Postgraduate Diploma

Postpartum after Natural Childbirth for Midwives

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Postgraduate Diploma
Postpartum after Natural Childbirth for Midwives

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

Website: **www.techtitute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-postpartum-natural-childbirth-midwives**

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01
Introduction

Midwives play a crucial role in the early identification of health problems that may arise after childbirth, as well as in the prevention of long-term complications. In addition, they also provide emotional and psychological support to the mother, which can be fundamental in the process of adapting to the new life with the newborn. Therefore, it is essential that professionals in this area are constantly up to date with the latest developments in this area, and that is precisely what this educational program offers. This, thanks to a complete syllabus that will be taught 100% online, a benefit that will allow participants to have greater control over their time.

This is the best program to acquire an advanced update on the protocols and materials necessary to provide support during the postpartum period"

Being at the forefront of the clinical processes that are performed after Natural Childbirth is an element that has gained considerable strength in recent years in the world of nursing. Therefore, this program is focused on providing a complete and advanced education in this field, assuring its participants a great advance in their careers.

This, through a syllabus that will accompany the student through the concepts related to the assistance of situations that can be triggered in the postpartum period, both by the mother and the newborn. In addition, the aim is for professionals to broaden their knowledge about the physical and psychological needs that must be attended to after giving birth, with the objective of having a great mastery in this aspect.

Likewise, the participants of this program will have a teaching team made up of the best professionals in this area, who apart from providing the structure of the contents, will also transfer the current panorama of this profession. For this reason, the students will acquire a broad and up-to-date vision of the effective way to face the challenges of this field.

Thanks to the *Relearning* methodology, students will have the possibility of completing the syllabus 100% online, without time restrictions and from the comfort of their homes. In addition, the program offers 24-hour access to multimedia resources that present in a clear and understandable way all the topics of the educational itinerary. Students will also be able to improve their problem-solving skills by analyzing case studies that simulate real-life situations.

This **Postgraduate Diploma in Postpartum after Natural Childbirth 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 experts in Postpartum after Natural Childbirth for Midwives
- The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- Practical exercises where self-assessment can be used 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

Update yourself in the process of newborn care and master with great professionalism the aspects related to this activity"

The field of nursing is constantly evolving and as a professional you must keep up with the latest trends. Start this program and get an update on Postpartum"

Learn at your own pace and from the comfort of your home all the contents that TECH has developed especially for you.

TECH brings together in this program theoretical contents and teaching resources that will make the educational experience dynamic.

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 is designed around Problem-Based Learning, whereby students must try to solve the different professional practice situations that arise throughout the program. For this purpose, students will be assisted by an innovative, interactive video system created by renowned and experienced experts.

02
Objectives

The main objective for which this Postgraduate Diploma was developed is to be an effective updating tool on the actions to be performed after assisting a Natural Childbirth. In addition, it seeks to provide students with an approach to the requirements that are most urgently requested in this field, in order to provide them with the necessary dynamics that will allow them to face them with great skill and determination.

A Postgraduate Diploma that will allow you to strengthen a route of accompaniment in case of a spontaneous or intended abortion"

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 evidence-based 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 homes and hospital units, and develop skills to evaluate, 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

Specific Objectives

Module 1. Natural Childbirth

- Analyze the science and evolution of Natural Childbirth, and how current medical practices compare to historical and global statistics
- Examine the physiology of normal childbirth in the human species, including the hormonal cocktail, postures, and female sexuality
- Analyze childbirth practices in ancestral cultures and their relevance today
- Identify and address the emotional needs of women during childbirth and how professionals can support them
- Take an in-depth analysis of the role of Oxytocin in Natural Childbirth and the differences between endogenous and exogenous Oxytocin
- Examine current pandemics related to childbirth and their impact on the health of women and newborns
- Delve into the needs of the newborn during and after childbirth, including gut and epidermal flora, the umbilical cord, and placental blood
- Analyze interventionism in childbirth and how it affects the environment and safety in childbirth, as well as the importance of respecting the nature of the process

Module 2. Newborn Needs

- Examine the importance of Natural Childbirth and the monitoring of the newborn at this stage
- Acquire skills in the immediate assessment of the newborn, including measurement of vital signs and establishment of respiration
- Promote and facilitate first skin-to-skin contact and early initiation of breastfeeding
- Perform physical examination of the newborn and detect signs of alarm
- Discuss best practices in umbilical cord management

- Examine the administration of screening and preventive tests, such as the administration of Vitamin K and initial immunization
- Advise on vaccinations and encourage natural immunization
- Examine proper newborn hygiene and skin care techniques
- Promote safe sleep practices and prevention of Sudden Infant Death Syndrome (SIDS)
- Delve into proper medical follow-up and monitoring of newborn development

