

# Postgraduate Diploma

## Problem Solving during Breastfeeding





## Postgraduate Diploma

### Problem Solving During Breastfeeding

- » Modality: Online
- » Duration: 6 months.
- » Certificate: TECH Global University
- » Accreditation: 20 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-problem-solving-breastfeeding](http://www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-problem-solving-breastfeeding)

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# 01

# Introduction

The problems that may arise during the puerperium are diverse, especially in relation to breastfeeding. This is a process that, despite being natural, is associated with a series of complications that sometimes affect the mother's physical and mental health. These include latch-on difficulties, nipple injuries and mastitis. All these issues can be the cause of failure in the breastfeeding process, so medical professionals must be up to date with the most effective clinical techniques to prevent and treat them. And for this they can count on this complete program that TECH and a team of gynecology experts have developed. It is a multidisciplinary and cutting-edge academic experience through which specialists can delve into the latest advancements for proper breastfeeding, both in common and special situations. This will enable them to implement the most innovative and effective strategies into their practice through an online qualification.



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*The best program on the academic market enabling you to incorporate the new developments on comfortable, healthy and effective breastfeeding in your clinical practice and guide your patients during this experience"*

Breastfeeding is one of the most complex biological tasks performed by human beings. Although it is a natural process, mothers who choose to breastfeed often experience varying degrees of stress due to the numerous issues associated with this practice: breast pain, nipple irritation or cracks, engorgement, low milk supply, etc. These challenges can affect not only their physical health but also their mental well-being, often leading to failure in the breastfeeding process and contributing to one of the most common conditions during the postpartum period: postpartum depression. For this reason, professionals specializing in this area must stay informed about the most innovative clinical issues to address these situations—not only for prevention but also in the event that they occur.

In order to enable students to update their practice for innovative and top-level care, TECH and its team of medical professionals have developed this Postgraduate Diploma in Problem Solving during Breastfeeding, a multidisciplinary and cutting-edge program that includes the latest information on the subject. In this way, through 600 hours of the best theoretical, practical, and supplementary content, graduates will be able to delve into the advancements related to contraindications in the early days, the most effective treatments for mastitis, and artificial breastfeeding. Additionally, they will have the opportunity to explore the special situations they may encounter in clinical practice (such as adolescent mothers, sick newborns, premature infants, cleft lips, etc.), as well as the specialized solutions for each of these cases.

As such, TECH offers the opportunity to immerse oneself in a fully immersive, comprehensive, and dynamic academic experience, through which professionals can update their practice online. The professional will be able to access the program through any device with an internet connection, giving them the flexibility to design their own academic schedule based on their complete availability. As a result, they will not need to worry about rigid schedules or in-person classes, attending a program that adapts to their needs and the clinical demands of high-level medical practice.

This **Postgraduate Diploma in Problem Solving during Breastfeeding** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ The examination of case studies presented by experts in Medicine and Gynecology
- ♦ The graphic, schematic and eminently practical contents with which it is conceived gather scientific and practical information on those disciplines that are indispensable 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



*You will have access to an up-to-date catalog of the most common breastfeeding problems, with special emphasis on the most innovative and effective clinical solutions to date"*

“

*If one of your priorities is to implement the most up-to-date knowledge into your practice regarding bottle preparation and its advantages and disadvantages, then you are looking at the perfect online option"*

The program's teaching staff includes professionals from the field who contribute their work experience to this educational 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 the professional must try to solve the different professional practice situations that arise during the course. For this purpose, students will be assisted by an innovative interactive video system created by renowned experts.

