



## Postgraduate Diploma

### Natural Childbirth Units for Nursing

» Modality: online

» Duration: 6 months

» Certificate: TECH Technological University

» Dedication: 16h/week

» Schedule: at your own pace

» Exams: online

We bsite: www.techtitute.com/pk/nursing/postgraduate-diploma/postgraduate-diploma-natural-childbirth-units-nursing/postgraduate-diploma-natural-childbirth

## Index

> 06 Certificate

> > p. 32

# 01 Introduction

The units that make up natural childbirth may vary depending on where it is performed. This procedure can be performed in a hospital ward or healthcare center, as well as in a home environment or specialized birth center. These last two alternatives are preferred today by many women, since, according to recent evidence, it has been shown that at home and with the help of a trained professional the process can be safer and with greater benefits for the mother. Therefore, there is currently a demand for trained professionals, which is why TECH has launched the following program in order to provide nurses with the most up-to-date knowledge to carry out this process.



### tech 06 | Introduction

Due to the preference of mothers to conceive their children at home, health professionals have had to update their knowledge and way of working, especially those in the nursing field. Home birth is becoming increasingly popular, involving the water birth procedure, which leads to the formation of more comprehensive and skilled teams to carry out this process.

Faced with this need, TECH has developed the following program with the objective of providing up-to-date and rigorous information to nursing professionals. Throughout the following weeks we will delve into aspects such as home care, water birth and the conformation of health units that carry out this procedure outside the clinical facilities.

In this way, the professional of the area will be qualified in a booming sector with high demand. All this through a high-impact informative package, accompanied by audiovisual resources, complementary readings and practical exercises developed with the Relearning methodology, offering a more immersive experience and a better use by confronting the graduate with real and simulated situations.

This is a Postgraduate Diploma in a 100% online format, which can be accessed from any device with an Internet connection, without having to meet schedules or travel to an on-site center. In addition to this, it has the participation of experts and specialists in the area, thereby guaranteeing exclusive and high-impact material.

This **Postgraduate Diploma in Natural Childbirth Units 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 Natural Childbirth Units for Nursing
- The graphic, schematic and practical contents with which it is conceived gather scientific and practical information on those 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



You will learn the principles of design and architecture of birthing centers, as well as the conformation of their sanitary equipment"



You will learn about the advantages of water during the birthing process, as well as the physiological effects that occur during childbirth"

The program's teaching staff includes professionals from the sector who contribute their work 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 education programmed to learn in real situations.

This program's design focuses on Problem-Based Learning, through which the professional must try to solve the different professional practice situations that arise during the academic program. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

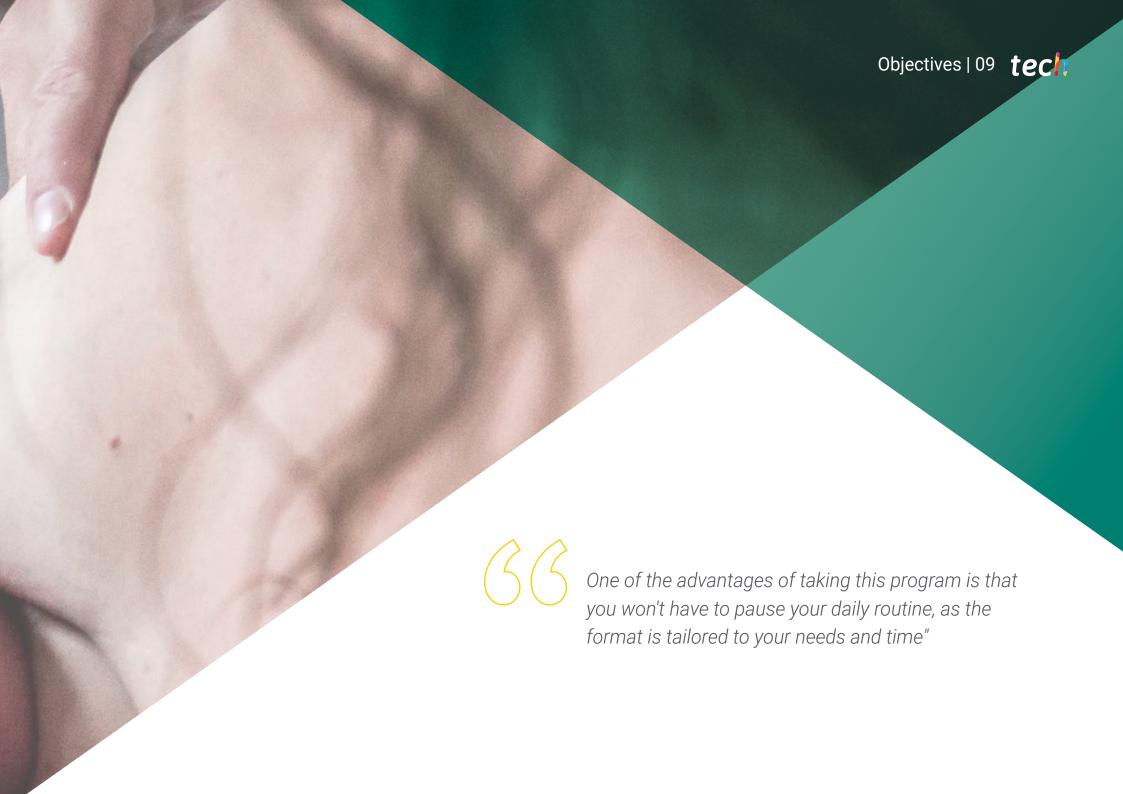
Download the content of this program to your everyday device and review it as often as you need to reinforce the knowledge covered.

