

# Postgraduate Diploma

Physiology and Care During  
Breastfeeding for Midwives



## Postgraduate Diploma Physiology and Care During Breastfeeding for Midwives

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

Website: [www.techtitute.com/in/nursing/postgraduate-diploma/postgraduate-diploma-physiology-care-breastfeeding-midwives](http://www.techtitute.com/in/nursing/postgraduate-diploma/postgraduate-diploma-physiology-care-breastfeeding-midwives)

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01

# Introduction

The development of this Postgraduate Diploma on breastfeeding arose from the initial idea of the World Health Organization, which recommended that newborns should be exclusively breastfed until 6 months of age, and thereafter and together with the initiation of complementary feeding, breastfeeding should be maintained until two years of age, or until the mother and/or child so desire.





*Take the opportunity to learn about the latest trends in Physiology and Care During Breastfeeding For Midwives, and improve your nursing care dramatically"*

Breastfeeding provides significantly greater protection than artificial breastfeeding against diarrheal diseases and respiratory infections in children, the main causes of mortality in populations with limited economic resources. Various studies, as well as publications, indicate the great harm that can be avoided through Breastfeeding, such as countless deaths that occur prematurely.

Although around 80% of mothers decide to breastfeed their children when they give birth, only 36% continue 6 months after delivery. The causes are diverse, but with the necessary guidance and care this situation tends to improve. For this reason, guidance for patients by qualified personnel in the sector is increasingly necessary, who provides them with all the information about Physiology and Care during this important process between mother and child.

This Postgraduate Diploma collects all the information that the professional needs to perform successfully in the area of Breastfeeding Care and health of the breastfeeding woman, as well as the newborn. In this way, the graduate will give positive advice for breastfeeding, about physical activity during this process, will explain what it consists of and how to apply the kangaroo mother method in cases where it is necessary.

In addition, you will be able to explain the contraindications of some customs such as the use of teats and pacifiers during breastfeeding, among other fundamental aspects to be known by the nurse caring for nursing and non-breastfeeding mothers. A study plan developed by professionals versed in the area who provide the most up-to-date content, from the 100% online platform with the most modern multimedia resources and methodology available 24 hours a day.

This **Postgraduate Diploma in Physiology and Care During Breastfeeding for Midwives** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- ◆ Development of case studies presented by experts in Physiology and Care During Breastfeeding for Midwife
- ◆ The graphic, schematic and practical contents with which they are conceived, gather scientific and practical information on those disciplines that are essential for professional practice
- ◆ Breastfeeding physiology and care updates for midwives
- ◆ Practical exercises where the self-assessment process can be carried out to improve learning
- ◆ With special emphasis on innovative methodologies in Physiology and Care During Breastfeeding for Midwives
- ◆ 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



*Update your knowledge through the Postgraduate Diploma program in Physiology and Breastfeeding Care for Midwives"*

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*Acquire technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online simulation workshops and/or specific training”*

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

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

The design of this program focuses on Problem-Based Learning, in which the professional will have to try to solve the different professional practice situations that will arise throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*By studying this program you will promote the proper development of the mother-child relationship, reducing the number of children who are attacked, abandoned and unable to progress without an organic cause.*

*Learn the benefits of Breastfeeding for the mother and the newborn in an advanced way.*





02

# Objectives

The Postgraduate Diploma in Physiology and Care during Breastfeeding for Midwives is aimed at facilitating the midwife's role in the counseling and care of all breastfeeding women.