*You will have access to 600 hours of multidisciplinary content, so that you can explore a range of topics, including new insights on maternal pathologies that contraindicate breastfeeding, at your leisure.*

*The virtual classroom will be available 24 hours a day, and can be accessed from any device with an Internet connection"*



# 02 Objectives

Medicine, like other sciences, is constantly advancing, which has allowed the creation of increasingly effective intervention protocols tailored to the needs and specifications of patients. Based on this, TECH has developed this comprehensive program with the aim of allowing specialists to stay up-to-date, from anywhere and at any time, on the latest developments related to Problem Solving during Breastfeeding, both for common and less frequent situations. In this way, they will be able to update their practice with the assurance that they are doing so based on the most current information in the fields of Gynecology and obstetric practice.



“

*Would you like to update your practice regarding the most effective solutions to address breast refusal? With this Postgraduate Diploma, you will achieve this goal and all the ones you set for yourself"*



## General Objectives

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- Provide the specialist with the most comprehensive and up-to-date information related to Problem Solving during Breastfeeding
- Update the clinical professional's practice for innovative and effective care based on their needs and requirements

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*Would you like to learn in detail the most innovative techniques for breastfeeding outside the home and when returning to work? Then, choose this program and achieve it in just 6 months”*





## Specific Objectives

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### Module 1. Problems During Breastfeeding

- ♦ Equip mothers with the knowledge to care for newborns and resolve common health issues in infants
- ♦ Identify improper latching positions that may disrupt the development of breastfeeding sessions

### Module 2. Other Types of Breastfeeding

- ♦ Explain other types of infant feeding and their substitution or combination with breastfeeding
- ♦ Outline the different bottle preparation techniques and their advantages and disadvantages

### Module 3. Breastfeeding in Special Situations

- ♦ Explain the benefits of physical activity during breastfeeding
- ♦ Describe the main contraindications to breastfeeding

### Module 4. Common Situations During Breastfeeding

- ♦ Advise mothers who work outside the home and wish to continue breastfeeding
- ♦ Teach the steps to ensure exclusive and successful breastfeeding

03

# Course Management

Not all universities include teaching support in their programs, formed by specialized teams in the field developed in the program. However, TECH does. Moreover, this university subjects candidates to a thorough and demanding evaluation, resulting in the formation of top-tier faculty, composed of professionals with extensive and accomplished careers in the sector, as is the case with this Postgraduate Diploma.



“

*A team of professionals from the highest levels of Gynecology and Obstetric Nursing will accompany you during the academic experience to provide you with the most specialized and up-to-date knowledge"*

## Management



### Ms. Aguilar Ortega, Juana María

- ♦ Breastfeeding Coordinator at 12 de Octubre Hospital
- ♦ Neonatal Nurse at the 12 de Octubre Hospital
- ♦ Co-author of studies on Breastfeeding during Puerperium.
- ♦ Teacher in university studies of Nursing
- ♦ Certified Lactation Consultant

## Faculty

### Dr. Vázquez Lara, Juana María

- ♦ Nurse at 061 Ceuta
- ♦ Midwife at the Ceuta Health Area
- ♦ Head of Studies at the Midwifery Teaching Unit of Ceuta
- ♦ Professor at the Midwifery Teaching Unit of Ceuta
- ♦ Coordinator of the Obstetric-Gynecological Emergency Group of SEEUE
- ♦ PhD from the University of Granada
- ♦ Diploma in Nursing

### Dr. Rodríguez Díaz, Luciano

- ♦ Midwife at the University Hospital of Ceuta
- ♦ Head of Perinatal Health: Sexual and Reproductive Health and Normal Delivery at Ingesa
- ♦ Associate Professor at the University Nursing School of Ronda
- ♦ Professor at the Midwifery Teaching Unit of Ceuta
- ♦ Board Member of the Obstetric-Gynecological Emergency Group of SEEUE
- ♦ Board Member of the Clinical Research and Continuing Education Commission at the University Hospital of Ceuta
- ♦ PhD from the University of Granada (PhD)
- ♦ Diploma in Nursing

**Ms. De Dios Pérez, María Isabel**

- ♦ Midwife at the University Hospital of Ceuta
- ♦ Co-author of the article "Approach to Female Genital Mutilation from Primary Care Consultation"
- ♦ Degree in Nursing and Midwifery

