

# Postgraduate Diploma

Breastfeeding and Post-Partum  
Care for Midwives



## Postgraduate Diploma Breastfeeding and Post-Partum Care for Midwives

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

Website: [www.techtute.com/pk/postgraduate-diploma/breastfeeding-post-partum-care-midwives](http://www.techtute.com/pk/postgraduate-diploma/breastfeeding-post-partum-care-midwives)

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# 01

# Introduction

Breast milk is the normal form of newborn feeding. Both the baby and the mother derive benefits from breastfeeding, and in addition to the health advantages for both, there are also economic, family and environmental benefits that have an impact on society.

The World Health Organization, the American Academy of Pediatrics and the Breastfeeding Committee of the Spanish Association of Pediatrics recognize breastfeeding as the right of every mother and child and recommend exclusive breastfeeding for the first six months of life, and with other foods until the age of two years or more.





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*The Postgraduate Diploma in Breastfeeding and Postpartum Care for Midwives contains the most complete and updated scientific program on the market"*

Despite all the recommendations of scientific societies, the fear of not making enough milk has been the origin of unfounded advice to protect breastfeeding. Many of these myths are still heard today and worry many mothers, hinder the good development of breastfeeding and can even lead to abandonment.

The puerperium is a period full of doubts and concerns. Parents have to adapt to the new day-to-day life and reorganize their lives to accommodate the new arrival. The midwife is the professional of reference at this stage. She will be in charge of screening and care for the mother and baby and will advise on breastfeeding and care for physical and emotional recovery.

The figure of the midwife is of great importance in the correct establishment of breastfeeding as well as in its subsequent follow-up, since the hospital stay is very short and in many cases the learning process is not the most adequate. This can lead to early abandonment of breastfeeding. Therefore, their guidance and advice are essential for good lactation and proper recovery of the woman.

This program proposes an up-to-date to the midwife in order to develop the appropriate skills to lay the foundations for proper breastfeeding and optimal recovery of women during the puerperium. It is especially important that the midwife is qualified and trained to detect alterations or pathological behaviors that may jeopardize the woman's recovery, family adaptation or even the normal development of the newborn.

**The Postgraduate Diploma in Breastfeeding and Post-Partum Care for Midwives** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Development of clinical cases presented by experts in the different areas of multidisciplinary knowledge
- ♦ 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
- ♦ Latest developments on Breastfeeding and Post-Partum Care for Midwives
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ With special emphasis on evidence-based nursing and research methodologies in Breastfeeding and
- ♦ All of this will be complemented by 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



*Improve your skills in the approach to of breastfeeding and Care During Puerperium for Midwives through this program”*

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*This Postgraduate Diploma is the best investment you can make when selecting a , refresher program, for two reasons: in addition to up-to-date your knowledge in Breastfeeding and Care in Puerperium for Midwives you will obtain a qualification from TECH Technological University”*

It includes, in its teaching staff, health professionals belonging to the field of obstetric-gynecological health, who contribute to this program Postgraduate Diploma the experience of their work, in addition to recognized specialists belonging to scientific societies of reference.

Thanks to its multimedia content, developed with the latest educational technology, professionals will benefit from situated and contextual learning, namely, a simulated environment that will provide immersive learning programmed to learn in real situations.

The design of this program is based on Problem-Based Learning, by means of which the midwife will have to try to solve the different professional practice situations that arise during the program. For this purpose, she will be assisted by an innovative interactive video system developed by recognized experts in the field of obstetric-gynecological health and with great teaching experience.

*Increase your confidence in decision making by updating your knowledge through this expert in Nursing and Care in Puerperium for Midwives.*

*Don't miss the opportunity to up-to-date your knowledge in Nursing and Care in Puerperium to improve patient care.*



# 02 Objectives

The program's primary objective is focused on theoretical and practical learning, so that of midwives is able to master Intervention in Puerperium Addiction in both a practical and rigorous manner.







