

# Postgraduate Certificate

## Special Situations of The Newborn and Breastfeeding for Midwives





## Postgraduate Certificate

### Special Situations of the Newborn and Breastfeeding for Midwives

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/nursing/postgraduate-certificate/special-situations-newborns-breastfeeding-midwives](http://www.techtitute.com/us/nursing/postgraduate-certificate/special-situations-newborns-breastfeeding-midwives)

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# 01 Introduction

After pregnancy and childbirth, the most important moment a new mother has to face is the establishment of breastfeeding. This physiological process is determinant for the baby's development in the months after birth and, in a more complex way, in the next years of its development. However, the successful initiation and maintenance of breastfeeding is determined by different factors, coming from different areas, which may hinder or prevent it from being carried out successfully, normally and with benefits for both mother and child. This Postgraduate Certificate has compiled the most updated knowledge in this field of work, specifically focused on the baby, creating an advanced growth tool for professionals involved in this area.



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*A highly qualified Postgraduate Certificate that offers the professional in this field the most interesting and useful advances in breastfeeding from a point of view centered on the baby as an active agent of breastfeeding"*

Considering the mother-child binomial as a fundamental principle in the development of postpartum care, the midwife must have a thorough knowledge of the most important aspects of newborn care. This module covers all the characteristics of the healthy newborn as well as all the physiological changes and adaptations that occur in the first hours and days after birth. The content has been organized by devices and systems to facilitate understanding.

The early detection of risk situations in the adaptation of the newborn to extrauterine life by carrying out diagnostic, control, referral and follow-up activities, and, if necessary, taking the appropriate emergency measures, is one of the main training axes of midwives.

Within this module, health education in relation to newborn care as well as the approach to the main reasons for consultation that parents demand in primary care occupies an important place. Despite the overlap that occurs with the well child program run by the pediatric nurse, it is the role of the midwife to provide adequate health education to the woman, family and community by identifying learning needs in relation to maternal and child health and carrying out the different educational programs related to the needs detected.

It is important to clarify concepts and make recommendations from the perspective of evidence-based medicine. Given the heterogeneity of the information that reaches the pregnant woman, it is our job as professionals to promote and assist through proven and unified criteria. Through the topics included in this module, concepts on breast anatomy and physiology, breast milk training and its composition will be reviewed and reinforced. The focus of this module is to solve doubts regarding practical aspects of breastfeeding in order to ensure that it is effective in the different stages of the postpartum period and that it is always favored and promoted.

The mission of this Postgraduate Certificate is to provide you with the training you need to act with the certainty of the most up-to-date knowledge of the real, broad and concrete moment of this area of intervention of high relevance in the postpartum period.

**This Postgraduate Certificate in Newborn and Breastfeeding 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 Puerperium experts
- ♦ 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
- ♦ News about the puerperium period
- ♦ Practical exercises where self-assessment can be used to improve learning.
- ♦ Special emphasis on innovative methodologies in the Puerperium
- ♦ 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



*Update your tools as an indispensable support to breastfeeding with this exceptional training"*

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*A high impact step for your professional career that will enable you to work with the quality of a breastfeeding specialist from the intervention as a midwife”*

The teaching staff includes professionals from the field Puerperium, who bring their experience to this training 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 the specialist must try to solve the different professional practice situations that arise during the academic year. For this, the professional will have the help of an innovative system of interactive videos made by recognized experts, with great experience in puerperium.

*The best online training resources that will allow you to combine your studies with your professional work in a comfortable, efficient and safe way.*

*A high-quality Postgraduate Certificate that will boost your development in just a few weeks of intensive work.*



# 02 Objectives

This Postgraduate Certificate in Newborn and Breastfeeding for Midwives is oriented to train midwives in their daily work during the care of women in the puerperium period.







