Postgraduate Diploma Physiology and Pathology in the Puerperium for Midwives



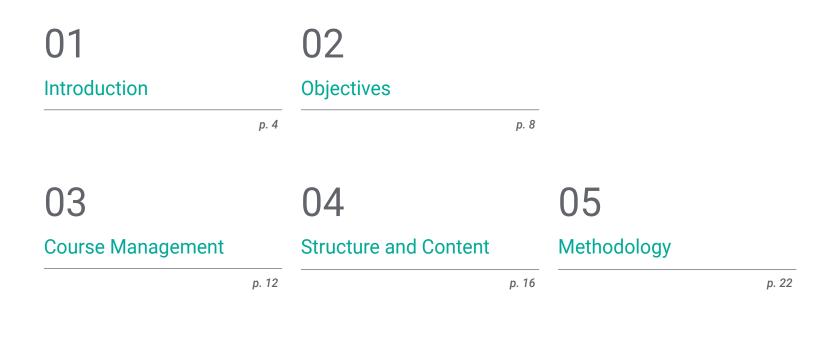


Postgraduate Diploma Physiology and Pathology in the Puerperium for Midwives

- » 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-pathology-puerperium-midwives

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06 Certificate

01 Introduction

After childbirth, women need a period of time to recover their usual conditions, both hormonal and of the female reproductive system. During this period of puerperium, complications may arise in women's health, so it is important that professionals working in the field of gynecology specialize in this area.

Care of the woman after childbirth must be carried out with extreme care, due to the pathologies that may arise in the puerperium"

tech 06 | Introduction

The puerperium is a complex time in a woman's life and the midwife is the right professional to deal with it. This Postgraduate Diploma in Physiology and Pathology in the Puerperium for Midwives aims to train the professional through a complete, global and practical learning in reference to one of the stages of sexual and reproductive life of women.

Understanding the physiological development of the puerperium is essential to the approach of the patients TECH works with from both a hospital and primary care perspective. Knowing the woman's own changes during each of the stages of the puerperium helps to establish the needs and prioritize the midwife's care throughout the different phases.

Recognizing the physiology of the puerperium is a key factor in identifying early signs of risk and being able to prevent complications or act as efficiently and quickly as possible in the event of complications that may arise.

Thus, the main complications that may arise in the puerperium are reviewed, with emphasis on the identification of the clinic, the risk factors of these complications, the treatment and care of the midwife in each one of them.

Although in some hospitals it is less common to work with high-risk patients or with associated pathologies in the puerperium, it is essential for the midwife to be familiar with the pathological processes during this stage. Many of these complications can also arise within the framework of low-risk childbirth care, so the identification of these problems and early and accurate management by the professional is crucial to provide quality care for both the mother and her newborn.

For its part, the pelvic floor also occupies an important place in the midwife's care, especially in their consultation at the health center. It has a special relevance at the time of the puerperium, where the woman often perceives the consequences that pregnancy and vaginal delivery have left on the perineum.

This **Postgraduate Certificate in Physiology and Pathology in the Puerperium 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 on Physiology and Pathology in the Puerperium for Midwives
- Practical exercises where self-assessment can be used to improve learning
- Its special emphasis on innovative methodologies in Physiology and Pathology in the Puerperium for Midwives
- 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

Don't miss this opportunity to study in the largest private online university"

Introduction | 07 tech

This Postgraduate Diploma is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Physiology and Pathology in the Puerperium for Midwives, you will obtain a degree from TECH Technological University"

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.

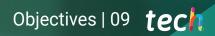
The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive training programmed to train in real situations.

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 purpose, the professional will be assisted by an innovative interactive video system developed by renowned and experienced experts in Physiology and Pathology in the Puerperium for Midwives. Get trained with the best didactic material, which will allow you a contextual study that will facilitate your learning.

Combine your studies with your professional work while increasing your knowledge in the field of puerperium thanks to this 100% online Postgraduate Diploma.

02 **Objectives**

This Postgraduate Diploma in Physiology and Pathology in the Puerperium for Midwives is oriented to train midwives for their daily work in the postpartum period.



