

# Postgraduate Certificate Natural Childbirth at Home





## Postgraduate Certificate Natural Childbirth at Home

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

Website: [www.techtitute.com/us/medicine/postgraduate-certificate/natural-childbirth-home](http://www.techtitute.com/us/medicine/postgraduate-certificate/natural-childbirth-home)

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# 01

# Introduction

Some studies suggest that home births can be safe and effective for women with low-risk pregnancies, as long as certain safety measures are followed and it is conducted in the presence of a trained home birth professional. In this way, and in line with the latest obstetric updates, TECH has designed a program primarily focused on the latest developments in Natural Childbirth at Home, so that the specialist can incorporate them into their daily practice. As a result, students will delve into the support during labor, special situations, and emergencies that may arise in Natural Childbirth at Home, as well as other critical issues in this field.





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*Delve into prenatal care and postpartum management with the Postgraduate Certificate in Natural Childbirth in Home”*

Natural Childbirth at Home has become an increasingly popular choice among women who want to enjoy a special moment without complications and in a familiar environment. However, it is important to emphasize that this type of procedure is preferable in cases where the mother presents minimal risk and is accompanied by a professional in the field. As a result of this new trend, it has become important for the attending physician to have up-to-date knowledge and the appropriate techniques to assist the mother throughout the childbirth process.

Therefore, TECH has developed a program on Natural Childbirth at Home, where professionals will delve into new skills and competencies in the field of home childbirth. A program that takes into account vital aspects such as women's and infants' physiology for proper support, knowledge of therapeutic and non-pharmacological resources for pain relief, and, above all, adequate support.

This online learning plan provides students with the opportunity to update their skills and knowledge while balancing their work and personal responsibilities. In addition, the specialist will have access to a quality syllabus and the support of recognized professionals in the field of Natural Childbirth at Home, along with access to outstanding materials available at any time.

This **Postgraduate Certificate in Natural Childbirth at Home** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of practical cases presented by experts in Natural Childbirth at home
- ◆ 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



*With TECH, delve into everything related to Natural Childbirth at Home”*

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*You can download all available materials on the Virtual Campus, gaining access to a highly useful reference guide even after you have completed the program”*

*You will delve into therapeutic and non-pharmacological tools to alleviate painful sensations.*

*Delve into the challenges of attending Natural Childbirth at Home.*

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 academic year. This will be done with the help of an innovative system of interactive videos made by renowned experts.



# 02 Objectives

The program is aimed at specialists who wish to update their skills in assisting with childbirth and provide safe and effective care in Natural Childbirth at Home. Fundamental topics for the practice of such procedures will be addressed, including the evolution of risks, comprehensive prenatal care, and postpartum management, with exclusive content and the ability to access materials to expand knowledge from anywhere and at any time.







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*Update your knowledge  
with this Diploma in Natural  
Childbirth at Home”*



## General Objectives

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- ◆ Acquire fundamental knowledge about the physiology of Natural Childbirth, ancient cultural practices, and the emotional needs of women during childbirth, as well as the implications of medical interventions
  - ◆ Acquire essential skills and knowledge for the care of pregnant women and their fetuses, including promoting healthy pregnancies and identifying potential complications
  - ◆ Acquire fundamental knowledge and skills in the diagnosis, management, and prevention of childbirth emergencies, with a focus on interprofessional collaboration and patient rights advocacy
  - ◆ Acquire fundamental knowledge and skills in the assessment, diagnosis, and management of neonatal emergencies, with an emphasis on early problem recognition and the application of appropriate interventions
  - ◆ Emphasize fundamental knowledge about the neuroscience of pregnancy, motherhood, and perinatal care, as well as the scientific evidence related to Natural Childbirth and evidence-based care practices
  - ◆ Acquire fundamental knowledge about home births, including team management and organization, pregnancy, childbirth, and postpartum preparation and support, as well as the identification and management of special situations and home obstetric emergencies
  - ◆ Acquire fundamental knowledge about Natural Childbirth units, such as birthing centers and hospital units, and develop skills to assess, 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 in this critical stage of life and collaborate with other health professionals and families to ensure the well-being of the newborn
- ◆ Acquire knowledge about the physical and emotional needs of the mother during the perinatal period
  - ◆ Develop skills to provide emotional support and comprehensive care to the mother during the postpartum period, including difficult and emotionally intense situations
  - ◆ Promote the prevention and care of maternal mental health during the perinatal period, including the detection and treatment of mood disorders and addressing obstetric trauma and obstetric violence
  - ◆ Analyze the stages of labor and pain management and relaxation techniques
  - ◆ Develop skills in creating and monitoring personalized birth plans
  - ◆ Examine the importance of interdisciplinary collaboration in childbirth care
  - ◆ Promote emotional preparation and support for women and their families during the childbirth process
  - ◆ Acquire skills to identify and manage high-risk situations in pregnancy and childbirth