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

- ♦ Midwife at the Ceuta University Hospital
- ♦ Co-author of various scientific articles published in international medical journals
- ♦ Degree in Nursing and Midwifery

**Ms. Del Pozo Álvarez, Lidia**

- ♦ Midwife at the Ceuta University Hospital

**Mr. Carrasco Guerrero, Manuel**

- ♦ Midwife at Ceuta University Hospital
- ♦ Specialist Nurse in Obstetric-Gynecological Nursing at the Andalusian Health Service
- ♦ Degree in Nursing and Midwifery

**Ms. Díaz Lozano, Paula**

- ♦ Specialist Nurse in Obstetrics and Gynecology
- ♦ Midwife at the University Hospital of Ceuta
- ♦ Midwife at Ingesa Ceuta
- ♦ Degree in Nursing from the University of Cádiz

**Ms. Hachero Rodríguez, Carmen María**

- ♦ Midwife at Zaragoza Hospital
- ♦ Diploma in Nursing
- ♦ Specialization in Obstetrics

04

# Structure and Content

The syllabus for this Postgraduate Diploma has been designed by the teaching team, in collaboration with a group of academic specialists, to form a program at the forefront of medicine, but based on the most effective pedagogical techniques. This has made it possible to develop a comprehensive, dynamic, and thorough qualification, ensuring that graduates can update their practice with the confidence that they are relying on the most up-to-date information in the fields of gynecology and obstetrics. In just 6 months of online academic experience, they will be able to offer unparalleled clinical service based on the latest advancements in breastfeeding in the current medical context.



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*The Virtual Campus includes detailed videos, research articles, complementary readings and much more additional material so you can personalize your study of each section”*

## Module 1. Problems During Breastfeeding

- 1.1. Contraindications for Breastfeeding
  - 1.1.1. Situations that Contraindicate Breastfeeding
  - 1.1.2. Counseling
- 1.2. Maternal Pathologies that Contraindicate Breastfeeding
  - 1.2.1. Listing Maternal Pathologies that Contraindicate Breastfeeding
  - 1.2.2. Counseling on the Contraindications of Breastfeeding
- 1.3. Neonatal Pathologies that Contraindicate Breastfeeding
  - 1.3.1. Listing Neonatal Pathologies that Contraindicate Breastfeeding
  - 1.3.2. Counseling on the Contraindications of Breastfeeding
- 1.4. Nipple Problems
  - 1.4.1. Different Types of Nipples
  - 1.4.2. Support for the Mother
- 1.5. Breast Engorgement
  - 1.5.1. Concept
  - 1.5.2. Proper Treatment
- 1.6. Mastitis
  - 1.6.1. Concept
  - 1.6.2. Proper Treatment
- 1.7. Aids and Devices to Assist in Breastfeeding
  - 1.7.1. Different Breastfeeding Devices
  - 1.7.2. How to help Breastfeeding?

## Module 2. Other Types of Breastfeeding

- 2.1. Formula Feeding
  - 2.1.1. Concept
  - 2.1.2. Development of the Technique
- 2.2. Formula Milk: Management and Drawbacks
  - 2.2.1. Formula Milk Preparation
  - 2.2.2. Benefits and Drawbacks
- 2.3. Preparation of a Baby Bottle
  - 2.3.1. Technique for Preparing a Baby Bottle
  - 2.3.2. Sterilizing Baby Bottles





- 2.4. Mixed Breastfeeding
  - 2.4.1. Concept
  - 2.4.2. How to Carry it Out
- 2.5. Relactation
  - 2.5.1. Concept
  - 2.5.2. Indications
- 2.6. Combination of Breastfeeding with Nutrition
  - 2.6.1. Complementary Feeding
  - 2.6.2. Nutritional Needs