Module 3. Family Needs

- Examine in depth the immediate care and recovery of the pelvic floor
- Examine the causes and physiology of entrapments
- Analyze pain management strategies and provide appropriate care
- Examine in depth the return of menses and factors influencing its recurrence
- Delve into the relationship between Menstruation and Lactation
- Identify contraceptive methods that are compatible with breastfeeding
- Identify the symptoms of Postpartum Depression, Postpartum Anxiety and Post-traumatic Stress Disorder
- Identify types and manifestations of obstetric violence

Thanks to the prestigious expertise of the teachers in this program, midwives will gain a real insight into the complications that occur most frequently in these procedures"

03
Course Management

TECH has carefully selected the teaching team for this program, with the objective of ensuring quality education and providing a complete update to its participants. In this way, you will learn from the best prepared professionals in this field, who will share with the students the processes that are currently performed during the first minutes of life of the newborn, as well as the support that mothers should receive.

You will study with the best experts in this field, acquiring a complete update on the new measures of assistance to postpartum symptoms"

Management

Dr. Santos Leal, Emilio

- Medical Director of the International Medical Technology Center
- Specialist Doctor at Alcorcón Foundation University Hospital
- 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 Hospital
- Degree in Medicine and Surgery from the University of Cantabria

Professors

Dr. Espinosa Barrajón, José Ángel

- Director of the Affective Childbirth Unit at the Hospital San Francisco de Asís
- Head of the Obstetrics and General Gynecology Team at Hospital San Francisco de Asís
- Specialist in Gynecology and Obstetrics at Clínica de la Concepción
- Master's Degree in Minimally Invasive Surgery in Gynecology from the Universidad Cardenal Herrera
- Degree in Medicine and Surgery from the Universidad Autónoma de Madrid

Ms. García García, María Dolores

- Midwife in Specialized Care at the Hospital General Universitario de Valencia
- Master's Degree in Business Management from the Universidad Católica San Antonio de Murcia
- Master's Degree in Bioethics from the Universidad Católica San Antonio de Murcia
- Expert in Breastfeeding Advice and Consultancy, Universidad Católica de Ávila
- Degree in Nursing, specializing in Midwifery

Ms. Lanza del Rivero, Cristina

- Field Psychologist at Casa de la Salud
- Postgraduate in Theory and Practice of Psychodrama, Sociodrama and Sociometry at the Universidad de Salamanca
- Postgraduate in Theory and Practice of Group Analysis at the Universidad de Salamanca
- Master's Degree in Behavior Modification from the Universidad de Salamanca
- Degree in Psychology from the Universidad de Salamanca

Structure and Content

The contents of the educational itinerary of this Postgraduate Diploma have been elaborated by the best experts in Natural Childbirth. In this way, midwives will acquire an advanced update on the particularities that the postpartum process brings both for the mother and for the newborn. This, by means of multimedia resources that offer a detailed explanation of each aspect related to this procedure and about the accompanying measures that are most frequently used in this field.

"*This syllabus will give you a current perspective on the rates of Natural Childbirth worldwide, with the objective that you will know what is happening in this field*"

Module 1. Natural Childbirth

1.1. Natural Childbirth
    1.1.1. Science versus Dogma
    1.1.2. Evolution as a Species
    1.1.3. Statistics in the World: Oxytocin, Analgesia, Episiotomies, Caesarean Sections
    1.1.4. Improving Statistics

1.2. Normal Childbirth in the Human Species
    1.2.1. Hormone Cocktail in Normal Childbirth
    1.2.2. Positions in Normal Childbirth
    1.2.3. Female Sexuality
    1.2.4. Physiology of Sexual Intercourse

1.3. Childbirth in Ancestral Cultures
    1.3.1. Childbirth among the Taínos, Guanajatabeyes, and Siboneyes
    1.3.2. Childbirth before the Sumerians
    1.3.3. Orgasmic Childbirth
    1.3.4. Michel Odent

1.4. Emotional Needs of Laboring Women
    1.4.1. Empowerment
    1.4.2. Privacy
    1.4.3. Delivery
    1.4.4. Majesty

1.5. Needs of the Professional Attending Laboring Women
    1.5.1. Secrecy
    1.5.2. Professional Attitude Towards Pain
    1.5.3. Respect for the Majesty of the Moment
    1.5.4. Priviledge

1.6. The Reasons for Emotional Needs
    1.6.1. Comfort
    1.6.2. Privacy
    1.6.3. Connection with the most Primal
    1.6.4. Connection with the most Spiritual