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*This refresher program will generate a sense of confidence in the performance of midwifery practice, which will help you grow personally and professionally"*



## General Objectives

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- ◆ Acquire knowledge in the specifics of Obstetric Care
- ◆ Promote work strategies based on a comprehensive approach to the patient as a standard model for achieving excellent care
- ◆ Promote the acquisition of technical skills and abilities, through a powerful audiovisual system and the possibility of development through specific education
- ◆ Encourage professional stimulation through continued specialization and research



*Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"*





## Specific Objectives

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### Module 1. Post-Partum Care for Midwives

- ◆ Show the pregnant woman techniques and procedures in order to promote self-care during pregnancy and the post-partum period
- ◆ Describe the importance of providing a place where the woman can breastfeed her baby in comfort

### Module 2. Breastfeeding

- ◆ Create protocols and strategies to encourage the promotion of breastfeeding
- ◆ Helping mothers to initiate breastfeeding
- ◆ Promote breastfeeding techniques for mothers who find it difficult or painful to feed their newborns
- ◆ Explain breast pumping tools for the new mother

### Module 3. Nursing Care in a Newborn

- ◆ Identify protocols for newborn care
- ◆ To know the condition of the newborn to know if they need any priority care or medical treatment
- ◆ Perform a rapid diagnosis to identify the health status of the newborn



03

# Course Management

This program includes in its teaching staff health professionals of recognized prestige, who belong to the field of obstetric-gynecological health and who bring to this program the experience of their work.

In addition, renowned specialists, members of prestigious national and international scientific communities, are involved in designing and preparing the program.





*Learn about the latest advances in  
Nursing and Postpartum Care for  
Midwives from leading professionals"*

## Management



### Dr. Rodríguez Díaz, Luciano

- Head of Studies of the Obstetric-Gynecological Nursing Teaching Unit (Midwife) of the University Hospital of Ceuta.
- Midwife Bellvitge University Hospital
- Teacher at the University Centre of Nursing of Ronda
- Teacher in the Ceuta Midwifery Teaching Unit
- SEEUE obstetric-gynecologic emergencies group member.
- Responsible for Perinatal Health: Reproductive Sexual Health and Normal Childbirth of Ingesa.
- Member of the Clinical Commission for Research and Continuing Education of the University Hospital of Ceuta.
- Member: Institute of Ceuta Studies, Editorial Board of the European Journal of Health Research, Spanish Society of Emergencies, Institute of Ceuta Studies. University of Granada, Master in Gynecological Nursing. Cardenal Herrera University, Master in Obstetric Nursing. University Cardenal Herrera- Obstetric-Gynecological Nursing Specialist. University of Malaga, University Diploma in Nursing. University of Cadiz, Expert in community health promotion. UNED.



### **Dr. Vázquez Lara, Juana María**

- 061 Nurse of the Ceuta Health Management Area.
- PhD from the University of Granada
- Acting midwife in the delivery service. Bellvitge University Hospital
- Head of Studies of the Ceuta Midwifery Teaching Unit.
- Professor of the Ceuta Midwifery Teaching Unit
- National Coordinator of the Obstetrical-Gynecological Emergencies Working Group of the Spanish Society of Emergency Nursing (SEEUE)
- Master's Degree of the Official Doctoral Program in Physical Education and Health
- Postgraduate Diploma on "Health Promotion in the Community" UNED
- Specialty in Obstetric and Gynecological Nursing (Midwife), Costa del Sol Hospital, Marbella University School of Malaga
- University Diploma in Nursing "Salus Infirmorum" University School of Nursing, University of Cádiz

## Professors

### Ms. Andrés Núñez, Carmen Patricia

- ♦ Specialist in Obstetrics and Gynecology at the University Hospital of Ceuta
- ♦ Specialist in Gynecology and Obstetrics. Quirónsalud Campo of Gibraltar Hospital
- ♦ INGESA Specialist Physician
- ♦ Gynecology Clinical Management Unit. San Cecilio University Hospital Granada
- ♦ Degree in Medicine and Surgery