*You will be up to date on the latest techniques and tools to assist with labor during home natural childbirth”*



## Specific Objectives

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- ◆ Thoroughly analyze the scientific evidence, history, and anthropology of home birth and delivery, considering the importance of preventing obstetric violence
- ◆ Analyze how to manage and organize the team, as well as select and use the necessary materials for home birth
- ◆ Analyze how to provide appropriate follow-up and support during pregnancy, including creating medical history and identifying difficulties and deviations from normality
- ◆ Examine assistance and support during labor at home, using non-pharmacological resources to alleviate pain and address deviations from normality
- ◆ Assist with birth, placenta detachment, and exit, and managing dystocia and other potential complications
- ◆ In-depth analysis of the physiology of water birth, examining the safety of this type of home birth
- ◆ Identify special situations, arranging hospital transfers, and managing obstetric emergencies in the home environment
- ◆ Examine appropriate follow-up and support during the postpartum period, both physically and emotionally, for both the mother and the baby
- ◆ Analyze mental health during the postpartum period, including breastfeeding, perinatal death, and post-traumatic stress
- ◆ Develop knowledge in research and examining strategies for pelvic floor care during and after childbirth

03

# Course Management

The Postgraduate Certificate in Natural Childbirth at Home has specialized personnel with extensive experience in the field of obstetrics outside the hospital environment. Participants will have an up-to-date program, accompanied by physicians who will provide students with new skills and techniques for assisting with natural childbirth at home through fully educational materials.





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*A 100% online program that allows you to coordinate your professional updates with your personal activities”*

## Management



### Dr. Santos Leal, Emilio

- Specialist Doctor at Fundación Alcorcón University Hospital
- Doctor Specialist at the General University Hospital Consortium of Valencia
- Specialist at Pius Hospital in Valls
- Medical Specialist at Perpetuo Socorro Clinic
- Specialization in Gynecology and Obstetrics from San Carlos Clinical Hospital
- Graduate in Medicine and Surgery from the University of Cantabria



# 04

## Structure and Content

The Postgraduate Certificate in Natural Childbirth at Home has a very comprehensive syllabus that covers topics such as the scientific evidence of home birth, obstetric violence, knowledge of the materials necessary for home childbirth, and additional skills such as medical record keeping, assisting with labor at home, and the physiology and resolution of placental delivery. Therefore, it is a highly qualified program with the necessary topics for the professional to have all the skills to assist with low-risk pregnancies at the patient's home. And the best part is that it offers the flexibility of online learning, allowing students to manage their daily activities and materials both in and out of classes for continuous updates.







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*TECH offers you a comprehensive Postgraduate Certificate where you will delve into the interpretation of signs and symptoms of childbirth to carry it out at home”*