No fixed schedules or travel to on-site centers. What are you waiting for?

Enroll now!







### tech 10 | Objectives



#### **General Objectives**

- Acquire fundamental knowledge about the physiology of Natural Childbirth, ancestral cultural practices and the emotional needs of women during childbirth, as well as the implications of medical interventions
- Acquire essential skills and knowledge in the care of pregnant women and their fetuses, including the promotion of healthy pregnancies and the identification of possible complications
- Acquire fundamental knowledge and skills in the diagnosis, management and prevention of emergencies in childbirth, with a focus on interprofessional collaboration and advocacy for patients' rights
- Acquire fundamental knowledge and skills in the assessment, diagnosis, and management
  of neonatal emergencies, with a focus on early recognition of problems and application of
  appropriate interventions
- Focus on fundamental knowledge about the neuroscience of pregnancy, Maternity and perinatal care, as well as the scientific evidence related to Natural Childbirth and evidencebased care practices
- Acquire fundamental knowledge about home labor and birth, including team management and organization, preparation and accompaniment during pregnancy, labor and puerperium, and 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 at this critical stage of life and how to collaborate
  with other healthcare professionals and families to ensure the well-being of the newborn

- Acquire knowledge of the physical and emotional needs of the mother in the perinatal period
- Develop skills to provide comprehensive support and care for the mother during the postpartum period, including difficult and emotionally intense situations
- Promote prevention and care of maternal mental health in the perinatal period, including the detection and treatment of mood disorders and the management of obstetric trauma and obstetric violence
- Analyze the stages of labor and pain management and relaxation techniques
- Develop skills in the development and monitoring of individualized birth plans
- Examine the importance of interdisciplinary collaboration in childbirth care
- Encourage emotional preparation and support for women and their families during the birthing process
- Acquire skills in identifying and managing high-risk situations during pregnancy and childbirth





### **Specific Objectives**

#### Module 1. Home Birth

- Analyze in depth the scientific evidence, history and anthropology of home birth and childbirth, considering the importance of preventing obstetric violence
- Analyze how to manage and organize the team, as well as how to select and use the necessary materials for home birth
- Analyze how to carry out an adequate follow-up and accompaniment during pregnancy, including the elaboration of the clinical history and the identification of difficulties and deviations from normality
- Examine the assistance and accompaniment of dilation at home, using nonpharmacological resources to alleviate pain and addressing deviations from normality
- Accompany birth, placental abruption and delivery, and manage dystocia and other complications that may arise
- Analyze in depth the physiology of water birth, examining the safety of this type of home birth
- Identify special situations, perform hospital transfers and manage obstetrical emergencies in the home environment
- Examine the appropriate follow-up and support during the postpartum period, both physically and emotionally, for both mother and baby
- Analyze Mental Health in the Puerperium, including Lactation, perinatal death and post-traumatic stress disorder
- Develop research knowledge and examine strategies to care for the pelvic floor during and after childbirth