If you want to specialize in the postpartum period, this is the best option to learn about the latest advances in the field"

tech 10 | Objectives



General Objectives

- 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



Objectives | 11 tech



Module 1. Physiological Puerperium

- Broaden the knowledge about the changes of the puerperium in its different stages in the context of physiology
- Recognize deviations from normality in the development of the puerperium in order to be able to identify pathological situations
- Improve capacity in the application of midwifery care to women and newborns in the immediate Puerperium in the delivery room
- Improve capacity in the application of midwifery care to women and newborns in the puerperium hospitalization ward
- Improve capacity in the application of midwifery care to women and newborns in the midwifery practice in primary care
- Comprehensive knowledge of newborn screening procedures
- Train midwives in the care of women and newborns during the home Puerperium

Module 2. Risk Situations in the Puerperium

- Increase knowledge about the complications that may arise during the different stages of the puerperium
- Specific management of women's pathology in the Puerperium
- Improve the midwife's ability to act in the early management of the main complications that may appear during the puerperium
- Improve the midwife's ability to apply care in each of the pathologies in the puerperium from the hospital care setting and in the primary care office
- Know and manage perineal trauma caused by vaginal delivery
- Demonstrate competency in the application of midwifery care in perineal trauma

Module 3. Pelvic Floor

- Know in depth the different structures that form the pelvic floor
- Identify perineal trauma as a result of childbirth
- Update on the care required for perineal injuries
- Recognize and initiate early management of pathologies
- Identify situations that require referral to other professionals
- Update knowledge regarding short- and long-term complications of perineal trauma
- Know the current context in Spain in reference to female genital mutilation
- Know the types of female genital mutilation
- Identify those women who have been victims of genital mutilation
- Improve the midwife's response to a situation of female genital mutilation in the hospital or in the doctor's office

03 Course Management

The program includes in its teaching staff reference experts in Puerperium, who bring to this Postgraduate Certificate 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.

We have an excellent team of professionals who have come together to teach you the latest advances in the postpartum period"

tech 14 | Course Management

Management

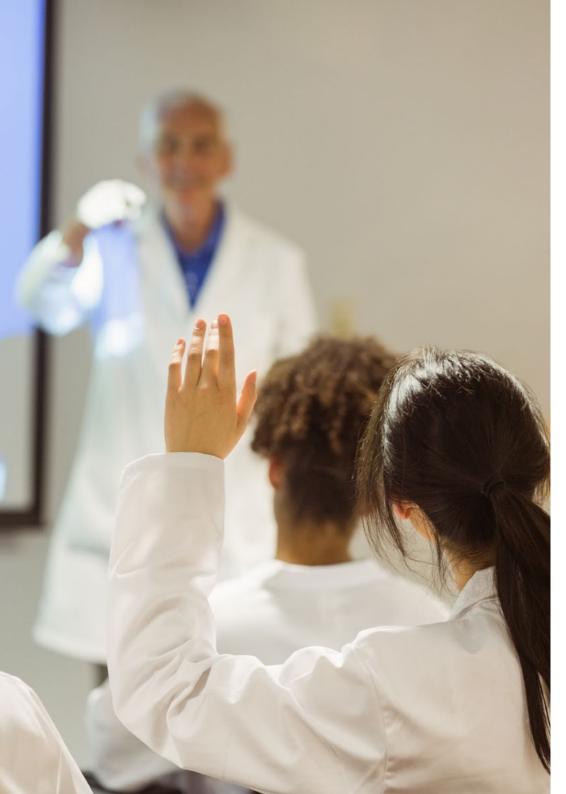


Ms. Grolimund Sánchez, Verónica

- Midwife at H.G.U Doctor at Gregorio Marañón Hospital, 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 H. G. U. Gregorio Marañón since 2013
- Teaching collaborator at H. G. U. 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 ICL

Ms. Pallarés Jiménez, Noelia

- Midwife Gregorio Marañón University Hospita
- 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



Course Management | 15 tech

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 in Puerperium, 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.

This Postgraduate Diploma in Pelvic Floor in the Puerperium for Midwives contains the most complete and up-to-date scientific program on the market"

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Module 1. Physiological Puerperium

- 1.1. Concept and Stages of Puerperium
- 1.2. Objectives of the Midwife in the Puerperium
- 1.3. Physical and Psychosocial Modifications
- 1.4. Care of Women and Newborns in the Immediate Puerperium
 - 1.4.1. General Examination
 - 1.4.2. Physical Assessment
 - 1.4.3. Identification and Problem Prevention
- 1.5. Attention and Care of Women and Newborns in the Early Puerperium
 - 1.5.1. Midwifery in the Early Puerperium
 - 1.5.2. Health Education and Self-Care Tips
 - 1.5.3. Newborn Screening and Newborn Hearing Impairment Screening
- 1.6. Control and Follow-up of the Late Post-partum Period
- 1.7. Hospital Discharge Midwife's Report at Discharge Early Discharge
- 1.8. Criteria for Good Care at the Primary Care Center
 - 1.8.1. Criteria for Good Care in Primary Care Centers (Community of Madrid and Other Autonomous Communities)
 - 1.8.2. Recommendations of the Clinical Practice Guide of the Ministry of Health (CPG)
- 1.9. Health Education in the Puerperium
 - 1.9.1. Concept and Introduction Types of Intervention
 - 1.9.2. Objectives of Health Education in the Puerperium
 - 1.9.3. Midwife as a Health Agent in the Puerperium
 - 1.9.4. Methodology. Main Techniques in Health Education: Expository Techniques, Classroom Research Techniques
- 1.10. Postpartum Workgroups: Postpartum Group and Breastfeeding Group
 - 1.10.1. Postpartum Session: Objectives and Contents
 - 1.10.2. Breastfeeding Session: Objectives and Contents
 - 1.10.3. Newborn Care Session: Objectives and Contents