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*This refresher program will generate a sense of confidence when practicing nursing, which will help you grow both personally and professionally”*



## General Objectives

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- Update knowledge in Breastfeeding
- Promote work strategies based on a comprehensive approach to care for breastfeeding-conscious mothers as a reference model for achieving excellence in care
- Encourage the acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online simulation workshops and/or specific education



*Make the most of this opportunity and take the step to get up to date on the latest developments in Physiology and Care During Breastfeeding for Midwives"*





## Specific Objectives

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### **Module 1. Breastfeeding today and throughout history**

- ◆ Conduct a review of the current global epidemiology of Breastfeeding
- ◆ Promote the proper development of the relationship between the mother and child, reducing the number of children who are attacked, abandoned and unable to progress without organic causes
- ◆ Promote Breastfeeding to achieve adequate growth and development, preventing future health problems

### **Module 2. Physiology and clinical history in lactation**

- ◆ Update knowledge about the Physiology of Breastfeeding
- ◆ Describe the anatomy of the lactating breast
- ◆ Define the characteristics of a milk bank

### **Module 3. Care during Breastfeeding and health of breastfeeding women**

- ◆ Provide information on feeding for the nursing mother
- ◆ Describe women's rights during breastfeeding

### **Module 4. The healthy newborn**

- ◆ Explain the benefits of breastfeeding for women's recovery after childbirth in the long term
- ◆ Explain the different breastfeeding positions and their indications

03

# Course Management

This Postgraduate Certificate includes in its teaching staff health professionals of recognized prestige, who belong to the field of problem solving during breastfeeding for midwives, who pour into this training the experience of their work. In addition, other specialists of recognized prestige participate in its design and elaboration, completing the program in an interdisciplinary manner.







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*Learn from leading professionals, the latest advances in Physiology and Care during Breastfeeding for Midwives”*

## Management



### Ms. Aguilar Ortega, Juana María

- Breastfeeding Coordinator at 12 de Octubre Hospital
- Neonatal Nurse at 12 de Octubre Hospital
- Co-author of studies on Breastfeeding during the Puerperium
- Lecturer in university nursing studies
- Certified Lactation Consultant

## Professors

### Mr. Carrasco Guerrero, Manuel

- ♦ Midwife at the University Hospital of Ceuta
- ♦ Specialization in Obstetric-Gynecological Nursing
- ♦ Prize for the best oral communication at the International Congress of Nursing and Physiotherapy of Ceuta and Melilla

### Ms. Del Pozo Álvarez, Lidia

- ♦ Midwife in the University Hospital of Ceuta
- ♦ Midwife in health centers in Cordoba
- ♦ Midwife in health centers of Lanzarote

### Ms. De Dios Pérez, María Isabel

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

### Ms. Martínez Picón, Claudia

- ♦ Midwife at the Hospital Costa del Sol
- ♦ Midwife at the University Hospital of Ceuta
- ♦ Diploma in Nursing

### Ms. Armijo Navarro, Elena

- ♦ Midwife Hospital San Sebastián

### Dr. Vázquez Lara, Juana María

- ♦ Primary Care Nurse
- ♦ Nurse of the Emergency Service 061 of the Health Management Area of Ceuta
- ♦ Doctorate from the University of Granada
- ♦ Acting midwife in the Childbirth Service at the University Hospital of Ceuta  
Head of Studies of the Teaching Unit of Midwives of Ceuta
- ♦ Professor at the Ceuta Midwifery Teaching Unit
- ♦ National Coordinator of the Obstetric-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 in Health Promotion in the Community by the UNED (UNED)
- ♦ Specialty in Obstetric and Gynecological Nursing (Midwife) at the Hospital Costa del Sol in Marbella, University School of Nursing and Midwifery of Malaga by the University of Malaga
- ♦ Graduated in Diploma in Nursing at the University School of Nursing Salus Infirmorum at the University of Cadiz

### Ms. Díaz Lozano, Paula

- ♦ Midwife in the University Hospital Virgen de Valme
- ♦ Midwife in the Health Area of Ceuta
- ♦ Nurse Specialist in Obstetrics and Gynecology at the University Hospital of Ceuta
- ♦ Teacher specialized in Obstetrics
- ♦ Graduated in Nursing at the Faculty of Nursing and Physiotherapy of Cádiz