### tech 12 | Objectives

#### Module 2. Water Birth

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





#### Module 3. Natural Childbirth Units

- Examine in depth the definition and function of birthing centers and differentiate them from hospitals
- Analyze the principles of birthing home design and architecture to create comfortable and safe environments
- Identify the services offered by birthing centers and hospital birthing units at prenatal, labor and delivery at the prenatal, delivery and postnatal stages
- Promote and support birthing centers and their importance in the care of low-risk pregnancies
- Compare the safety, comfort and satisfaction of women in birth centers and birthing hospitals
- Examine the role of professionals in birth centers and hospital units, as well as the qualification needed to work in these settings
- Examine in depth the planning and management of birthing centers, financing, and staff selection
- Explore future trends and perspectives in the development of birthing centers and hospital birthing units, considering technological innovations, policies and models of care centered on women and families



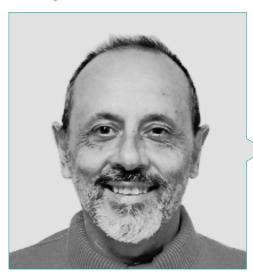
You'll delve into the signs and symptoms of labor, so it will be easier for you to know when to go home"





### tech 16 | Course Management

#### Management

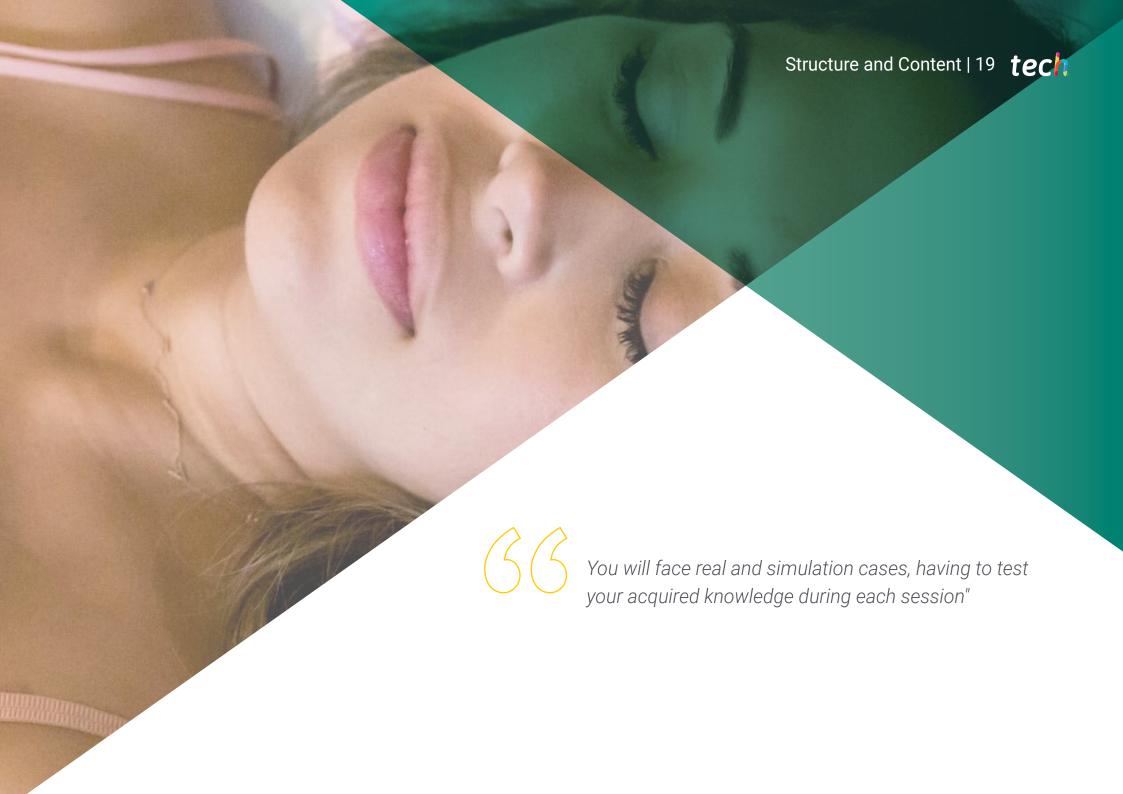


#### Dr. Santos Leal, Emilio

- Medical Director of the International Medical Technology Center
- Specialist Doctor at Alcorcón Foundation University Hospita
- Medical specialist at Consorcio University General Hospital of Valencia
- Medical specialist at Pius Hospital de Valls
- Medical specialist at Perpetuo Socorro Clinic
- Specialty in Gynecology and Obstetrics by San Carlos Clinical Hospita
- Degree in Medicine and Surgery from the University of Cantabria







### tech 20 | Structure and Content

#### Module 1. Home Birth

- 1.1. Labor and Birth at Home
  - 1.1.1. Scientific Evidence for Labor and Birth at Home
  - 1.1.2. History and Anthropology of Labor and Birth at Home
  - 1.1.3. Obstetric Violence
  - 1.1.4. Knowing how to Assist
- 1.2. Team Management and Organization
  - 1.2.1. Team Management and Organization
  - 1.2.2. Materials Required for Home Birth
  - 1.2.3. Information on Assistance: Selection-Exclusion Criteria
  - 1.2.4. Labor-Birth Registration
- 1.3. Follow-Up and Assistance during Pregnancy
  - 1.3.1. Elaboration of the Medical History