1.7. Oxytocin
    1.7.1. The Hemato-Placental Barrier
    1.7.2. The Blood-Brain Barrier
    1.7.3. Endogenous Oxytocin
    1.7.4. Exogenous Oxytocin

1.8. Current Pandemics
    1.8.1. The Cesarean Pandemic
    1.8.2. The Immunological Disorders Pandemic
    1.8.3. The Autism Pandemic
    1.8.4. The Hyperactivity and Attention Deficit Pandemic

1.9. Newborn Needs
    1.9.1. Intestinal Flora
    1.9.2. Skin Flora
    1.9.3. The Umbilical Cord
    1.9.4. Placental Blood

1.10. Interventionism
    1.10.1. Amending Nature
    1.10.2. Intervening Calls for Intervention
    1.10.3. The Chain of Interventionism
    1.10.4. Environment and Safety in Childbirth

Module 2. Newborn Needs

2.1. The Newborn in Natural Childbirth
    2.1.1. Natural Childbirth Definition
    2.1.2. Benefits of Natural Childbirth
    2.1.4. Importance of Newborn Surveillance

2.2. First Minutes After Birth
    2.2.1. Immediate Assessment of the Newborn
    2.2.2. Establishment of Breathing
    2.2.3. First Skin-To-Skin Contact
    2.2.4. Early Initiation of Breastfeeding

Module 3. Mother's Needs

Thanks to the Relearning methodology, the learning of this program will be didactic, allowing you to consolidate what you have learned more easily"

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"
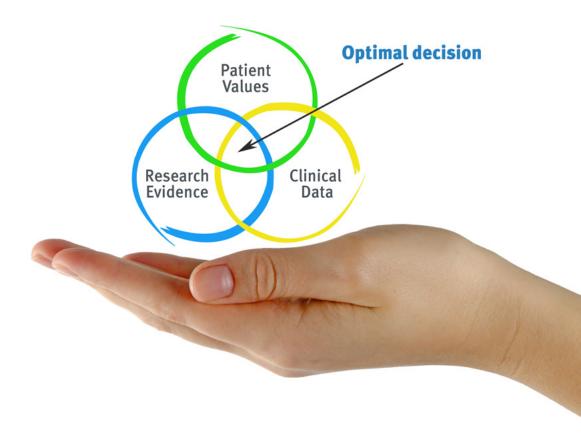
At TECH Nursing School we use the Case Method

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.

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.

01 learning from evidence

02 relearning from evidence

03 testing

04 learning from an expert

05 neurocognitive context dependent learning

06 Von-Restorff effect

07 case based learning through storytelling

08 competencies testing (retesting)

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.

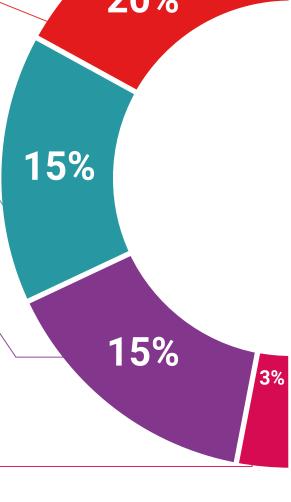### Nursing Techniques and Procedures on Video

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.

20%

15%

15%

3%

20%

17%

3%

7%

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

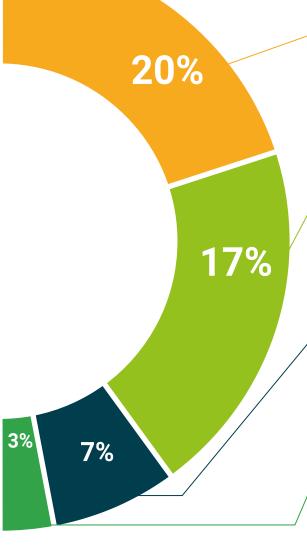There is scientific evidence suggesting that observing third-party experts can be useful.

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 Postpartum after Natural Childbirth for Midwives guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Global University.

Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"

This program will allow you to obtain your **Postgraduate Diploma in Postpartum after Natural Childbirth for Midwives** 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** title 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 Postpartum after Natural Childbirth for Midwives**

Modality: **online**

Duration: **6 months**

Credits: **6 ECTS**

tech global university

Mr./Ms. _____, with identification document _____
has successfully passed and obtained the title of:

Postgraduate Diploma in Postpartum after Natural Childbirth for Midwives

This is a program of 450 hours of duration equivalent to 6 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024

Dr. Pedro Navarro Illana
Rector

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country. Unique TECH Code: AFWORD23S techtitute.com/certificates

*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

![tech global university logo]

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