## Module 1. Home Birth

- 1.1. Birth and Delivery at Home
  - 1.1.1. Scientific Evidence of Home Birth
  - 1.1.2. History and Anthropology of Home Birth
  - 1.1.3. Obstetric Violence
  - 1.1.4. Knowing How to Support
- 1.2. Team Management and Organization
  - 1.2.1. Team Management and Organization
  - 1.2.2. Materials Required for Home Birth
  - 1.2.3. Information about Attendance: Selection-Exclusion Criteria
  - 1.2.4. Birth Record
- 1.3. Pregnancy Monitoring and Support
  - 1.3.1. Development of the Clinical History
  - 1.3.2. Most Common Pregnancy Difficulties and Deviations from Normality: Therapeutic Resources
  - 1.3.3. Birth Preparation: An Opportunity for Growth and Empowerment
  - 1.3.4. Home Visits
- 1.4. Assisting with Dilation
  - 1.4.1. Interpretation of Signs and Symptoms of Labor: When to Go to the Home
  - 1.4.2. How We Support Dilation at Home
  - 1.4.3. Non-pharmacological Resources for Pain Relief
  - 1.4.4. Deviations from Normality and Therapeutic Resources during Dilation
- 1.5. Support for Birth, Placental Detachment, and Delivery
  - 1.5.1. Descent and Delivery of the Baby (Expulsion)
  - 1.5.2. Dystocia and Resolutions
  - 1.5.3. Welcoming the Baby, Clamping the Umbilical Cord, and Initial Assessment
  - 1.5.4. Physiology, Deviations from Normality, and Resolutions of Placental Delivery





- 1.6. Dilation and Birth in Water
  - 1.6.1. Physiology of the Woman and the Baby for Water-Based Support
  - 1.6.2. Necessary Materials for Water Birth
  - 1.6.3. Procedures and Assistance Practices in Water Birth
  - 1.6.4. Safety and Precautions in Water Birth
- 1.7. Special Situations, Hospital Transfer, and Home Obstetric Emergencies
  - 1.7.1. Special Situations: Streptococcus Agalactia Positive, PROM without Dynamics, Prolonged Pregnancy, Previous Cesarean Section
  - 1.7.2. Hospital Transfer Criteria: Transfer Protocol and Documentation
  - 1.7.3. Obstetric Emergencies: Hemorrhage, Umbilical Cord Prolapse, Neonatal Resuscitation, Breech Presentation, Unexpected Breech Presentation
  - 1.7.4. Handling Critical Situations and Decision-Making
- 1.8. Postpartum Monitoring and Support
  - 1.8.1. Home Monitoring of the Mother: Physical and Emotional Assessment
  - 1.8.2. Home Monitoring of the Baby: General Well-being Assessment, Negative Rh Factor, Metabolic Tests
  - 1.8.3. The Placenta and Microbiota
  - 1.8.4. Information on Administrative Procedures
- 1.9. Mental Health in the Puerperium
  - 1.9.1. Breastfeeding: Most Common Pathologies and Difficulties
  - 1.9.2. Perinatal Death and Post-Traumatic Stress
  - 1.9.3. Miscarriages and Detection of Mental Health Warning Signs for Referral
  - 1.9.4. Strategies for Supporting Emotions During the Postpartum Period
- 1.10. Research and Pelvic Floor Care
  - 1.10.1. Research Methodology and Information Sources
  - 1.10.2. The Pelvic Floor: Anatomy, Functions, and Dysfunctions
  - 1.10.3. Pelvic Floor Care During and After Childbirth

# 05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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

## At TECH we use the Case Method

What should a professional do in a given situation? 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. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning 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, trying to recreate the real conditions in the physician's professional practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

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

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate 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.



## 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 the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*





At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. 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.

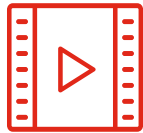
*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

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 highly 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.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and 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 the videos as many times as you like.