  - 1.3.2. Most Frequent Difficulties and Deviations from Normality During Pregnancy: Therapeutic Resources
  - 1.3.3. Preparation for Birth: An Opportunity for Growth and Empowerment
  - 1.3.4. Home Visits
- 1.4. Dilation Assistance
  - 1.4.1. Interpretation of the Signs and Symptoms of Labor: When to Go Home
  - 1.4.2. How to Assist Dilation at Home
  - 1.4.3. Non-Pharmacological Pain Relief Resources
  - 1.4.4. Deviations from Normality and Therapeutic Resources in Dilation
- 1.5. Assistance at Birth, Placental Detachment and Placental Delivery
  - 1.5.1. Descent and Delivery of the Baby (Expulsion)
  - 1.5.2. Dystocia and Resolution
  - 1.5.3. Welcoming the Baby, Umbilical Cord Clamping and First Assessment
  - 1.5.4. Physiology, Deviations from normality and Resolution of Placental Delivery
- 1.6. Dilation and Water Birth
  - 1.6.1. Physiology of the Woman and Baby for Water Birth
  - 1.6.2. Materials Required for Water Birth
  - 1.6.3. Procedures and Practices for Assisting in Water Birth
  - 1.6.4. Water Birth Safety and Precautions



### Structure and Content | 21 tech

- 1.7. Special Situations, Hospital Transfer and Home Obstetric Emergencies
  - 1.7.1. Special Situations: Gram-Positive Streptococcus Agalactiae, PROM Without Dynamics, Prolonged Gestation, Previous Caesarean Section
  - 1.7.2. Criteria for Hospital Transfer: Transfer Protocol and Documentation
  - Obstetric Emergencies: Hemorrhage, Umbilical Cord Prolapse, Neonatal Resuscitation, Back Dystocia, Unexpected Breech Presentation
  - 1.7.4. Critical Situation Management and Decision Making
- 1.8. Follow-Up and Assistance during Puerperium
  - 1.8.1. Home Follow-Up of the Mother: Physical and Emotional Assessment
  - 1.8.2. Home Follow-Up of the Baby: General Well-Being Assessment, Negative HR, Metabolic Testing
  - 1.8.3. The Placenta and the Microbiota
  - 1.8.4. Information on Administrative Procedures
- 1.9. Mental Health in Puerperium
  - 1.9.1. Breastfeeding: Most Frequent Pathologies and Difficulties
  - 1.9.2. Perinatal Death and Post-Traumatic Stress
  - 1.9.3. Gestational Losses and Detection of Warning Signs in Mental Health for Referral
  - 1.9.4. Strategies to Accompany Emotions during the Puerperium
- 1.10. Pelvic Floor Research and Care
  - 1.10.1. Research Methodology and Sources of Information
  - 1.10.2. The Pelvic Floor: Anatomy, Functions and Dysfunctions
  - 1.10.3. Pelvic Floor Care During and After Childbirth

