

Postgraduate Diploma

Physiology and Care During Breastfeeding for Nursing





Postgraduate Diploma Physiology and Care During Breastfeeding for Nursing

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 21 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-postgraduate-diploma-physiology-care-during-breastfeeding-nursing

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Course Management

p. 12

04

Structure and Content

p. 18

05

Methodology

p. 22

06

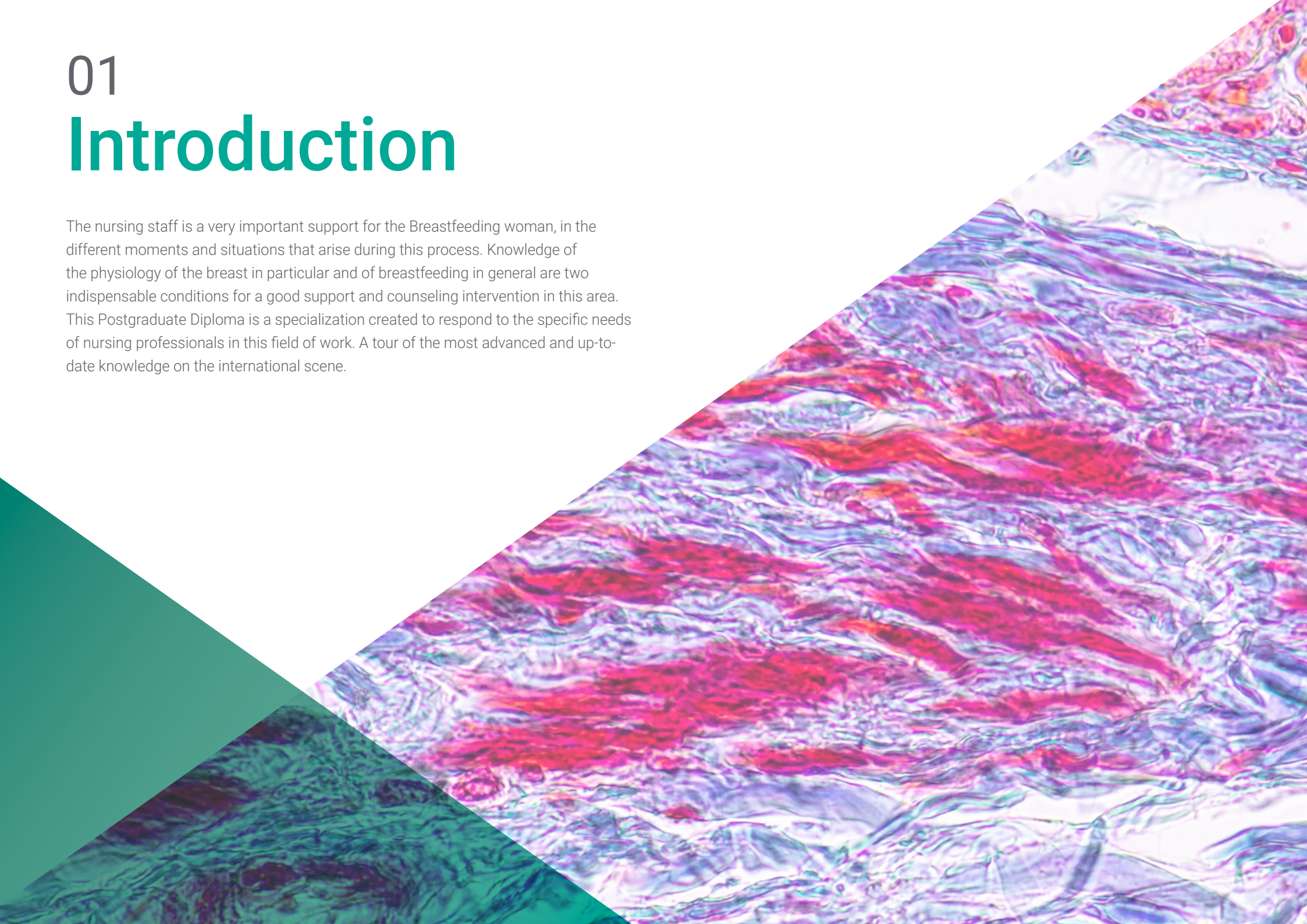
Certificate

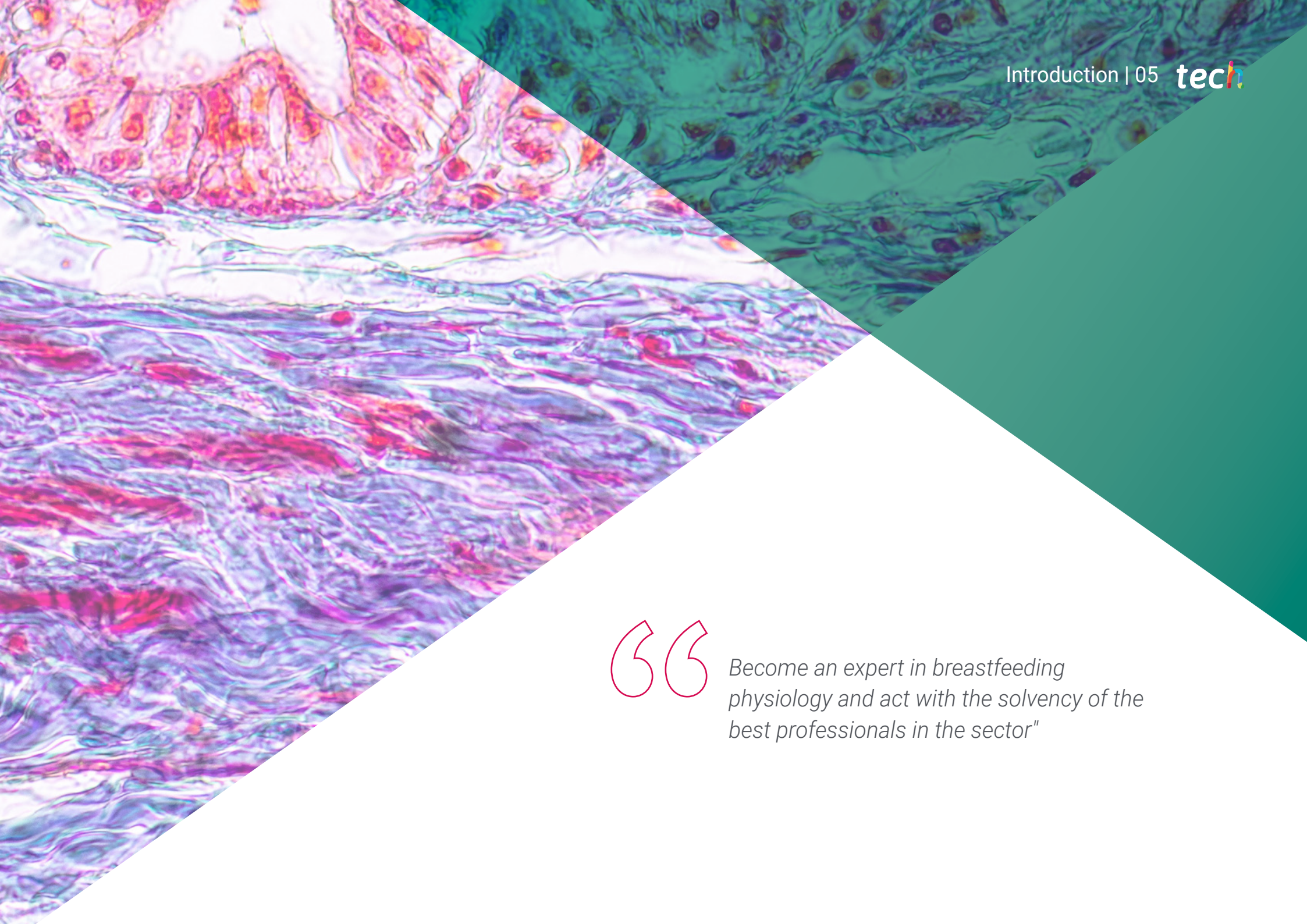
p. 30

01

Introduction

The nursing staff is a very important support for the Breastfeeding woman, in the different moments and situations that arise during this process. Knowledge of the physiology of the breast in particular and of breastfeeding in general are two indispensable conditions for a good support and counseling intervention in this area. This Postgraduate Diploma is a specialization created to respond to the specific needs of nursing professionals in this field of work. A tour of the most advanced and up-to-date knowledge on the international scene.