### Ms. Carrasco Racero, María Mercedes

- ♦ Internship Coordinator at the University Center of Ronda
- ♦ Degree in Nursing

### Ms. De Dios Pérez, María Isabel

- ♦ Midwife at the Zaragoza University Hospital
- ♦ Postgraduate Certificate in Nursing
- ♦ Nursing Specialist in Obstetrics and Gynecology

### Ms. Díaz Lozano, Paula

- ♦ Midwife in the Ceuta Health Area
- ♦ Nurse Specialist in Obstetrics and Gynecology, University Hospital of Ceuta
- ♦ Teacher specialized in Obstetrics
- ♦ Diploma in Nursing, Faculty of Nursing and Physiotherapy of Cádiz

### Ms. Revidiego Pérez, María Dolores

- ♦ Nurse specialized in Gynecology and Obstetrics
- ♦ Specialized Care Midwife Campo de Gibraltar and Quirón Campo de Gibraltar
- ♦ Postgraduate Certificate in Nursing

### Ms. Gilart Cantizano, Patricia

- ♦ Midwife of Specialized Care in Campo de Gibraltar
- ♦ Midwife, Quirón Campo de Gibraltar Hospital
- ♦ Nurse Resident Intern Midwife Andalusian Health Service
- ♦ Critical care and emergency nurse Andalusian Health Service
- ♦ Postgraduate Certificate in Nursing
- ♦ University expert in community nutrition UNED
- ♦ University expert in cardiovascular risks III. UNED
- ♦ University Expert in Emergency Medicine. Complutense University of Madrid

### Ms. Llinás Prieto, Lucía

- ♦ Nurse in Specialized Care
- ♦ Postgraduate Certificate in Nursing

### Ms. Mérida Téllez, Juanma

- ♦ Midwife at the Hospital Costa del Sol in Marbella
- ♦ Postgraduate Certificate in Nursing

### D. Muñoz Vela, Francisco Javier

- ♦ Nursing internship coordinator at the Maternity and Infant Care Center of Málaga
- ♦ Midwife Carlos Haya Regional University Hospital
- ♦ Midwife San Antonio Park Hospital
- ♦ Midwife in Specialized Care at the Maternal-Children's Hospital of Malaga
- ♦ Associate Professor Faculty of Nursing. University of Malaga
- ♦ Diploma in Nursing. University of Malaga



**Mr. Márquez Díaz, Antonio**

- ♦ Midwife, El Angel Hospital HLA Group
- ♦ Midwife, Vithas
- ♦ Intern Resident Nursing Plan Tutor
- ♦ OPOSALUD Tutor
- ♦ University Diploma in Emergency Nursing, El Ángel Hospital
- ♦ Nursing University Diploma in ICU Pediatrics and Neonatal Unit of El Ángel Hospital
- ♦ Resident Midwife, Andalusian Regional Government
- ♦ Midwife Costa del Sol de Marbella Hospital
- ♦ Midwife Quirón Campo de Gibraltar Hospital
- ♦ Official Master in Health Economics, Health Management and Rational Use of Medicines. University of Malaga
- ♦ Official Master's Degree in New Trends in Health Sciences Research. University of Malaga
- ♦ Master's Degree in Public Health. University of Almeria
- ♦ Master's Degree in Nurse Prescription and Pharmacotherapeutic Monitoring University of Valencia
- ♦ Master's Degree in Pharmacotherapy, University of Valencia
- ♦ Diploma in Nursing. University of Malaga

**Ms. Palomo Gómez, Rocío**

- ♦ Nurse specialized in Gynecology and Obstetrics
- ♦ Ceuta Specialized Care Midwife
- ♦ Postgraduate Certificate in Nursing