#### Module 2. Water Birth

- 2.1. Water Birth
  - 2.1.1. World History and Practices of the Use of Water in Childbirth
  - 2.1.2. Principles and Practices of Gentle Childbirth
  - 2.1.3. Advantages of Water Birth
  - 2.1.4. Physiological Effects of Water Birth
- 2.2. Physical and Physiological Fundamentals of Water Birth
  - 2.2.1. Archimedes' Principle and its Relation to Water Birth
  - 2.2.2. Hormonal Control of Labor
  - 2.2.3. Physiological Changes during Immersion in Water
  - 2.2.4. Neonatal Adaptations to Water Birth
- 2.3. Criteria for Immersion in Water during Labor

- 2.3.1. Appropriate Timing of Immersion in Water
- 2.3.2. Common Contraindications to Water Birth
- 2.3.3. Clinical Practices and Care Guideline
- 2.3.4. Emergency Evacuation
- 2.4. Monitoring and Control of Conditions during Water Birth
  - 2.4.1. Auscultation Guidelines
  - 2.4.2. Water Temperature
  - 2.4.3. Infection Control
  - 2.4.4. Body Mechanics and Safety Issues
- 2.5. Management of the Second Stage (Fetal Expulsion) in Water Birth
  - 2.5.1. Protecting the Perineum
  - 2.5.2. Preventing or Coping with Shoulders Dystocia
  - 2.5.3. Cord Problems
  - 2.5.4. Fetal Reflexes and Pelvic Anatomy
- 2.6. Neonatal Physiology and Newborn Assessment
  - 2.6.1. Fetal Respiratory Protection Mechanisms
  - 2.6.2. Neonatal Transitional Physiology and First Breathing
  - 2.6.3. Protecting and Seeding the Infant Microbiome
  - 2.6.4. Neonatal Resuscitation Practices
- 2.7. Third Physiological Stage and Postpartum Care
  - 2.7.1. Third Physiological Stage (Delivery of the Placenta) Compared to Active Management
  - 2.7.2. Assessing Blood Loss to Determine Postpartum Bleeding
  - 2.7.3. Getting out of the Tub
  - 2.7.4. Facilitate Skin-to-Skin Contact and Maternal Kangaroo Care
- 2.8. Initiation of Breastfeeding and Postpartum Follow-Up
  - 2.8.1. Initiation of Breastfeeding
  - 2.8.2. Monitoring and Follow-Up of Maternal and Newborn Status
  - 2.8.3. Emotional Support and Well-Being of the Mother
  - 2.8.4. Returning Home and Adaptation to Family Life

### tech 22 | Structure and Content

- 2.9. Complications and Management of Emergency Situations
  - 2.9.1. Identification and Prevention of Specific Complications in Water Birth
  - 2.9.2. Emergency Interventions in Water Birth
  - 2.9.3. Protocols for Emergency Evacuation and Transfer to Specialized Care
- 2.10. Education, Support and Resources for Water Birth
  - 2.10.1. Preparation and Education for Mother and Partner on Water Birth
  - 2.10.2. The Role of the Healthcare Team in Water Birth
  - 2.10.3. Education Resources and Materials about Water Birth
  - 2.10.4. Support Groups and Communities for Water Birth