### Module 3. Breastfeeding in Special Situations

- 3.1. Hypogalactia
  - 3.1.1. Concept
  - 3.1.2. Measures to Treat
- 3.2. Sick Newborns
  - 3.2.1. Different Pathologies
  - 3.2.2. Breastfeeding in Children with Pathologies
- 3.3. Premature Babies
  - 3.3.1. Definition of Prematurity
  - 3.3.2. Breastfeeding in Premature Babies
- 3.4. Adolescent Mothers
  - 3.4.1. Breastfeeding in Adolescent Mothers
  - 3.4.2. Problems in Adolescent Mothers
- 3.5. Breastfeeding and LAM
  - 3.5.1. Concept
  - 3.5.2. Benefits of LAM
- 3.6. Cleft Lip and Lip Malformations
  - 3.6.1. Concept
  - 3.6.2. Support for Newborns and Breastfeeding Mothers
- 3.7. Breastfeeding and New Pregnancy
  - 3.7.1. Tandem Breastfeeding
  - 3.7.2. Counseling
- 3.8. Breastfeeding and Stress
  - 3.8.1. Stress as a Detriment to Breastfeeding
  - 3.8.2. Measures to Cope with Stress

#### Module 4. Common Situations During Breastfeeding

- 4.1. Crying and Breast Refusal
  - 4.1.1. Concept
  - 4.1.2. Immediate Care
- 4.2. Breastfeeding Strike
  - 4.2.1. Concept
  - 4.2.2. Advice on Handling the Strike
- 4.3. Extended and Tandem Breastfeeding
  - 4.3.1. Concept
  - 4.3.2. Benefits
- 4.4. Co-Sleeping
  - 4.4.1. Concept
  - 4.4.2. Benefits of Co-Sleeping
- 4.5. Working Outside the Home and Breastfeeding
  - 4.5.1. Returning to Work
  - 4.5.2. Support in this Situation
- 4.6. Milk Expression: Methods and Tools
  - 4.6.1. Parts of the Breast Pump
  - 4.6.2. Using the Breast Pump
- 4.7. Transport and Storage of Breast Milk
  - 4.7.1. Milk Storage Mechanisms
  - 4.7.2. Transporting Milk





“*Opt for a qualification of the highest level with which, in addition to updating your clinical practice, you will contribute to a more effective and specialized approach to breastfeeding based on the most current strategies available”*

# 05 Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



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*TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”*