**Dr. Rodríguez Díaz, Luciano**

- ◆ Nurse Specialist in Obstetrics and Gynecology
- ◆ Head of Studies of the Obstetric-Gynecological Nursing Teaching Unit at the University Hospital of Ceuta
- ◆ Matron at the University Hospital of Ceuta
- ◆ Professor at the University Center of Nursing Virgen de La Paz. Ronda, Spain
- ◆ Professor at the Ceuta Midwifery Teaching Unit
- ◆ Member of the Group of Obstetric and Gynecological Emergencies of the Spanish Society of Emergency Nursing (SEEUE)  
Responsible for Perinatal Health: Sexual Reproductive Health and Normal Delivery of Ingesa
- ◆ Member of the Clinical Research and Continuing Education Committee of the University Hospital of Ceuta
- ◆ Doctor by the University of Granada
- ◆ Master's Degree in Physical Education and Health, University of Granada  
Master's Degree in Gynecological Nursing from the University CEU Cardenal Herrera
- ◆ Master's Degree in Obstetric Nursing from CEU Cardenal Herrera University
- ◆ Specialty in Obstetric and Gynecological Nursing from the University of Malaga
- ◆ Graduated in Nursing by the University of Cadiz
- ◆ Expert in Health Promotion in the Community by the National University of Distance Education (UNED)

**Ms. Ortega del Valle, Silvia**

- ◆ Midwife at the University Hospital of Salamanca
- ◆ Nurse at the University Hospital Marqués de Valdecilla
- ◆ Master's Degree in Perinatal and Child Care from the Universidad Autonoma of Madrid and FUDEN
- ◆ Master's Degree in Breastfeeding for Midwives by Cardenal Herrera University
- ◆ Nurse specialized in Obstetric-Gynecological Nursing by the UDM of Ceuta
- ◆ Graduated in Nursing from the Pontifical University of Salamanca

**Ms. Molina Castillo, María de la Cabeza**

- ◆ Midwife University Hospital of Ceuta

**Ms. Gómez González, Irene**

- ◆ Midwife University Hospital of Ceut

**Ms. Mohamed Mohamed, Dina**

- ◆ Midwife University Hospital of Ceut

**Ms. Rojas Carmona, Belén**

- ◆ Midwife University Hospital of Ceut

**Ms. Miquelajáuregui Espinosa, Araceli**

- ◆ Midwife University Hospital of Ceut

**Ms. Martín Ansede, Esperanza**

- ◆ Nurse University Hospital of Ceut



04

# Structure and Content

The structure of the contents has been designed by a team of professionals from the best educational centers, universities and companies in the national territory, aware of the relevance of the program's relevance to intervene in the training and support of students, and committed to quality teaching through new educational technologies.



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*This Postgraduate Diploma in Physiology and Care During Breastfeeding for Midwives contains the most complete and up-to-date scientific program on the market"*



## Module 1. Breastfeeding Today and Throughout History

- 1.1. Concepts Related to Breastfeeding
  - 1.1.1. Evolution of the Concept of Breastfeeding
  - 1.1.2. Breastfeeding Concepts
- 1.2. History of Breastfeeding
  - 1.2.1. Natural History of Breastfeeding
  - 1.2.2. Historical Development of The Importance of Breastfeeding
- 1.3. False Myths
  - 1.3.1. Misconceptions About Breastfeeding
  - 1.3.2. Correct Beliefs About Breastfeeding
- 1.4. Care Strategy for Normal Childbirth
  - 1.4.1. Encouraging Breastfeeding after Childbirth
  - 1.4.2. Benefits of Breastfeeding in Childbirth
- 1.5. Epidemiology
  - 1.5.1. Epidemiological Course of Breastfeeding Development
  - 1.5.2. Social Evolution of Breastfeeding
- 1.6. Human Milk Banks
  - 1.6.1. Milk Bank Concept
  - 1.6.2. Characteristics of a Milk Bank
- 1.7. Counseling and Support for Women Who Do Not Wish to Breastfeed
  - 1.7.1. Health Education for Women Do Not Wish to Breastfeed
  - 1.7.2. Specific Information on Care for Non Lactating Women
- 1.8. Women's Rights During Breastfeeding
  - 1.8.1. The Immediate Rights of the Infant
  - 1.8.2. Social Benefits in Breastfeeding Women
- 1.9. Paternal Involvement in Breastfeeding
  - 1.9.1. The Father as a Supporting Figure in Breastfeeding
  - 1.9.2. The father as a Breastfeeding Consultant
- 1.10. Protection of Breastfeeding Worldwide: WHO Recommendations
  - 1.10.1. WHO Recommendations
  - 1.10.2. Global Protection in Breastfeeding