#### Interactive Summaries

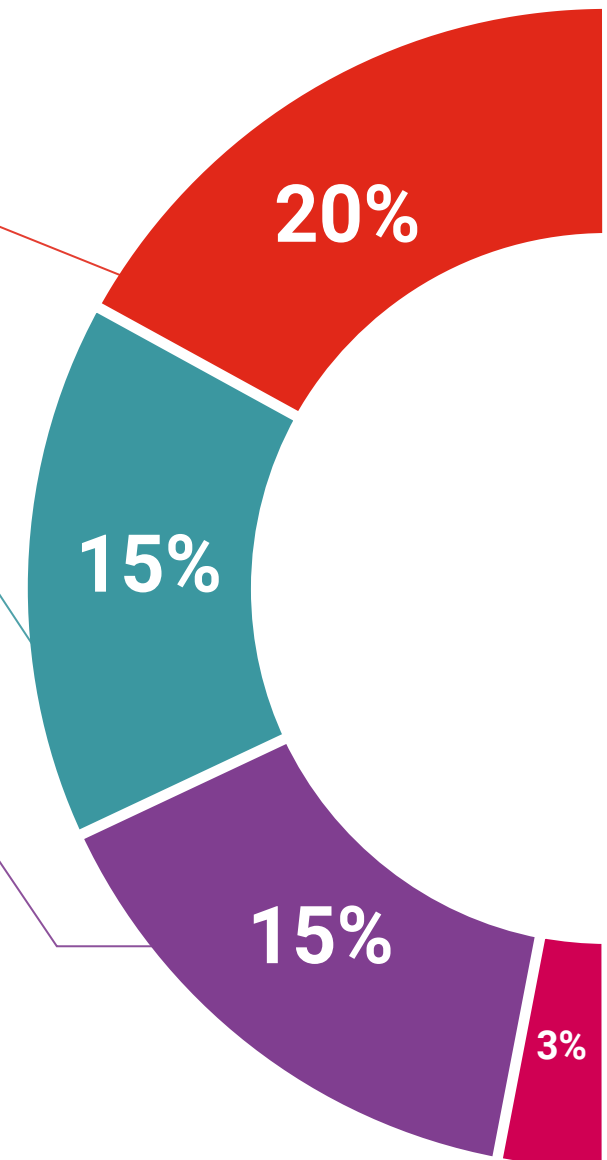
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

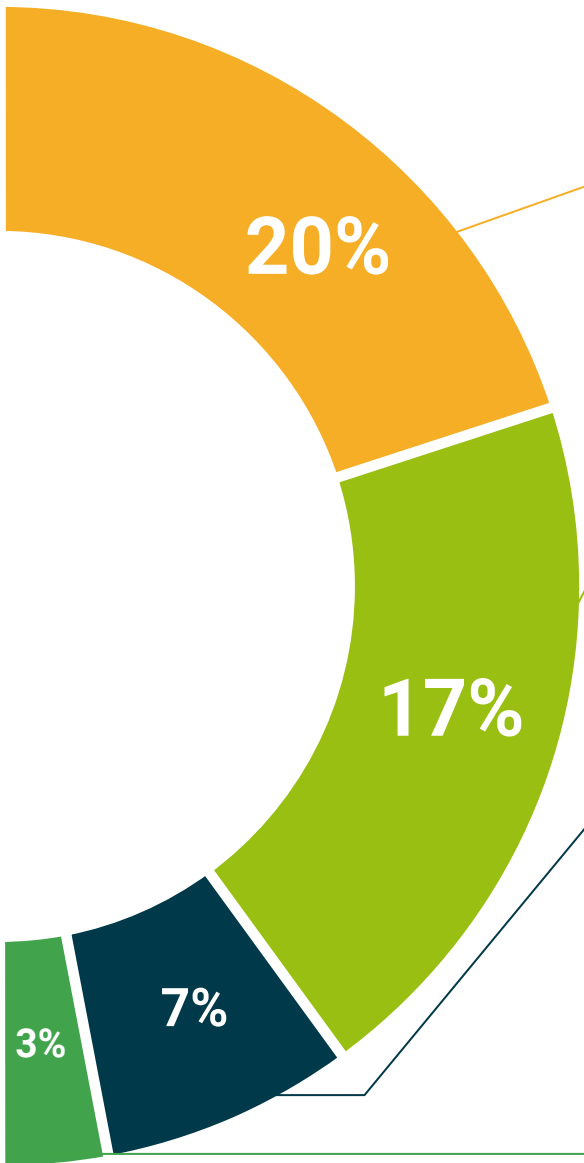
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as 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 Certificate in Natural Childbirth at Home guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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

This **Postgraduate Certificate in Natural Childbirth at Home** 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 Certificate** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Natural Childbirth at Home**

Official N° of Hours: **150h.**



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



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