## The student: the priority of all TECH programs

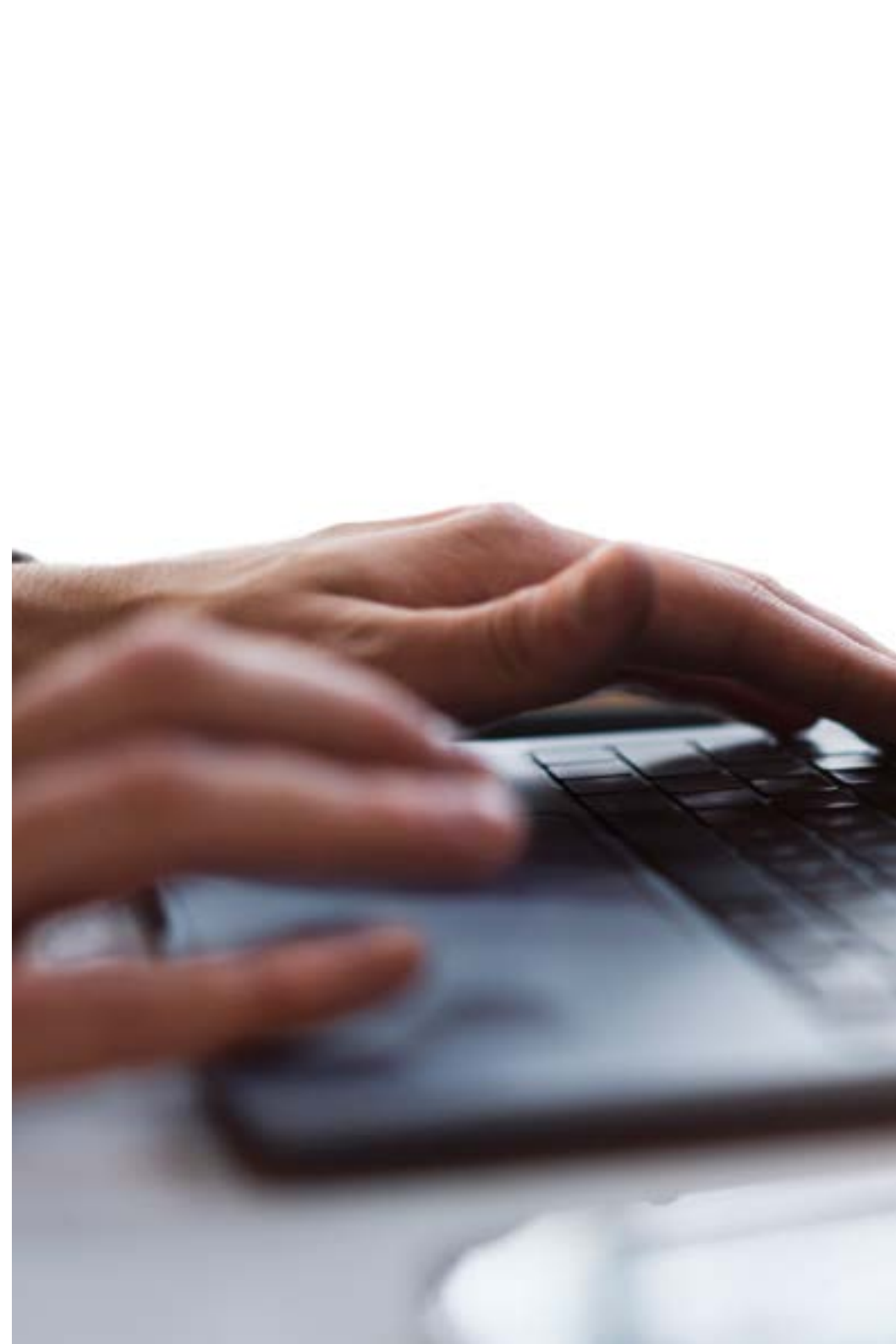
In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

“

*At TECH you will NOT have live classes  
(which you might not be able to attend)”*



### The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want*”

## Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



## Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

*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.*



## A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



*The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule"*

### The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
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.

### The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

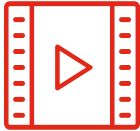
The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

*Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.*

*You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.*



As such, the best educational materials, thoroughly prepared, will be available in this program:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly 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.



#### Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



#### Interactive Summaries

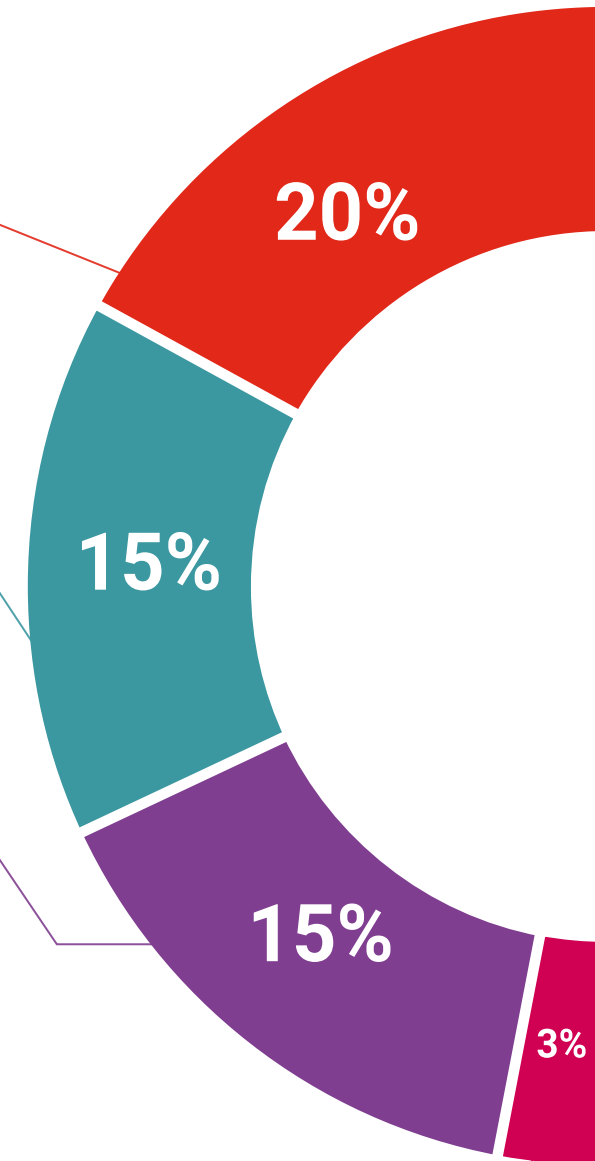
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

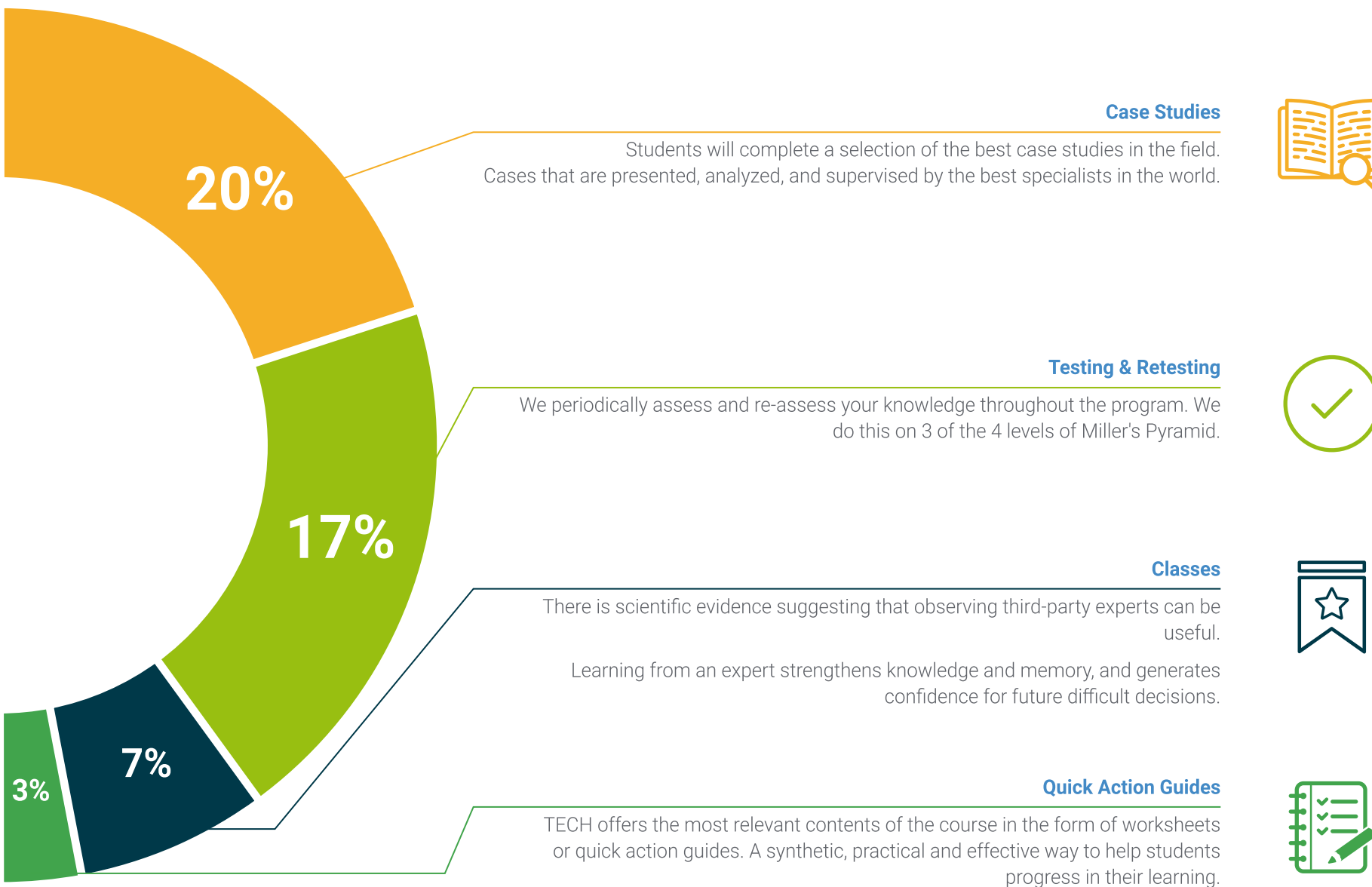
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

