

# Postgraduate Certificate

## Scientific Evidence in Natural Childbirth for Nursing





## Postgraduate Certificate Scientific Evidence in Natural Childbirth for Nursing

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/in/nursing/postgraduate-certificate/scientific-evidence-natural-childbirth-nursing](http://www.techtute.com/in/nursing/postgraduate-certificate/scientific-evidence-natural-childbirth-nursing)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

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*p. 28*

# 01

# Introduction

Natural childbirth has gained greater significance in recent years due to its preference over other alternatives such as cesarean sections or medical interventions. Furthermore, recent scientific evidence has demonstrated the various benefits that this procedure offers, including a lower risk of complications for the mother, a decrease in bleeding, and even contributions to the postpartum process, reducing rates of depression and expediting the recovery process. Being acquainted with recent advancements and updates allows professionals to be prepared to handle the procedure in any circumstance, especially nursing personnel who are in direct contact with mothers and newborns. Therefore, to provide specialized care, they must update their knowledge, making this program their best alternative.





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*You will have access to an informative syllabus, filled with the latest scientific evidence from the health sector”*

In addition to being the preferred choice for mothers, Natural Childbirth has proven to be more friendly and less invasive. Recent scientific research found that women who gave birth naturally had a quicker recovery and a lower need for pain medication compared to those who had medically assisted deliveries or cesarean sections.

This practice significantly reduces the likelihood of complications such as perineal tears, hemorrhages, and post-traumatic stress, offering various benefits, as well as more natural care procedures, breastfeeding, and the recovery of both mother and baby. Therefore, knowing the most recent scientific evidence is essential for health personnel, especially for nurses who are the main ones related to Natural Childbirth due to their intervention in each of the stages of pregnancy.

This Postgraduate Certificate becomes an opportunity for all those professionals who want to update their knowledge in this area. During the following weeks, the graduate will be presented with cutting-edge and rigorous information on studies that make Natural Childbirth the most appropriate procedure for the conception of the newborn. All this through an Academic compendium of great impact, nourished with audiovisual Appeal, complementary readings and practical exercises developed with the Relearning methodology.

It should be noted that the program is in a 100% online format, which allows professionals to combine their daily routine with the acquisition of new knowledge. In this way, they will be able to accommodate their course load to their preferred schedules, without having to attend on-site centers or take group classes.

This **Postgraduate Certificate in Scientific Evidence in Natural Childbirth for Nursing** 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 Scientific Evidence in Natural Childbirth 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



*A qualification that you can pursue from anywhere you desire and at the time of your choosing" What are you waiting for? Enroll now!"*

“

*You will develop extensive skills for evidence-based childbirth care practices”*

*For the development of this program, you will only need a device with an internet connection.*

*You will learn, through informative content, about the changes in the human brain during pregnancy and postpartum.*

The program's teaching staff includes professionals from the industry who contribute their work experience to this program, as well as renowned specialists from leading societies and prestigious universities.

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

This program is designed around Problem-Based Learning, whereby professionals must try to solve the different professional practice situations that arise throughout the program. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.



# 02 Objectives

TECH focuses on selecting academic topics that allow professionals to improve their skills and abilities to achieve their career objectives. To meet this objective, it employs the Relearning methodology, ensuring a practical process through activities based on real and simulated cases. In this way, nursing graduates can train in a growing and constantly evolving sector, gaining extensive knowledge about the latest scientific and neuroscientific evidence in the field.







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*Stay updated with the latest information  
on the Neurobiology of breastfeeding”*



## 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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- ◆ Analyze brain plasticity during Motherhood and the importance of research in animals and humans in this field
- ◆ Examine brain changes in rodents and humans during pregnancy and postpartum and the involvement of hormones in Motherhood
- ◆ Examine the Neurobiology of Breastfeeding and how empathy and altruism influence baby care
- ◆ Navigate neuroscientific research to psychosocial interventions and emotional and cognitive support for future mothers and fathers
- ◆ Analyze the scientific evidence in Natural Childbirth and evidence-based care practices
- ◆ Examine the use of non-invasive technology and analgesia and anesthesia in Natural Childbirth
- ◆ Identify the benefits and risks of Natural Childbirth and adapting care according to the context, including hospital and home settings



*You will update your intervention procedures and implement the latest scientific evidence into your care work"*

03

# Course Management

At its highest academic level, TECH has selected for the direction of the program an active teaching staff with several years of experience in both the health and scientific fields. This faculty is composed of experts and specialists who, throughout their careers, have stood out for their extensive knowledge and experience, belonging to respected hospitals and clinics, as well as research groups in the service of Natural Childbirth. They will be in charge of directing the program and have also poured into the study material their knowledge and experience, offering an exclusive and high-impact conglomerate.





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*You will be trained through high-impact audiovisual resources, designed by experts and specialists with several years of experience”*

## 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



# 04

# Structure and Content

This Postgraduate Certificate brings together updated and rigorous information on the latest scientific evidence regarding natural childbirth for Nursing. Inside, professionals in the field will find exclusive neuroscientific material contributed by experts and specialists. Additionally, all this academic compilation will be presented through audiovisual resources, supplementary readings, and practical exercises developed with the Relearning methodology, providing an enriching and immersive experience.