**Ms. Rivero Gutiérrez, Carmen**

- ♦ Midwife. Primary Care in the Ceuta Health Area
- ♦ Postgraduate Certificate in Nursing

**Mr. Rodríguez Díaz, David**

- ♦ Nurse at Nuestra Señora de Candelaria University Hospital
- ♦ Diploma in Nursing

**Mr. Vázquez Lara, Francisco José**

- ♦ Specialist in Biological Sciences
- ♦ Degree in Biological Sciences

**Ms. Vázquez Lara, María Dolores**

- ♦ Nurse specialized in primary care of pregnant women
- ♦ Postgraduate Certificate in Nursing

**Ms. Mérida Yáñez, Beatriz**

- ♦ Nurse Practitioner in Gynecological Care
- ♦ Midwife of the Andalusian Health Service
- ♦ Midwife of the Vithas Hospital
- ♦ Midwife of the Murcia Health Service
- ♦ Teacher
- ♦ Member of the scientific committee of the First International Congress of Research and Innovation in Nursing and Physiotherapy of Ceuta and Melilla
- ♦ Member of the Scientific Committee. National Sanitary Magazine
- ♦ Doctor in Health Sciences
- ♦ Postgraduate Certificate in Nursing

04

# Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of specialization in the daily practice of the midwife, aware of the relevance of current specialization to be able to act before the patient Puerpera and committed to quality teaching through new educational technologies.



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## Module 1. Post-Partum Care for Midwives

- 1.1. Assistance of the Midwife and Care of the Woman During Post-Partum Period
  - 1.1.1. Puerperium, Adaptations and Modifications
  - 1.1.2. Postpartum Care and Assistance
  - 1.1.3. General Examination
  - 1.1.4. Identification of Problems and Their Prevention
  - 1.1.5. Discharge Counselling
- 1.2. Psychosocial Aspects in the Puerperium
  - 1.2.1. Psychosocial Adaptation of the Puerpera
  - 1.2.2. Psychological Changes
  - 1.2.3. Assessment of the Emotional State: Detection of Postpartum Depression
  - 1.2.4. Mother/Partner/Newborn Relationship Bonds
  - 1.2.5. Family Adaptation
- 1.3. Pharmaceuticals in Puerperium
  - 1.3.1. Pharmaceuticals in Puerperium
  - 1.3.2. Use and Management of Pharmaceuticals in Postpartum. Indications, Pharmaceutical Interaction, and Dosage
- 1.4. Home Care by the Midwife During the Puerperium
  - 1.4.1. Characteristics of Home Care of the Mother and the Newborn During the Puerperium
  - 1.4.2. Home Care of the Mother and the Newborn during the Postpartum Period
- 1.5. Postpartum Care
  - 1.5.1. Postpartum Program
  - 1.5.2. Counseling and Health Education for the Mother-Child Pair
  - 1.5.3. Maternal Recovery. Postpartum Groups
  - 1.5.4. Physical Exercises During Postpartum
  - 1.5.5. Pelvic floor recovery





## Module 2. Breastfeeding

- 2.1. Physiology
  - 2.1.1. Milk Secretion
  - 2.1.2. Physiology of Lactal Secretion
  - 2.1.3. Inhibition of Milk Secretion
- 2.2. Breastfeeding
  - 2.2.1. Definition of Breastfeeding
  - 2.2.2. Breastfeeding Practices
  - 2.2.3. Breastfeeding Positions
  - 2.2.4. Manual Expression of Breast Milk
  - 2.2.5. Baby-friendly Hospital Initiative
  - 2.2.6. Advantages of Breastfeeding
  - 2.2.7. Breastfeeding Problems. Special Situations. Breastfeeding in Neonates with Health Problems
  - 2.2.8. Breastfeeding Support Groups (GALM)
- 2.3. Pharmaceuticals in Lactation
  - 2.3.1. Mechanisms of Action in the Mother and Fetus
  - 2.3.2. Use and Management of Pharmaceuticals in Lactation. Indications, Pharmaceutical Interaction, and Dosage

