife. Despite the fact that nurses are found on many puerperium hospitalization floors, the tendency is for these positions to be filled by midwives, since they are the specialized nursing personnel for this stage of the woman's life.

Health education occupies an important place in this specialization, since it will be one of the protagonists of the midwife's health care work, offering information to the expectant mother to promote her care and that of her newborn.

Early discharge and puerperium at home is a modality of care that is increasingly implemented in many hospital centers. This Postgraduate Certificate will work on these concepts since the midwife must know the criteria to be met to carry out the early discharge, as well as to manage the evolution of the process in the maternal home.

The approach of this educational program has been developed in a global way in relation to the care of the midwife during the puerperium, not only based on physical aspects, but also incorporating the psychoemotional aspects of the same.

This **Postgraduate Certificate in Physiological Puerperium and Health Education for Midwives** contains the most complete and up to date scientific program on the market. The most important features of the Postgraduate Certificate are:

- ♦ The development of case studies presented by experts in Physiological Puerperium and Puerperium Health Education
- ♦ The graphic, schematic, and eminently 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 in Physiological Puerperium and Puerperium Health Education
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Access to content from any fixed or portable device with an Internet connection



*Don't miss this opportunity to study in the largest private online university. You will increase your ability to succeed"*

“

*This Postgraduate Certificate is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Physiological Puerperium and Health Education for Midwives, you will obtain a degree from TECH Global University"*

The teaching staff includes professionals from the field Puerperium, who bring their experience to this Postgraduate Certificate program, as well as renowned specialists from leading societies and prestigious universities.

Its Multimedia Content, elaborated with the latest Educational Technology, will allow the Professional a situated and contextual learning, that is to say, a Simulated Environment that will provide an immersive specialization programmed to train in real situations.

This program is designed around Problem Based Learning, whereby the specialist must try to solve the different professional practice situations that arise during the academic year. For this, the professional will be assisted by an innovative system of interactive videos made by recognized experts, with great capacity in Physiological Puerperium and Education for Health in Puerperium.

*We offer you the best teaching methodology and the latest educational technology so that you can broaden your specialization without complications.*

*Combine your studies with your professional work while increasing your knowledge in the field of puerperium thanks to this 100% online Postgraduate Certificate.*



02

# Objectives

The Postgraduate Certificate in Physiological Puerperium and Health Education for Midwives is oriented to train midwives for their daily work.







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*If you want to specialize in the postpartum period, this is the best option to learn about the latest advances in the field"*



## General Objectives

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- ♦ Update and expand the midwife's knowledge in the field of postpartum care in the hospital, in the health center and at home
- ♦ Obtain an integrated vision of the care required by women and their children during the Puerperium
- ♦ Understand the puerperium phase from a global and biopsychosocial point of view
- ♦ Facilitate the performance of the midwife dedicated to the care of the woman and the newborn in the postpartum phase
- ♦ Help provide quality postpartum care based on scientific evidence
- ♦ Contribute to the midwife's decision making in situations that deviate from normality
- ♦ Have the tools to achieve a multidisciplinary management in the puerperium
- ♦ Acquire the professional competencies necessary to offer a quality and updated healthcare practice
- ♦ Apply the knowledge obtained to solve problems that may arise in health care practice





## Specific Objectives

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- ♦ Broaden the knowledge about the changes of the puerperium in its different stages in the context of physiology
- ♦ Recognize deviations from normality in the development of the puerperium in order to be able to identify pathological situations
- ♦ Improve capacity in the application of midwifery care to women and newborns in the immediate Puerperium in the delivery room
- ♦ Improve capacity in the application of midwifery care to women and newborns in the puerperium hospitalization ward
- ♦ Improve capacity in the application of midwifery care to women and newborns in the midwifery practice in primary care
- ♦ Comprehensive knowledge of newborn screening procedures
- ♦ Train midwives in the care of women and newborns during the home Puerperium

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*Update your knowledge through the Physiological Puerperium and Health Education for Midwives program”*

03

# Course Management

The program includes in its teaching staff reference experts in Puerperium, who bring to this Postgraduate Certificate the experience of their work. Additionally, other recognized specialists participate in its design and preparation which means that the program is developed in an interdisciplinary manner.

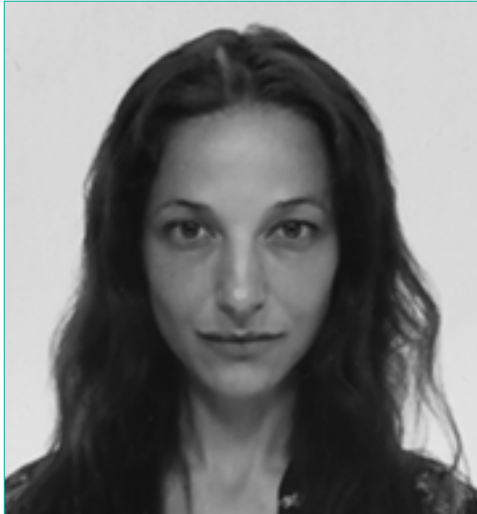




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*We have an excellent team of professionals that will help you improve in your daily practice”*