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*Acquire the most up-to-date knowledge  
in the support and follow-up of breastfeeding  
as a health resource”*



## 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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- ♦ Improve knowledge related to the different classifications of the neonate based on the different established parameters
- ♦ Deepen the knowledge about the adaptation of the different devices and systems of the newborn in its extrauterine life
- ♦ Improve management related to the general examination criteria of the healthy newborn and identify abnormal situations
- ♦ Know and manage the care required by the newborn in different areas
- ♦ Designing sessions for parents on how to care for their newborns
- ♦ Improve the management of the main reasons for parental consultation in the midwife's office on newborn problems
- ♦ Update the aspects related to the prevention of sudden infant death of sudden infant death
- ♦ Identify the importance of breastfeeding
- ♦ Expand knowledge of breast anatomy, breast milk formation and its properties
- ♦ Identify those situations in which breastfeeding is contraindicated in order to avoid risk situations for the neonate
- ♦ Assess the normality patterns of a correct intake
- ♦ Enable midwives to provide simple, effective and evidence-based health education to mothers who wish to breastfeed
- ♦ Understand the relationship between bonding and the establishment of breastfeeding
- ♦ Update knowledge of the different techniques for expressing breast milk and the proper guidelines for safe storage of expressed milk
- ♦ Have a broad understanding of the objectives and strategies of the IHAN within the National Health System

03

# Course Management

The program includes in its teaching staff reference experts Puerperium, who bring to this training 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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*Expert teachers in breastfeeding will be your teachers in this Postgraduate Certificate, putting at your service the real, current and complete experience you need to grow in your profession"*

## 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 content has been designed by the best professionals in the sector, with extensive experience and recognized prestige in the profession, backed by the volume of cases reviewed, studied, and diagnosed, and with extensive knowledge of new technologies applied to teaching.





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*This Postgraduate Certificate in Newborn and Breastfeeding for Midwives contains the most complete and up-to-date scientific program on the market”*

## Module 1: The Newborn

- 1.1. Introduction to Neonatology Concept and Classification
  - 1.1.1. Periods in Neonatology
  - 1.1.2. Newborn Classification: by Birth Weight, by Gestational Age, by Duration of Gestation
  - 1.1.3. Classification of the at-Risk Newborn
  - 1.1.4. Determination of Gestational Age Farr-Dubowitz Method Capurro and Ballard Method
- 1.2. Adaptation to Extrauterine Life by Systems
  - 1.2.1. Breathing First Breath
  - 1.2.2. Cardiovascular: Circulation, Hemoglobin and Coagulation Closure of Ducts and Foramen Ovale
  - 1.2.3. Thermoregulation in a Newborn
  - 1.2.4. Gastrointestinal
  - 1.2.5. Renal
  - 1.2.6. Hormonal and Immunological
  - 1.2.7. Hepatic and Glucose Metabolism
- 1.3. Immediate Care of the Newborn Midwifery Care in the Immediate Puerperium
  - 1.3.1. Assessment of the Newborn Apgar's Test
  - 1.3.2. Prophylaxis
  - 1.3.3. Phases of Behavior (Periods of Alertness, Adaptation and Rest, Searching and Established Lactation)
  - 1.3.4. Skin with Skin
  - 1.3.5. Midwifery Care in the Immediate Puerperium
- 1.4. Physical Examination of Newborns
  - 1.4.1. Bone System
  - 1.4.2. Skin and Subcutaneous Tissue
  - 1.4.3. Cardiorespiratory
  - 1.4.4. Abdomen
  - 1.4.5. Chest
  - 1.4.6. Genitourinary
  - 1.4.7. Upper and Lower Extremities
  - 1.4.8. Neurological
- 1.5. Care in Newborns
  - 1.5.1. Hygiene and Bathing
  - 1.5.2. Umbilical Cord
  - 1.5.3. Urination and Meconium
  - 1.5.4. Dressing
  - 1.5.5. Pacifier
  - 1.5.6. Hospital Visits
  - 1.5.7. Nutrition
- 1.6. Thermal Regulation in the Neonate and Physical Environment
  - 1.6.1. Temperature Regulation in a Newborn
  - 1.6.2. Heat Production in a Newborn
  - 1.6.3. Heat Loss in a Newborn
  - 1.6.4. Methods to Reduce Heat Loss
  - 1.6.5. Consequences of Thermal Disturbance in the Newborn RN
  - 1.6.6. Importance of the Physical Environment: Exposure to Light, Nighttime Diurnal Rhythm, Noise and Tactile Stimuli
- 1.7. Frequent Reasons for Consultation
  - 1.7.1. Crying
  - 1.7.2. Milk Allergy
  - 1.7.3. Gastroesophageal Reflux
  - 1.7.4. Late Vomiting
  - 1.7.5. Inguinal Hernia.
  - 1.7.6. Haemangiomas
  - 1.7.7. Lacrimal Stenosis and Lacrimal Occlusion
  - 1.7.8. Sleep
- 1.8. Screening and Parameters of Newborn Growth and Development
  - 1.8.1. Metabolic, Auditory and Visual Screening
  - 1.8.2. Growth Parameters (Weight, Lengths and Perimeters)
  - 1.8.3. Development Parameters
- 1.9. Common Problems
  - 1.9.1. Metabolic Dysfunctions: Hypoglycemia and Hypocalcemia
  - 1.9.2. Respiratory Problems: Hyaline Membrane Disease, Apnea, Transient Tachypnea, Meconium Aspiration Syndrome
  - 1.9.3. Hyperbilirubinemia: Physiological, Pathological and Kernicterus
  - 1.9.4. Gastroesophageal Reflux. Infantile Colic.
  - 1.9.5. Febrile Seizures
- 1.10. Accident Prevention in Newborns Prevention of Sudden Death