“

Become an expert in breastfeeding physiology and act with the solvency of the best professionals in the sector"

Breastfeeding provides significantly better protection than artificial feeding against diarrheal diseases and respiratory infections in children, the main causes of mortality in low-income populations. In 1993, WHO estimated that 1.5 million infant deaths could be prevented each year through effective breastfeeding. In addition, formula milk is not only expensive, but can be a risk factor for malnutrition, as some mothers may be tempted to dilute it or switch prematurely to other forms of feeding. On the other hand, in some high-income countries many mothers stop breastfeeding earlier than they wish; although about 80% of mothers decide to breastfeed when they give birth, only 36% continue six months after delivery. Many mothers stop breastfeeding because they have a mistaken perception that their milk does not nourish their newborn, they lose confidence in themselves and that they are producing enough milk for their child to be properly nourished.

In the last three decades, the low incidence and duration of breastfeeding have been recognized as a public health problem.

The European Action Plan for the protection, promotion and support of breastfeeding recognizes breastfeeding as a public health priority. Society suffers from the detriments of non-breastfeeding, since artificial breastfeeding means an increase in health care costs due to the greater disease associated with non-breastfeeding; the mother has a greater risk of postpartum hemorrhage, spinal and hip fracture after menopause, rheumatoid arthritis, uterine, breast and ovarian cancer, hypertension, anxiety and depression. The increased disease of non-breastfed infants and their mothers leads to an increase in absenteeism from work, and companies are also suffering from these effects. Breastfed children cause less expenses to their families, to society in medicines and use of health services and cause fewer losses due to absenteeism from work, and we must not forget that it saves natural resources, does not pollute the environment and does not need to spend on manufacturing, packaging or transportation.

This **Postgraduate Diploma in Physiology and Care During Breastfeeding for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features of the program include:

- ♦ The development of case studies presented by experts in Breastfeeding Care and Breastfeeding Women's Health.
- ♦ 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.
- ♦ New developments in Breastfeeding Care and Breastfeeding Women's Health.
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning.
- ♦ Emphasis on innovative methodologies in Breastfeeding Care and Breastfeeding Women's Health.
- ♦ 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.



Experience-centered learning that will enable you to take your knowledge to your job immediately"

“

This Postgraduate Diploma may be 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 Care

During Breastfeeding for Nursing, you will obtain a certificate from TECH Global University"

Its teaching staff includes professionals belonging to the field of Physiology and Breastfeeding Care for Nursing, who contribute their work experience to this training, as well as renowned specialists belonging to reference 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 an immersive training program to train in real situations.

The program design is based on Problem-Based Learning, through which teachers must try to solve the different professional practice situations that arise throughout the course. To do so, the student will be assisted by an innovative interactive video system created by renowned experts with extensive teaching experience.

You will learn in realistic learning environments that will convert knowledge into real intervention skills.

A great training that will boost your cv to the highest level of competitiveness.



02

Objectives

This course is a unique opportunity for nurses. It will allow you to advance in your profession by incorporating the most up-to-date knowledge in everything related to illness and breastfeeding. A complete and efficient course that will allow you to acquire new skills with the ease of the best training technology of the moment.





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Increase your intervention capacity and success and become a reference in your profession”



General Objectives

- 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 training.



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 Nursing"





Specific Objectives

- ◆ Update knowledge about the physiology of Breastfeeding.
- ◆ Describe the anatomy of the lactating breast.
- ◆ Define the characteristics of a milk bank.
- ◆ Conduct a review of the current global epidemiology of breastfeeding.
- ◆ Promote the proper development of the mother-child relationship, reducing the number of children who are assaulted, abandoned and who fail to progress without organic cause.
- ◆ Encourage breastfeeding to achieve adequate growth and development, preventing future health problems.
- ◆ Explain the benefits of breastfeeding for the woman's postpartum and long-term recovery.
- ◆ Explain the different breastfeeding positions and their indications.
- ◆ Detect bad latching positions of the baby that may alter the development of feeding.
- ◆ Explain the benefits of physical activity during Breastfeeding.
- ◆ Describe the main contraindications of Breastfeeding.
- ◆ Describe the rights of women during Breastfeeding.
- ◆ Define those maternal pathologies that may contraindicate breastfeeding.
- ◆ Provide information about feeding the breastfeeding mother.
- ◆ Teach the steps that must be followed to achieve successful exclusive breastfeeding.
- ◆ Obtain knowledge about the transfer of drugs to breast milk in order to guide women in their doubts when they need to take medications.