## Module 2. Physiology and Clinical History in Breastfeeding

- 2.1. Anatomy of the Breast
  - 2.1.1. Surrounding Bony Structure of the Breast
  - 2.1.2. Muscular Structure of the Breast
- 2.2. Physiology of Breastfeeding
  - 2.2.1. Physiological Development of Breastfeeding
  - 2.2.2. Hormonal Circuit of Breastfeeding
- 2.3. Benefits of Breastfeeding for the Mother
  - 2.3.1. Concept
  - 2.3.2. The Benefits for the Mother in Breastfeeding
- 2.4. Benefits of Breastfeeding for the Baby
  - 2.4.1. Concept
  - 2.4.2. The Benefits for the Baby in Breastfeeding
- 2.5. Evaluation of the Intake
  - 2.5.1. Indications on the Intake
  - 2.5.2. Inadequate Actions on the Intake
- 2.6. Signs of Good and Bad Hitching
  - 2.6.1. Hitching Concept
  - 2.6.2. Benefits of a Good Hitch
- 2.7. Recommended Positions
  - 2.7.1. Proper Breastfeeding Positions
  - 2.7.2. Inadequate Breastfeeding Positions

**Module 3. Breastfeeding Care and Breastfeeding Women's Health**

- 3.1. First Recommendations during Pregnancy
  - 3.1.1. Evolution of Breastfeeding in Pregnancy
  - 3.1.2. Breastfeeding Care in Pregnancy
- 3.2. Breast Care during Breastfeeding
  - 3.2.1. General Care
  - 3.2.2. Specific Advice
- 3.3. Proper Techniques for Breastfeeding
  - 3.3.1. Different Breastfeeding Techniques
  - 3.3.2. Incorrect Breastfeeding Measures
- 3.4. Effects of Breastfeeding on Women's Health in the Short Term
  - 3.4.1. Immediate Benefits of Breastfeeding in Women
  - 3.4.2. Positive Breastfeeding Tips
- 3.5. Effects of Breastfeeding on Women's Health in the Mid- and Long-Term
  - 3.5.1. Long-term Benefits of Breastfeeding
  - 3.5.2. Mid-term Benefits of Breastfeeding
- 3.6. Maternal Diet and Breastfeeding
  - 3.6.1. Foods that alter Breast Milk
  - 3.6.2. Foods that benefit Breastfeeding
- 3.7. Physical Activity and Breastfeeding
  - 3.7.1. Encouraging Physical Activity During Breastfeeding
  - 3.7.2. Contraindications to Physical Activity During Breastfeeding

**Module 4. The Healthy Newborn**

- 4.1. Anatomical and Physiological Characteristics
  - 4.1.1. Anatomy of the Newborn
  - 4.1.2. Physiology of the Newborn
- 4.2. Nutritional Requirements of the Infant
  - 4.2.1. Infant Nutrition
  - 4.2.2. Dietary Advice
- 4.3. Growth of Breastfed Infants
  - 4.3.1. WHO Curves
  - 4.3.2. Normality in the Curve
- 4.4. Infantile Colic
  - 4.4.1. Concept
  - 4.4.2. Indications to avoid Infant Code
- 4.5. Early Skin-to-skin Contact
  - 4.5.1. The Skin-to-skin Start
  - 4.5.2. Immediate Skin-to-skin Benefits
- 4.6. First Intake Attachment
  - 4.6.1. Concept of Attachment
  - 4.6.2. Indications of Onset of Contact
- 4.7. Breastfeeding and Kangaroo Mother Method
  - 4.7.1. Kangaroo Method Approach
  - 4.7.2. Start of the Technique
- 4.8. Nipples and Pacifiers During Breastfeeding
  - 4.8.1. Description of Nipples and Pacifiers
  - 4.8.2. Precautions for Nipples and Pacifiers

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.