## Module 2: Breastfeeding

- 2.1. Anatomy
  - 2.1.1. Embryonic Development
  - 2.1.2. Mature Mammary Gland
  - 2.1.3. Mammary Gland in Pregnancy
  - 2.1.4. Mammary Gland in Lactation
- 2.2. Physiology of Milk Secretion
  - 2.2.1. Mammogenesis
  - 2.2.2. Lactogenesis I and II
  - 2.2.3. Lactogenesis III/ Lactopoiesis
  - 2.2.4. Endocrine Control of Lactate Secretion
- 2.3. Composition of Breast Milk
  - 2.3.1. Types of Milk and Their Composition
  - 2.3.2. Comparison between Colostrum-Ripened Milk and Mother's Milk-Cow's Milk
- 2.4. Effective Breastfeeding
  - 2.4.1. Signs of a Good Latch
  - 2.4.2. Newborn Normality Patterns: Urination, Stool and Weight Gain
- 2.5. Valuation of Intake
  - 2.5.1. Latch Scale
  - 2.5.2. Observation Table of the European Union Intake
  - 2.5.3. Breastfeeding Postures
- 2.6. Nutrition and Supplements
  - 2.6.1. Maternal Nutrition and Supplementation
  - 2.6.2. Supplementation in a Newborn Recommendations of Clinical Practice Guidelines 2017
- 2.7. Contraindications of Breastfeeding
  - 2.7.1. Maternal Contraindications
  - 2.7.2. Contraindications in Newborns
  - 2.7.3. Pharmacological Suppression
- 2.8. Breastfeeding and Bonding
  - 2.8.1. Skin with Skin The Importance of the First Hours after Birth
  - 2.8.2. Co-sleeping
    - 2.8.2.1. Benefits
    - 2.8.2.2. Guidelines for Safe Co-sleeping
  - 2.8.3. Tandem Breastfeeding
- 2.9. Milk Extraction and Preservation
- 2.10. Weaning Initiative for the Humanization of Birth and Lactation Assistance (IHAN)



*A very complete syllabus that incorporates all the knowledge that the professional who intervenes with the expectant mother and the baby needs to master in order to intervene safely and successfully"*

# 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.

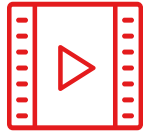
*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