Structure and Content | 19 tech

Module 2. Risk Situations in the Puerperium

- 2.1. Postpartum Hemorrhage
 - 2.1.1. Concept, Classification, and Risk Factors
 - 2.1.2. Etiology
 - 2.1.2.1. Uterine Tone Disturbances
 - 2.1.2.2. Tissue Retention
 - 2.1.2.3. Trauma to the Birth Canal
 - 2.1.2.4. Coagulation Alterations
 - 2.1.3. Clinic and Management of Puerperal Hemorrhage2.1.3.1. Assessment and Quantification of Hemorrhage2.1.3.2. Medical and Surgical Treatment
 - 2.1.3.3. Midwifery Care
- 2.2. Infections in the Puerperium
 - 2.2.1. Puerperal Endometritis
 - 2.2.2. Perineal Infection
 - 2.2.3. Abdominal Wall Infection
 - 2.2.4. Mastitis
 - 2.2.5. Sepsis. Lethal Septic Shock Syndrome Staphylococcal or Streptococcal Toxic Shock
- 2.3. Thromboembolic Disease, Heart Disease and Severe Anemia in the Puerperium
 - 2.3.1. Thromboembolic Disease in the Puerperium2.3.1.1. Venous Thrombosis: Superficial, Deep and Pelvic2.3.1.2. Pulmonary Embolism
 - 2.3.2. Heart Disease in the Puerperium
 - 2.3.3. Severe Anemia in the Puerperium
- 2.4. Arterial Hypertension, Preeclampsia and HELLP in the Puerperium
 - 2.4.1. Management of the Woman with Arterial Hypertension in the Puerperium
 - 2.4.2. Management of Women in the Puerperium after Preeclampsia
 - 2.4.3. Management of Women in the Puerperium after HELLP
- 2.5. Endocrine Pathology in the Puerperium
 - 2.5.1. Management of the Woman with Gestational Diabetes in the Puerperium
 - 2.5.2. Thyroid Pathology in the Puerperium
 - 2.5.3. Sheehan Syndrome

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- 2.6. Digestive and Urinary Pathology
 - 2.6.1. Main Digestive Pathology Conditions in the Puerperium 2.6.1.1. Crohn's Disease and Ulcerative Colitis
 - 2.6.1.2. Fatty Liver
 - 2.6.1.3. Cholestasis
 - 2.6.2. Urinary Pathology in the Puerperium
 - 2.6.2.1. Urinary Infections
 - 2.6.2.2. Postpartum Urinary Retention
 - 2.6.2.3. Urinary Incontinence
- 2.7. Autoimmune, Neurological and Neuromuscular Diseases in the Postpartum Period
 - 2.7.1. Autoimmune Diseases in the Puerperium: Lupus
 - 2.7.2. Neurological and Neuromuscular Pathology in the Puerperium
 - 2.7.2.1. Post-puncture Headache
 - 2.7.2.2. Epilepsy
 - 2.7.2.3. Cerebrovascular Diseases (Subarachnoid Hemorrhage, Aneurysms, Cerebral Neoplasms)
 - 2.7.2.4. Amyotrophic Lateral Sclerosis
 - 2.7.2.5. Myasthenia Gravis
- 2.8. Infectious Diseases in the Puerperium
 - 2.8.1. Hepatitis B Virus Infection

2.8.1.1. Management of the Postpartum Woman with Hepatitis B Virus Infection

 $2.8.1.2.\ \mbox{Care}$ and Monitoring of the Newborn of a Mother with Hepatitis B Virus Infection

2.8.2. Hepatitis C Virus Infection

 $2.8.2.1.\ensuremath{\,\text{Management}}$ of the Postpartum Woman with Hepatitis C Virus Infection

 $2.8.2.2.\ \mbox{Care}$ and Monitoring of the Newborn of a Mother with Hepatitis C Virus Infection