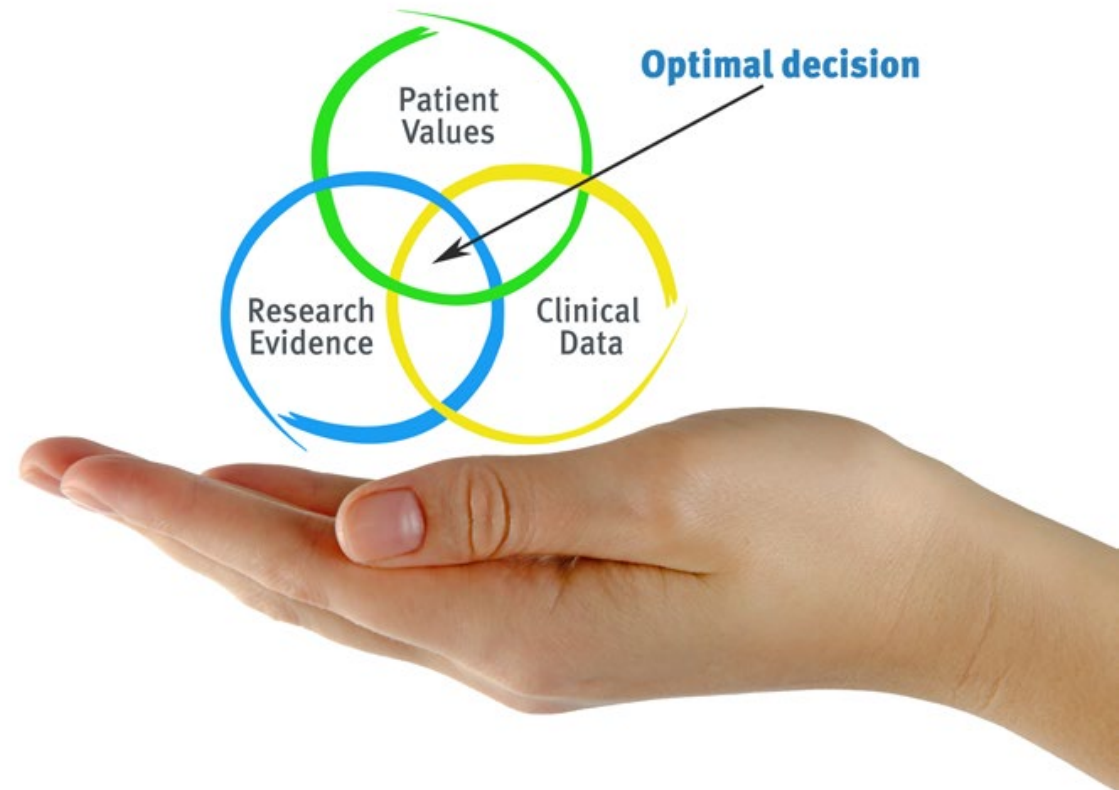
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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 Diploma in Physiology and Care During Breastfeeding for Midwives guarantees you in addition to the most rigorous and up-to-date specialization, access to a 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 Diploma in Physiology and Care During 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 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 in Physiology and Care During Breastfeeding for Midwives**

Official N° of Hours: **525 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.



**Postgraduate Diploma**  
Physiology and Care During  
Breastfeeding for Midwives

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



# Postgraduate Diploma

## Physiology and Care During Breastfeeding for Midwives