03

Course Management

The program includes in its teaching staff reference specialists in Physiology and Care during Breastfeeding for Nursing, 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 the procedures in the field of the Physiology and Care during Breastfeeding for Nursing”

Management



Dr. Rodríguez Díaz, Luciano

- ♦ PhD from the University of Granada
- ♦ Obstetric-Gynecological Nursing Specialist (Midwife)
- ♦ University Hospital of Ceuta from 2006 to present day
- ♦ Professor of the Ceuta Midwifery Teaching Unit.
- ♦ SEEUE Obstetric-Gynecologic emergencies group member.
- ♦ Responsible for Perinatal Health: Reproductive Sexual Health and Normal Childbirth of Ingesa.
- ♦ Reviewer of the journal *Enfermería Clínica*. Elsevier.
- ♦ Full member of the Institute of Ceuta Studies.



Dr. Vázquez Lara, Juana María

- ♦ PhD from the University of Granada
- ♦ Obstetric-Gynecological Nursing Specialist (Midwife).
- ♦ Health Area of Ceuta from 2000 to present day.
- ♦ Head of Studies and Professor of the Ceuta Midwifery Teaching Unit.
- ♦ Coordinator of SEEUE obstetric-gynecologic emergencies group.
- ♦ Reviewer of the journal *Enfermería Clínica*. Elsevier.

Guest Director

**Aguilar Ortega, Juana María**

- ◆ Specialist Nursing Qualification in Pediatric Nursing from the Ministry of Culture, Education and Sports - 2016
- ◆ Master's Degree in Gender and Public Health, Rey Juan Carlos University - 2015
- ◆ Graduate in Nursing from Complutense University of Madrid - Spain
- ◆ Breastfeeding Nurse Coordinator at Hospital 12 de Octubre 2008 - currently
- ◆ Clinical practice tutor of Family and Community EIR Madrid. Since 2011 - currently
- ◆ Breastfeeding Nurse Coordinator at Hospital 12 de Octubre 2008