2.8.3. Human Immunodeficiency Virus Infection

2.8.3.1. Management of the Postpartum Woman with HIV Infection 2.8.3.2. Care and Monitoring of Newborns Born to HIV-Positive Mothers

- 2.9. Perineal Trauma and Abdominal Scar Dehiscence after Caesarean Section
 - 2.9.1. Perineal Tears: Degrees of Tearing and Care
 - 2.9.2. Episiotomy: Types and Midwifery Care

- 2.9.3. Abdominal Scar Dehiscence after Caesarean Section: Midwifery Care
- 2.9.4. Perineal Hematomas
- 2.10. Psychiatric Illness
 - 2.10.1. Postpartum Depression (PPD)
 - 2.10.1.1. Definition, Etiology, Detection of PPD
 - 2.10.1.2. Medical Treatment and Midwifery Care
 - 2.10.2. Puerperal Psychosis2.10.2.1. Definition, Etiology, Detection of Puerperal Psychosis2.10.2.2. Medical Treatment and Midwifery Care

Module 3. Pelvic Floor

- 3.1. Anatomy of the Female Perineum Types of Perineal Trauma
- 3.2. Episiotomy.
 - 3.2.1. Definition
 - 3.2.2. Types of Episiotomy
 - 3.2.3. Indications for Performing Episiotomy
 - 3.2.4. WHO, SEGO and CPG Recommendations
- 3.3. Perineal Tears:
 - 3.3.1. Definition and Types
 - 3.3.2. Risk Factors
 - 3.3.3. Prevention of Perineal Tears
- 3.4. Hematomas Midwifery and Care after Perineal Repair
 - 3.4.1. Slight Tears (Types I and II)
 - 3.4.2. Severe Tears (Types III and IV)
 - 3.4.3. Episiotomy.
- 3.5. Complications of Short-Term Trauma to the Perineum
 - 3.5.1. Hemorrhages
 - 3.5.2. Infections
 - 3.5.3. Pain and Dyspareunia
- 3.6. Complications of Long-Term Trauma to the Perineum: Incontinence
 - 3.6.1. Urinary Incontinence

Structure and Content | 21 tech

- 3.6.2. Fecal Incontinence
- 3.6.3. Gas Incontinence
- Complications of Long-Term Trauma to the Perineum: Prolapse 3.7.
 - 3.7.1. Definition and Classification of Genital Prolapse
 - 3.7.2. Risk Factors
 - 3.7.3. Medical and Surgical Treatment of Prolapses Pelvic Floor Rehabilitation
- Conservative Treatment of Pelvic Floor Dysfunctions 3.8.
 - 3.8.1. Manual Techniques
 - 3.8.2. Instrumental Techniques: Biofeedback and Electrostimulation and Other Instrumental Techniques
 - 3.8.3. Postural Reeducation and Abdomino-Pelvic Training
- Surgical Treatment of Pelvic Floor Dysfunctions 3.9.
 - 3.9.1. Slings and Netting
 - 3.9.2. Colposuspensions
 - 3.9.3. Colporrhaphy and Perineorrhaphy
- 3.10. Female Genital Mutilation (FGM)
 - 3.10.1. Introduction and Social and Demographic Context of FGM Epidemiology
 - 3.10.2. Current Practice of FGM
 - 3.10.3. Types of MGF
 - 3.10.4. Consequences of the Practice of FGM on Women's Health
 - 3.10.5. FGM: Strategies for Prevention, Detection and Intervention by Midwives
 - 3.10.6. Legal Framework Regarding FGM



666 A unique specialization experience, kev and decisive to boost your professional development"

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.

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"

tech 24 | 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:

- 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.
- 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.



tech 26 | Methodology

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 | 27 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.



tech 28 | Methodology

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.

20%

15%

3%

15%

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.

Methodology | 29 tech



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.

20%

3%

7%

17%



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 Pathology in the Puerperium for Midwives guarantees, in addition to the most rigorous and updated training, access to a Postgraduate Diploma issued by TECH Technological University.



Successfully complete this specialisation and receive your diploma without travel or laborious paperwork"

tech 32 | Certificate

This **Postgraduate Diploma in Physiology and Pathology in the Puerperium 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 from career evaluation committees.

Title: Postgraduate Diploma in Physiology and Pathology in the Puerperium for Midwives

Official Nº of Hours: 450 h.



technological university Postgraduate Diploma Physiology and Pathology in the Puerperium for Midwives » Modality: online » Duration: 6 months » Certificate: TECH Technological University » Dedication: 16h/week » Schedule: at your own pace » Exams: online

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