#### Module 3. Natural Childbirth Units

- 3.1. Birthing Centers
  - 3.1.1. Differences with Hospitals
  - 3.1.2. Benefits for Women and Professionals
  - 3.1.3. Examples of Designs and Architecture
  - 3.1.4. Services Offered
- 3.2. Principles of Birthing Centers Design and Architecture
  - 3.2.1. Comfortable and Safe Environment
  - 3.2.2. Common Features
  - 3.2.3. Design of Private Rooms and Common Areas
- 3.3. Outdoor Spaces and Common Areas in Birthing Centers
  - 3.3.1. Function and Benefits of Outdoor Spaces
  - 3.3.2. Design and Maintenance of Common Areas
  - 3.3.3. Integration with the Natural Environment
- 3.4. Services Offered by the Birthing Centers
  - 3.4.1. Prenatal Care and Childbirth Education
  - 3.4.2. Emotional and Physical Support during Childbirth
  - 3.4.3. Postnatal and Follow-Up Services
  - 3.4.4. Collaboration and Referral to Hospitals in Case of Complications
- 3.5. Promotion and Support of Birth Centers
  - 3.5.1. Importance in the Care of Low-Risk Pregnancies
  - 3.5.2. Role of Organizations such as the American Association of Birth Centers
  - 3.5.3. Challenges in the Implementation of Birthing Centers
  - 3.5.4. Opportunities in Obstetric Care





### Structure and Content | 23 tech

- 3.6. Services Offered by Hospital Birthing Units
  - 3.6.1. Prenatal Care and Fetal Monitoring
  - 3.6.2. Pain Management during Labor
  - 3.6.3. Postnatal and Follow-Up Services
  - 3.6.4. Comparison with Birthing Centers
- 3.7. Comparison of Safety, Comfort and Women's Satisfaction
  - 3.7.1. Advantages and Disadvantages of Birth Centers
  - 3.7.2. Advantages and Disadvantages of Hospital Birthing Units
  - 3.7.3. Safety Factors in Both Types of Facilities
  - 3.7.4. Comfort Levels and Women's Satisfaction
- 3.8. Role of Professionals in Birthing Centers and Hospital Units
  - 3.8.1. Differences in the Role of Professionals
  - 3.8.2. Education and Qualification to Work in Birthing Centers and Hospital Units
  - 3.8.3. Levels of Collaboration and Teamwork among Professionals
  - 3.8.4. Evaluation of the Quality of Care
- 3.9. Planning and Management of Birthing Centers
  - 3.9.1. Requirements
  - 3.9.2. Financing and Sustainability
  - 3.9.3. Personnel Selection and Training
  - 3.9.4. Evaluation and Continuous Improvement of Quality of Care
- 3.10. Trends and Future Prospects in the Development of Birthing Centers and Hospital Birthing Units
  - 3.10.1. Technological and Design Innovations
  - 3.10.2. New Policies and Regulations
  - 3.10.3. Development of Care Models Centered in Women and Family
  - 3.10.4. Opportunities and Challenges in Obstetric Care in the Future