Coordination

Alcolea Flores, Silvia

- ◆ Midwife Ceuta University Hospital

Fernández, Francisco Javier

- ◆ Midwife Hospiten Hospital Estepona

Gilart Cantizano, Patricia

- ◆ Midwife Quirón Campo de Gibraltar Hospital

Gómez Losada, Patricia

- ◆ Midwife Quirón Campo de Gibraltar Hospital

Mérida Tellez, Beatriz

- ◆ Midwife Granada Hospital

Mohamed Mohamed, Dina

- ◆ Midwife Ceuta University Hospital

Palomo Gómez, Rocío

- ◆ Midwife Ceuta University Hospital

Rodríguez Díaz, David

- ◆ Nurse at La Candelaria Hospital in Tenerife

Vázquez Lara, Francisco

- ◆ Degree in Biology

Vázquez Lara, M^a Dolores

- ◆ Campo de Gibraltar Health Area Nurse

BREAST ANATOMY

BREAST CANCER

DUCTAL CARCINOMA

Professors

Armijo Navarro, Elena

- ♦ Midwife San Sebastián Hospital

Carrasco Guerrero, Manuel

- ♦ Midwife Ceuta University Hospital

De Dios Pérez, María Isabel

- ♦ Midwife. Ceuta University Hospital

De la Cabeza Molina Castillo, María

- ♦ Midwife Ceuta University Hospital

Del Pozo Álvarez, Lidia

- ♦ Midwife Ceuta University Hospital

Díaz Lozano, Paula

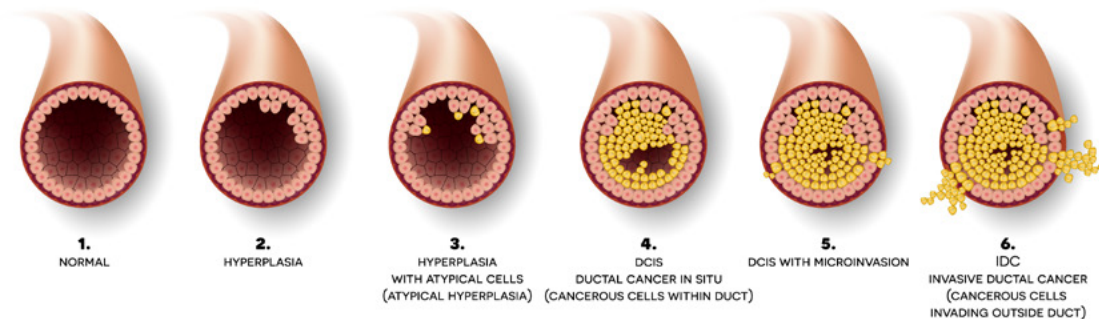
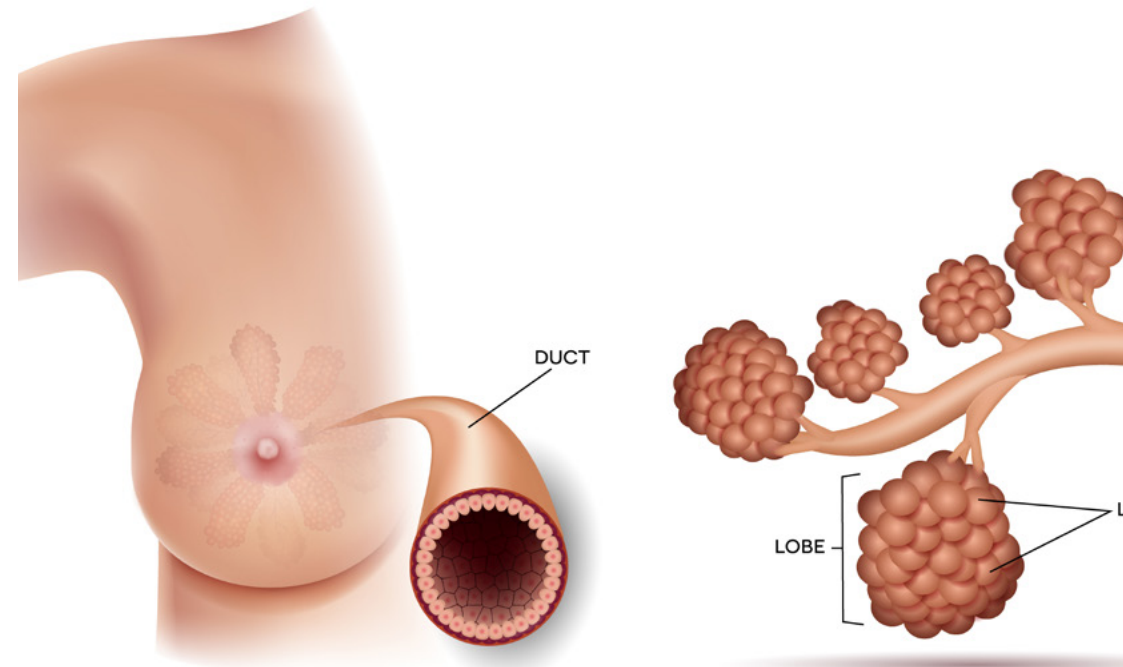
- ♦ Midwife Ceuta University Hospital

Gómez González, Irene

- ♦ Midwife Ceuta University Hospital

Gerbeau, Bettina

- ♦ Pediatric Assistant
- ♦ Trainings in child psychomotor skills and infant massage
- ♦ "Breastfeeding, preparation for the consulting profession" course of 200 hours + 50 hours of practice in maternity and pediatric practice in Paris, 2006-2007.
- ♦ Active member of the Breastfeeding Committee of the Hospital 12 de Octubre in Madrid.
- ♦ Founder of the CALMA breastfeeding association in 1988 in Barcelona.