## Module 3. Nursing Care in a Newborn

- 3.1. Adaptation to Extrauterine Life
- 3.2. Assessment of the Neonate's Health Status
- 3.3. Immediate Care of the Newborn
- 3.4. Anatomical and Physiological Characteristics of the Newborn
- 3.5. General Care of the Newborn
- 3.6. Newborn Feeding
- 3.7. Discharge Counseling

# 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.





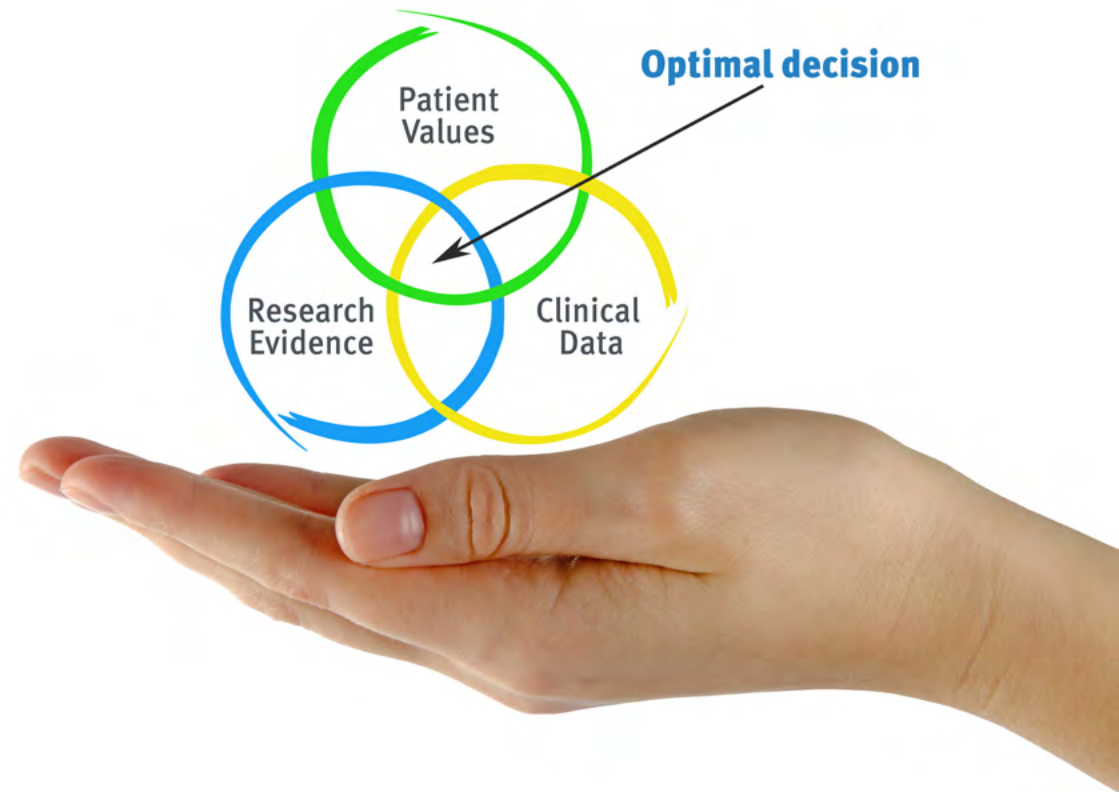
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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 Breastfeeding and Post-Partum Care for Midwives 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"*

The University Expert in Breastfeeding and Post-Partum Care for Midwives contains the most complete and up-to-date program on the market.

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

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

Title: **Postgraduate Diploma Breastfeeding and Post-Partum Care for Midwives**

Official N° of Hours: **475 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.





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# Postgraduate Diploma

## Breastfeeding and Post-Partum Care for Midwives