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

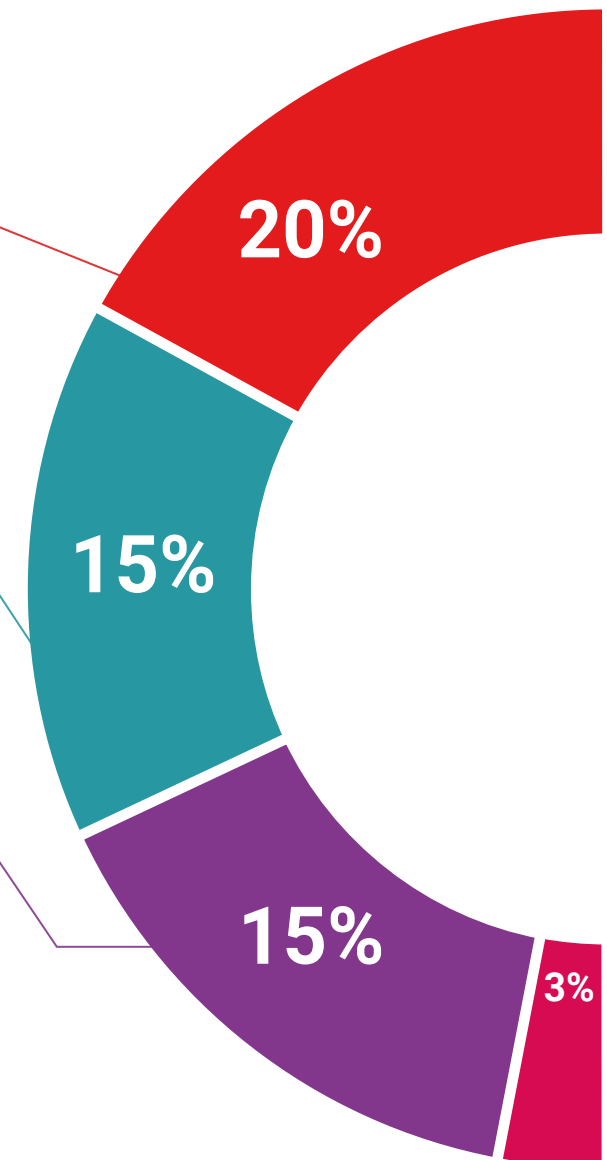
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

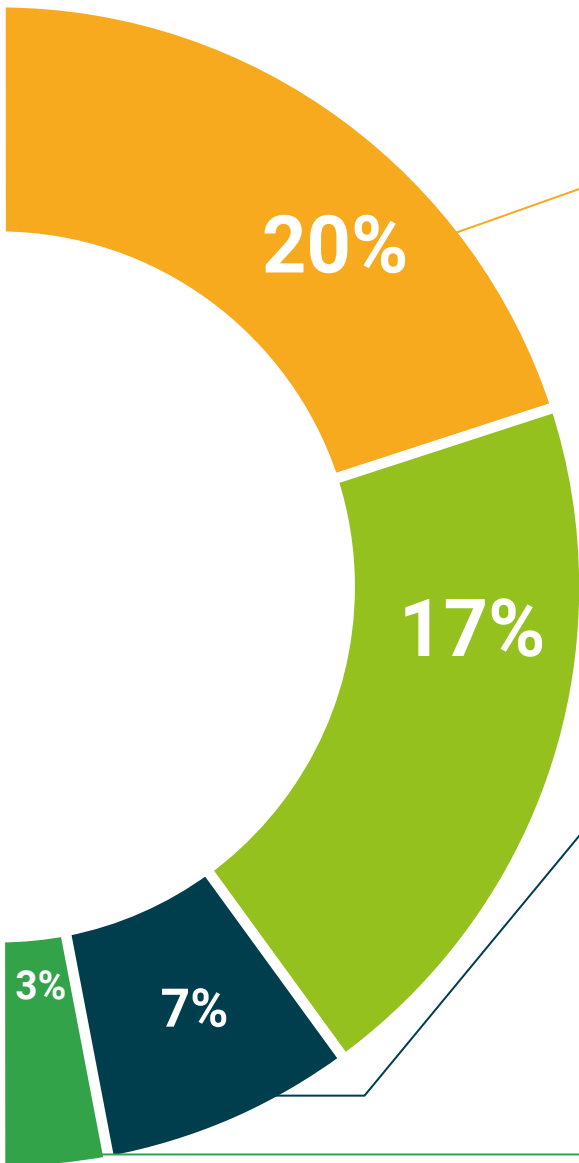
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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 Newborn and Breastfeeding for Midwives, in addition to the most rigorous and up-to-date training, access to a Postgraduate Certificate issued by TECH Technological University.





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

This **Postgraduate Certificate in Newborn and Breastfeeding for Midwives** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by TECH Technological University will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in The Newborn and Breastfeeding for Midwives**

Official N° of Hours: **300 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



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Special Situations of the Newborn  
and Breastfeeding for Midwives

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

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## Special Situations of The Newborn and Breastfeeding for Midwives