Hachero Rodríguez, Carmen María

- ♦ Midwife Zaragoza Hospital

Martín Ansede, Esperanza

- ♦ Pediatric nurse. Ceuta University Hospital

Martínez Picón, Claudia

- ♦ Midwife Ceuta University Hospital

Martínez Hidalgo, Maria Victoria

- ♦ Specialist in Pediatric Nursing
- ♦ Master's Degree in Research Methodology in Health Care. Complutense University, Madrid. 2013.
- ♦ Master's Degree in Quality Management ISO 9001:2008 and Internal Auditor. European Quality Formation. 2012.
- ♦ Supervisor of Hemato-Oncology Units and Pediatric Day Hospital. Jiménez Díaz foundation 12 de Octubre. Since July 2012
- ♦ Neonatology Unit Nurse Assistant at the 12 de Octubre Hospital.
- ♦ Neonatology Unit Nurse Responsible for Formation of the at the 12 de Octubre Hospital.

Miquelajáuregui Espinosa, Araceli

- ♦ Midwife Ceuta University Hospital

Mohamed Mohamed, Dina

- ♦ Midwife. Ceuta University Hospital

Ortega del Valle, Silvia

- ♦ Midwife Ceuta University Hospital

Revidiego Pérez, María Dolores

- ♦ Midwife Quirón Campo de Gibraltar Hospital

Rojas Carmona, Belén

- ♦ Midwife Ceuta University Hospital

Santos Bermúdez de Castro, Mónica

- ♦ Pediatric nurse specialist via EIR (2018-2020).
- ♦ University Expert in Nursing in Out-of-Hospital Emergencies CEU Cardenal Herrera University (2015-2016)
- ♦ Nursing Degree San Pablo CEU University (2010-2014)
- ♦ Breastfeeding Nurse Coordinator at 12 de Octubre Hospital 2021
- ♦ Breastfeeding Nurse Coordinator at 12 de Octubre Hospital 2018 - 2020
- ♦ Neonatal and Pediatric ICU Nurse HM Puerta del Sur Hospital, Móstoles 2015 - 2017

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 current training in order to intervene in the preparation and support of students, and committed to quality teaching through new educational technologies.





“

This Postgraduate Diploma in Physiology and Care During Breastfeeding for Nursing 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 Who 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 Babies
 - 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 in 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. Care of Breastfeeding During Pregnancy
- 3.2. Breast's 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 Measurements
- 3.4. Short-term Effects of Breastfeeding on Women's Health
 - 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 Medium and Long Term
 - 3.5.1. Long-term Benefits of Breastfeeding
 - 3.5.2. Medium-term Benefits of Breastfeeding
- 3.6. Maternal Diet and Breastfeeding
 - 3.6.1. Foods that Alter Breast Milk
 - 3.6.2. Food that Benefits Breastfeeding
- 3.7. Physical Activity and Breastfeeding
 - 3.7.1. Promotion of 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. Newborn Anatomy
 - 4.1.2. Newborn Physiology
- 4.2. Nutritional Needs of the Infant
 - 4.2.1. Infant Nutrition
 - 4.2.2. Dietary Advice
- 4.3. Growth of the Breastfed Infant
 - 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 Initiation
 - 4.5.2. Immediate Skin-to-Skin Benefits
- 4.6. First Intake Attachment
 - 4.6.1. Attachment Concept
 - 4.6.2. Indications of the Initiation of Contact
- 4.7. Breastfeeding and Kangaroo Mother Method
 - 4.7.1. Kangaroo Method Concept
 - 4.7.2. Beginning of the Technique
- 4.8. Nipples and Pacifiers During Breastfeeding
 - 4.8.1. Description of Nipples and Pacifiers
 - 4.8.2. Contraindications for Nipples and Pacifiers



A unique, key and decisive training experience to boost your professional development”

05

Methodology

This training provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used 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.