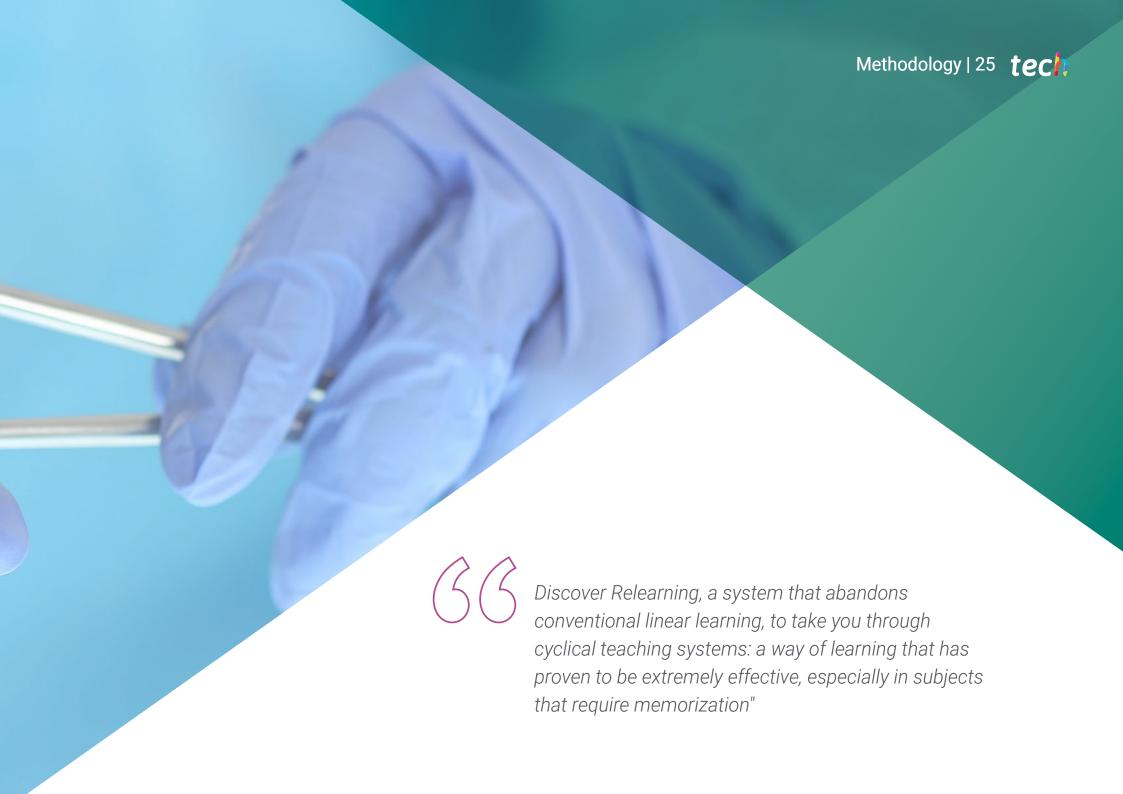


In addition to its broad informative content, it offers the most innovative audiovisual resources the current market"



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.

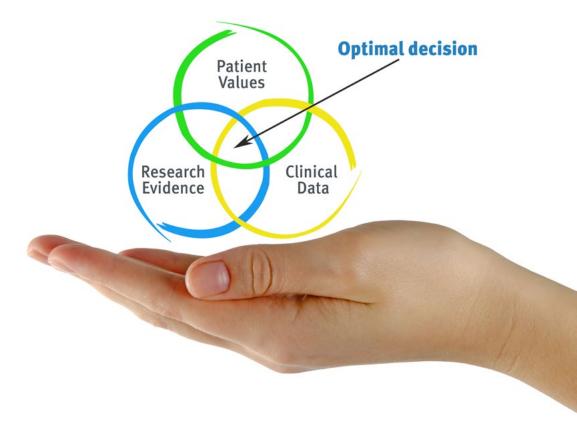


### tech 26 | Methodology

#### 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.



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:

- 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.



### Methodology | 29 tech

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**

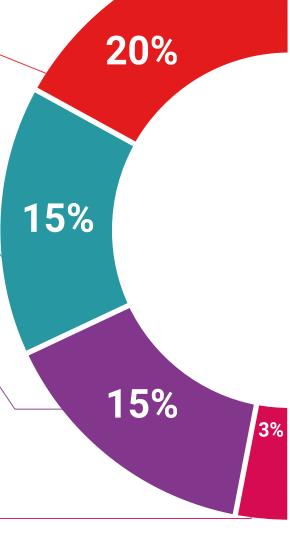
We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you 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.



## Testing & Retesting redge throughout the



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



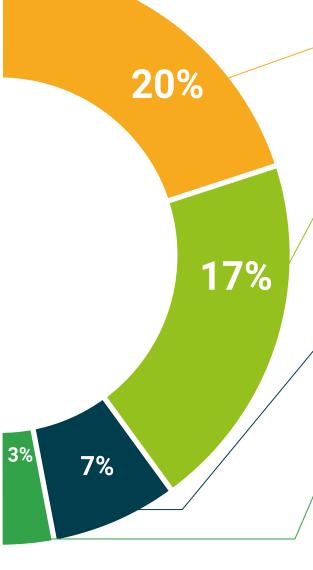
There is scientific evidence suggesting that observing third-party experts can be useful.

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.







### tech 34 | Certificate

This **Postgraduate Diploma in Natural Childbirth Units for Nursing** 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 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 Diploma in Natural Childbirth Units for Nursing**Official N° of Hours: **450 h.** 



<sup>\*</sup>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.

health confidence people education information tutors guarantee accreditation teaching institutions technology learning



### Postgraduate Diploma Natural Childbirth Units for Nursing

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