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*Download the content of this program to your preferred device and review it as many times as you need”*

## Module 1. Scientific and Neuroscientific Evidence

- 1.1. Neuroscience of Pregnancy and Maternity
  - 1.1.1. Brain Plasticity During the Transition to Motherhood
  - 1.1.2. Comparison of Studies in Animals and Humans
  - 1.1.3. Evolution and Biological Mechanisms of Maternal Care
  - 1.1.4. Hormones and Their Role in Motherhood
- 1.2. Animal Models in Maternity Research
  - 1.2.1. Brain Changes in Animals During Pregnancy and Offspring Care
  - 1.2.2. Hormones and Regulation of Maternal Behavior in Animals
  - 1.2.3. Applications of Animal Findings to Human Research
- 1.3. Brain Changes in Human During Pregnancy and Postpartum
  - 1.3.1. Brain Reorganization During Pregnancy
  - 1.3.2. Limbic System and Mother-Child Connection
  - 1.3.3. Social Cognition, Empathy, and Maternal Adaptations
- 1.4. Clinical Implications and Practical Applications
  - 1.4.1. Impact of Breastfeeding and Care on Caregiver's Brain
  - 1.4.2. Neurobiology of Breastfeeding
  - 1.4.3. Clinical Approach to Behavioral Changes in Motherhood
- 1.5. Oxytocin and Its Role in Bonding
  - 1.5.1. Oxytocin in Humans
  - 1.5.2. Oxytocin in baby
  - 1.5.3. Oxytocin in Maternal Care
- 1.6. Scientific Evidence in Pregnancy Monitoring
  - 1.6.1. Nutrition in pregnancy
  - 1.6.2. Diabetes screening
  - 1.6.3. Weight Gain





- 1.7. Evidence-Based Delivery Care Practices
  - 1.7.1. Labor Monitoring
  - 1.7.2. Non-Invasive Technology
  - 1.7.3. Analgesia and Anesthesia
- 1.8. Evidence-Based Intervention I
  - 1.8.1. Big baby
  - 1.8.2. Prolonged gestation
  - 1.8.3. Rupture of membranes
- 1.9. Evidence-Based Intervention II
  - 1.9.1. Oxytocin IV
  - 1.9.2. Fetal distress
  - 1.9.3. Labor Induction
- 1.10. Evidence-Based Intervention III
  - 1.10.1. Cord cutting
  - 1.10.2. Delivery

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*This Postgraduate Certificate features the innovative Relearning model, so you will learn on the go and face real and simulated cases”*

# 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.



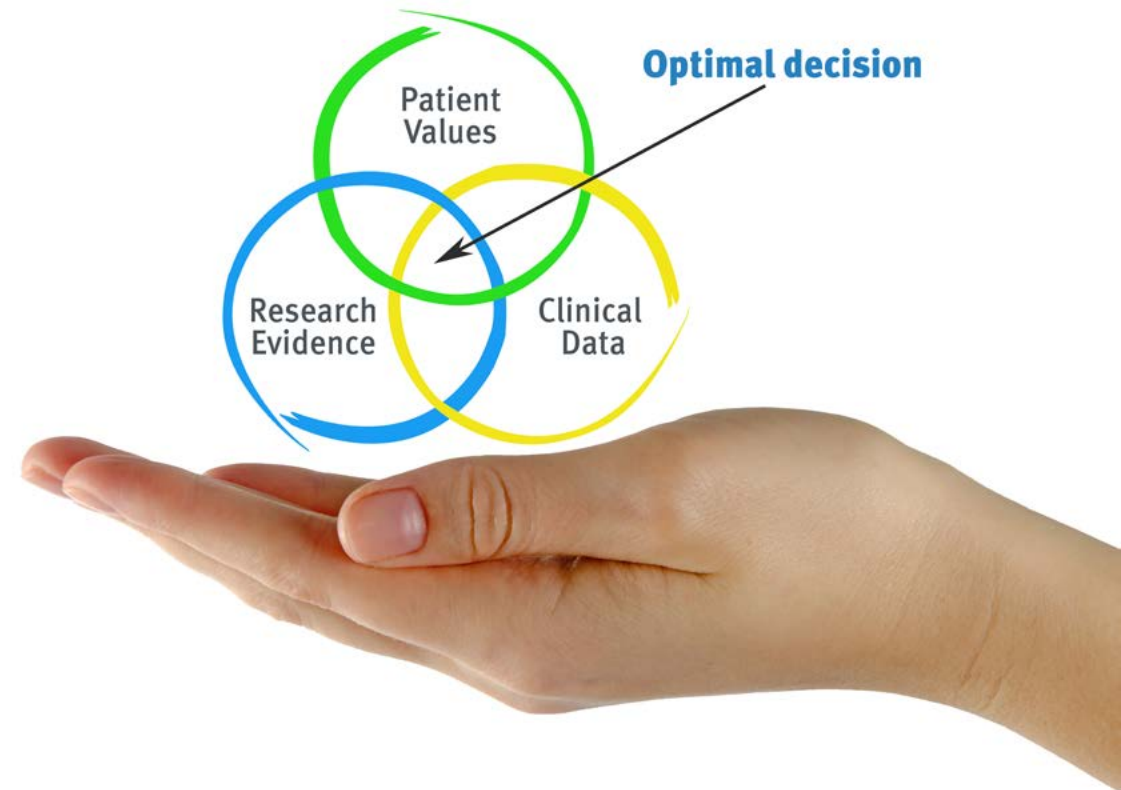
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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 Scientific Evidence in Natural Childbirth for Nursing 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 Scientific Evidence in Natural Childbirth for Nursing** 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 certificate 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 Scientific Evidence in Natural Childbirth for Nursing**

Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate 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 language  
virtual classroom

**tech** technological  
university

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