## Management



### Ms. Grolimund Sánchez, Verónica

- ♦ Midwife at HGU Doctor Gregorio Marañón, Madrid Specialized in high risk pregnancy and childbirth
- ♦ Diploma in Nursing from the Autonomous University of Madrid Red Cross School of Nursing
- ♦ Nurse Specialist in Obstetrics and Gynecology
- ♦ Professor in the Obstetrics and Gynecology Nursing Teaching Unit at HGU Gregorio Marañón since 2013
- ♦ Teaching collaborator at HGU Gregorio Marañón, tutoring and supervising EIR rotations in Family and Community Care
- ♦ Lecturer in the Practical Course on Obstetric Emergencies Obstetric Hemorrhage
- ♦ Nurse in special services such as emergency, URPA, ICU and neonatal ICU



### Ms. Pallarés Jiménez, Noelia

- ♦ Midwife Gregorio Marañón University Hospital
- ♦ University Diploma in Nursing from the University of Zaragoza
- ♦ Specialty in Obstetric-Gynecological Nursing (Midwife) at the Midwifery Teaching Unit of Catalonia, University of Barcelona
- ♦ Postgraduate in Sexual Health Educational and Community Intervention University of Lérida Foundation
- ♦ Collaborating professor at the Midwifery Resident Teaching Unit of the General University Hospital Gregorio Marañón as an expert in the area of maternal and newborn nursing
- ♦ Primary Care Midwife In Barcelona, Catalan Institute of Health
- ♦ Midwife at the University Hospital Clinic of Barcelona
- ♦ Obstetric-Gynecological Specialty at the Germans Trias i Pujol Hospital in Badalona as resident midwife
- ♦ Nurse in the puerperium ward at the Miguel Servet University Hospital in Zaragoza



## Professors

### Mr. Burgueño Antón, Adrián

- ◆ Specialist in Gynecology and Obstetrics. Supervisor in Maternal and Child Surgical Block at Hospital Universitario La Paz

### Ms. García Rodríguez, Laura

- ◆ Matron Goya Health Center

### Ms. Gutiérrez Munuera, Marta

- ◆ Midwife Infanta Leonor Hospital

### Ms. Hernando Orejudo, Isabel

- ◆ Matron University Hospital Clínico San Carlos in Obstetric Emergency Units, Delivery Room, High Obstetric Risk, Fetal Physiopathology and Breastfeeding

### Ms. López Collado, Irene

- ◆ Obstetric Gynecological Nurse

### Ms. Matesanz Jete, Consuelo

- ◆ Midwife General Hospital of Segovia
- ◆ Nurse specialized in Obstetrics and Gynecology

### Ms. Martín Jiménez, Beatriz

- ◆ Midwife in the delivery room and obstetric emergency services Getafe University Hospital

### Ms. Ramírez Sánchez-Carnerero, Rosa María

- ◆ Matron Virgen de Altagracia de Manzanares Hospital

### Ms. Sánchez Boza, Pilar

- ◆ Nurse specialized in Obstetrics and Gynecology

### Ms. Triviño de la Cal, Cristina

- ◆ Specialist in Gynecology and Obstetrics. Yébenes Health Center, Madrid

# 04

# Structure and Content

The structure of the contents has been designed by the best professionals in the Puerperium area, with a wide trajectory and recognized prestige in the profession, backed by the volume of cases reviewed, studied and diagnosed, and with a wide command of the new technologies applied to healthcare.







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*This Postgraduate Certificate in Physiological Puerperium and Health Education for Midwives contains the most complete and up to date scientific program on the market”*

## Module 1. Physiological Puerperium

- 1.1. Concept and Stages of Puerperium
- 1.2. Objectives of the Midwife in the Puerperium
- 1.3. Physical and Psychosocial Modifications
- 1.4. Care of Women and Newborns in the Immediate Puerperium
  - 1.4.1. General Examination
  - 1.4.2. Physical Assessment
  - 1.4.3. Identification and Problem Prevention
- 1.5. Attention and Care of Women and Newborns in the Early Puerperium
  - 1.5.1. Midwifery in the Early Puerperium
  - 1.5.2. Health Education and Self Care Tips
  - 1.5.3. Newborn Screening and Newborn Hearing Impairment Screening
- 1.6. Control and Follow up of the Late Post-partum Period
- 1.7. Hospital Discharge Midwife's Report at Discharge Early Discharge
- 1.8. Criteria for Good Care at the Primary Care Center
  - 1.8.1. Criteria for Good Care in Primary Care Centers (Community of Madrid and Other Autonomous Communities)
  - 1.8.2. Recommendations of the Clinical Practice Guide of the Ministry of Health (CPG)
- 1.9. Health Education in the Puerperium
  - 1.9.1. Concept and Introduction Types of Intervention
  - 1.9.2. Objectives of Health Education in the Puerperium
  - 1.9.3. Midwife as a Health Agent in the Puerperium
  - 1.9.4. Methodology. Main Techniques in Health Education: Expository Techniques, Classroom Research Techniques
- 1.10. Postpartum Workgroups: Postpartum Group and Breastfeeding Group
  - 1.10.1. Postpartum Session: Objectives and Contents
  - 1.10.2. Breastfeeding Session: Objectives and Contents
  - 1.10.3. Newborn Care Session: Objectives and Contents





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*This specialization will allow you to advance your career in a comfortable way”*

# 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 Physiological Puerperium and Health Education for Midwives, in addition to the most rigorous and up to date Postgraduate Certificate, access to a Postgraduate Certificate issued by TECH Global University.





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*Successfully complete this specialisation  
and receive your diploma without travel  
or laborious paperwork”*

This private qualification will allow you to obtain a **Postgraduate Certificate in Physiological Puerperium and Health Education 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** private qualification 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.

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Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



future  
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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