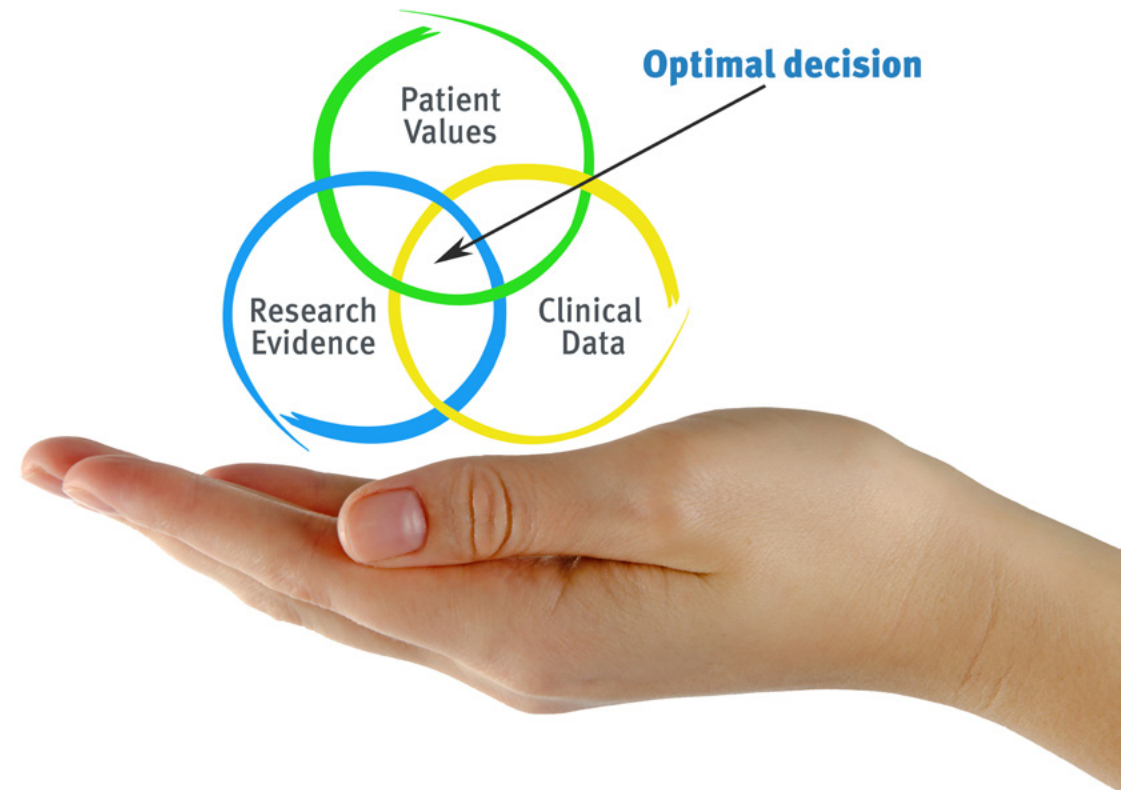
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Discover Re-learning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH Nursing School we use the Case Method

In a given clinical situation, what would you do? Throughout the program, you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, 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.
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 university program.



Re-learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

Our University is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing 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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 175,000 nurses with unprecedented success, in all specialties regardless of from the workload. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

Re-learning 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 (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



In this program you will have access to the best educational material, prepared with you 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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current nursing procedures and techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