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





# 06 Certificate

The Postgraduate Diploma in Problem Solving during Breastfeeding guarantees students, in addition to the most rigorous and up-to-date education, access to a diploma for the Postgraduate Diploma issued by TECH Global University.



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

This private qualification will allow you to obtain a diploma for the **Postgraduate Diploma in Problem Solving during Breastfeeding** 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.

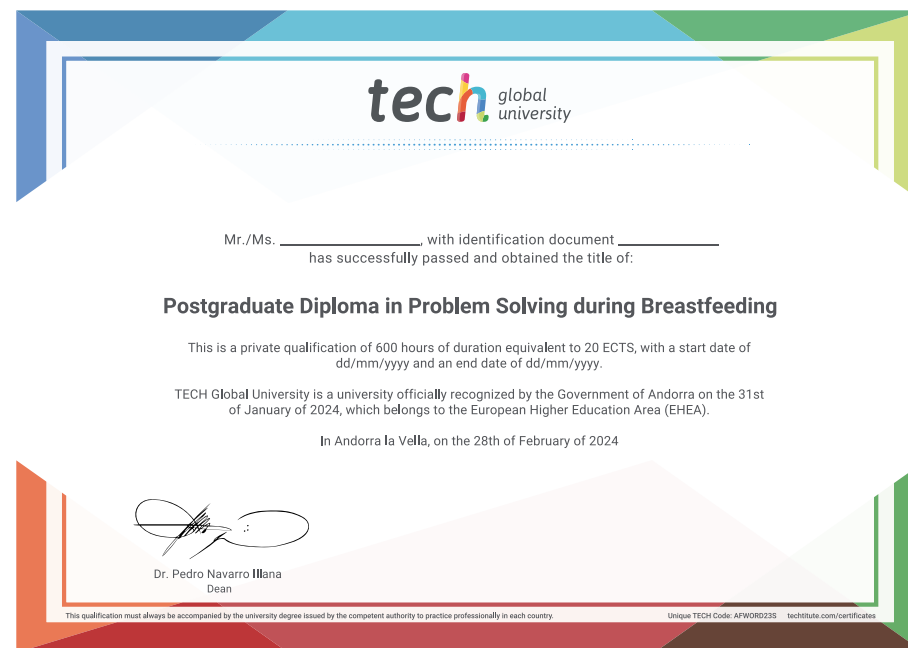
This **TECH Global University private qualification**, is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program

Title: **Postgraduate Diploma in Problem Solving during Breastfeeding**

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Duration: **6 months**.

Accreditation: **20 ECTS**





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