Interactive Summaries

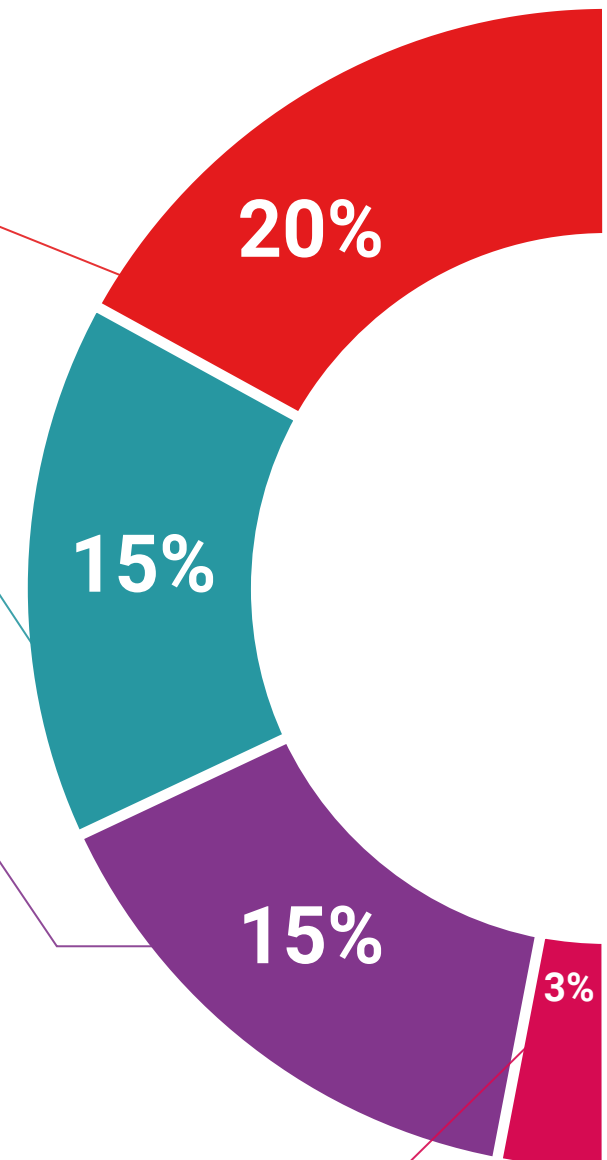
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.





Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



Testing & Re-Testing

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your 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 our difficult future decisions.



Quick Action Guides

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



06 Certificate

The Postgraduate Diploma in Physiology and Care During Breastfeeding for Nursing guarantees you in addition to the most rigorous and up-to-date specialization, access to a certificate issued by TECH Global University.



“

Successfully complete this specialisation and receive your certificate without travel or laborious paperwork”

This private qualification will allow you to obtain a **Postgraduate Diploma in Physiology and Care During Breastfeeding for Nursing** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

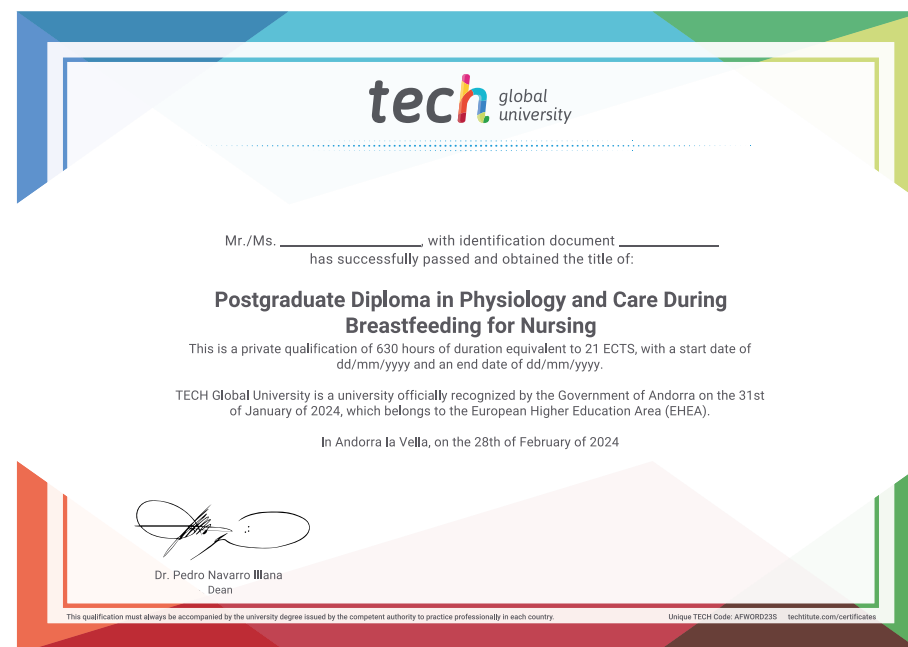
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Physiology and Care During Breastfeeding for Nursing**

Modality: **online**

Duration: **6 months**

Accreditation: **21 ECTS**



*Apostille Convention. In the event that the student wishes to have their paper diploma Apostilled, TECH EDUCATION will make the necessary arrangements to obtain it at an additional cost of €140 plus shipping costs of the Apostilled diploma.

future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present
online training
development language
classroom



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