

# Postgraduate Certificate

## Natural Childbirth Preparation



## Postgraduate Certificate Natural Childbirth Preparation

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

Website: [www.techtitute.com/in/postgraduate-certificate/natural-childbirth-preparation](http://www.techtitute.com/in/postgraduate-certificate/natural-childbirth-preparation)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 14*

04

Structure and Content

---

*p. 18*

05

Methodology

---

*p. 22*

06

Certificate

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*p. 30*

# 01

# Introduction

Conventional medicine has long been focused on medical care rather than the emotional and practical care of the mother and baby. However, Natural Childbirth Preparation aims to balance the medical approach with such care, providing women with tools to cope with childbirth more effectively and reduce the often inherent stress and anxiety. For this reason, this qualification emerges, preparing the physician in this field by covering pregnancy anatomy and physiology, the different stages of labor, relaxation and breathing techniques, and proper physical preparation and nutrition. All of this is based on content designed by experts in Natural Childbirth and is delivered online.







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*Benefit from the insights provided  
by a unique qualification in Natural  
Childbirth Preparation in just 150 hours”*

Pregnancy is a time of transformation, both physically and emotionally, for women and their families. This is why childbirth preparation is essential to approach the process safely and naturally, and to provide a positive and enriching experience for the family unit. For this reason, there is a growing demand for highly trained professionals in the field of Natural Childbirth Preparation, which is becoming increasingly common in today's society.

In this context, the Postgraduate Certificate in Natural Childbirth Preparation offers a comprehensive view of all the necessary areas to approach this type of childbirth process with the utmost guarantees for both mother and child. The program covers all key preparatory aspects to provide the best possible care, offering updated knowledge on prenatal exercises, nutritional guidelines, interdisciplinary collaboration, care for high-risk patients, and the integration of the family into the education and preparation for the process.

Additionally, the Postgraduate Certificate is 100% online, which means that students can study at their own pace and on their own schedule. In this way, unnecessary trips to on-site study centers will be avoided, so that the academic experience will not interfere with your consulting activity. For this purpose, the educational materials will remain hosted in the Virtual Campus indefinitely, requiring only a device with an Internet connection to access them.

This **Postgraduate Certificate in Natural Childbirth Preparation** 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 Preparation
- 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



*Take the next step in your medical career by advising mothers-to-be on the proper deep and controlled breathing exercises”*

“ *Internalize more quickly all the concepts about Natural Childbirth preparation thanks to the Relearning methodology, saving study time”*

*Go through all the vitamin and mineral supplements for the preparation for Natural Childbirth through dynamic videos or complementary readings.*

*Elaborate advanced contingency plans for Natural Childbirth by facing real practical cases.*

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. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.



# 02

# Objectives

This Postgraduate Certificate is positioned as a unique academic opportunity through an interdisciplinary and innovative approach. In this sense, TECH has placed special emphasis on the development of advanced competencies by the student and the application of acquired knowledge in real situations. This approach ensures that students will be well prepared to face the challenges of their professional practice and provide the highest quality care to pregnant women and their families.







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*Successfully achieve these objectives to convey to the pregnant woman the ability to understand changes in the maternal body and fetal development”*



## 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





## Specific Objectives

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- Convey to pregnant women the ability to understand changes in the maternal body and fetal development
- Thoroughly examine different techniques in the stages of labor
- Deepen prenatal exercises and physical preparation
- Identify nutrition needs during pregnancy
- Deepen preferences in creating a birth plan
- Deepen emotional preparation for childbirth
- Deepen family involvement in education and childbirth preparation







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*It is not too late to enroll in a certificate that will give you a detailed analysis of the emotional preparation for childbirth”*

03

# Course Management

TECH has opted for a teaching staff that brings together highly qualified experts in all aspects of Natural Childbirth. All teachers have a solid academic background and use innovative methodologies to ensure that students acquire the knowledge, skills and abilities necessary to meet the needs of pregnant women and their families in the process of Natural Childbirth.



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*Identify with an expert vision the nutritional needs of the pregnant woman with the advice of the teaching team”*

## 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





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*The 100% online delivery of this certificate will enable you to study without having to give up your professional obligations”*

# 04

## Structure and Content

This certificate has a structure and curriculum that adapts to the needs and availability of students. In fact, they can access the academic resources from anywhere and at any time, having the baton to organize the sessions and study hours according to their own needs. In addition, the Relearning methodology ensures that the concepts of the syllabus are effectively assimilated by means of targeted reiteration through videos, interactive summaries, case studies or self-knowledge exercises.







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*Benefit from a syllabus with the most comprehensive, detailed and up-to-date view of childbirth preparation that you will find in the market”*

## Module 1. Delivery Preparation

- 1.1. Anatomy and physiology of pregnancy
  - 1.1.1. Changes in the maternal body
  - 1.1.2. Fetal Development
  - 1.1.3. Hormonal process
  - 1.1.4. Preparation for labor
- 1.2. Stages of labor
  - 1.2.1. First Stage: Dilatation
  - 1.2.2. Second Stage: Expulsion
  - 1.2.3. Third Stage: Delivery
  - 1.2.4. Fourth Stage Recovery
- 1.3. Relaxation and breathing techniques
  - 1.3.1. Deep and controlled breathing
  - 1.3.2. Visualization Techniques
  - 1.3.3. Massages and muscle relaxation techniques
  - 1.3.4. Mindfulness and meditation
- 1.4. Prenatal exercises and physical preparation
  - 1.4.1. Muscle strengthening
  - 1.4.2. Flexibility and mobility
  - 1.4.3. Specific exercises for childbirth
  - 1.4.4. General physical activity recommendations
- 1.5. Nutrition during pregnancy
  - 1.5.1. Specific Nutritional Needs
  - 1.5.2. Recommended and not recommended foods
  - 1.5.3. Weight Control
  - 1.5.4. Vitamin and mineral supplements
- 1.6. Birth plan development
  - 1.6.1. Personal preferences
  - 1.6.2. Pain Relief Methods
  - 1.6.3. Birth positions
  - 1.6.4. Contingency Plans







- 1.7. Interdisciplinary collaboration in childbirth care
  - 1.7.1. Role of each professional in childbirth care
  - 1.7.2. Development of clinical skills in childbirth care
  - 1.7.3. Childbirth care in interdisciplinary teams
  - 1.7.4. Leadership skills in obstetric care
- 1.8. Emotional preparation for childbirth
  - 1.8.1. Managing fear and anxiety
  - 1.8.2. Emotional support from the partner and family
  - 1.8.3. Coping techniques
  - 1.8.4. Emotional connection with the baby
- 1.9. Childbirth preparation for high-risk patients
  - 1.9.1. Identification and management of risk factors
  - 1.9.2. Medical planning and follow-up
  - 1.9.3. Specific interventions and care
  - 1.9.4. Emotional support and additional resources
- 1.10. Family involvement in childbirth education and preparation
  - 1.10.1. Inclusion of the partner and other family members
  - 1.10.2. Prenatal classes and joint educational activities
  - 1.10.3. Preparation for emotional and practical support
  - 1.10.4. Adaptation and family roles in the postpartum



*Examine in detail family adaptation and roles in the postpartum period with just a tablet or computer. Enroll now!"*

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 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. Gervas, 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.

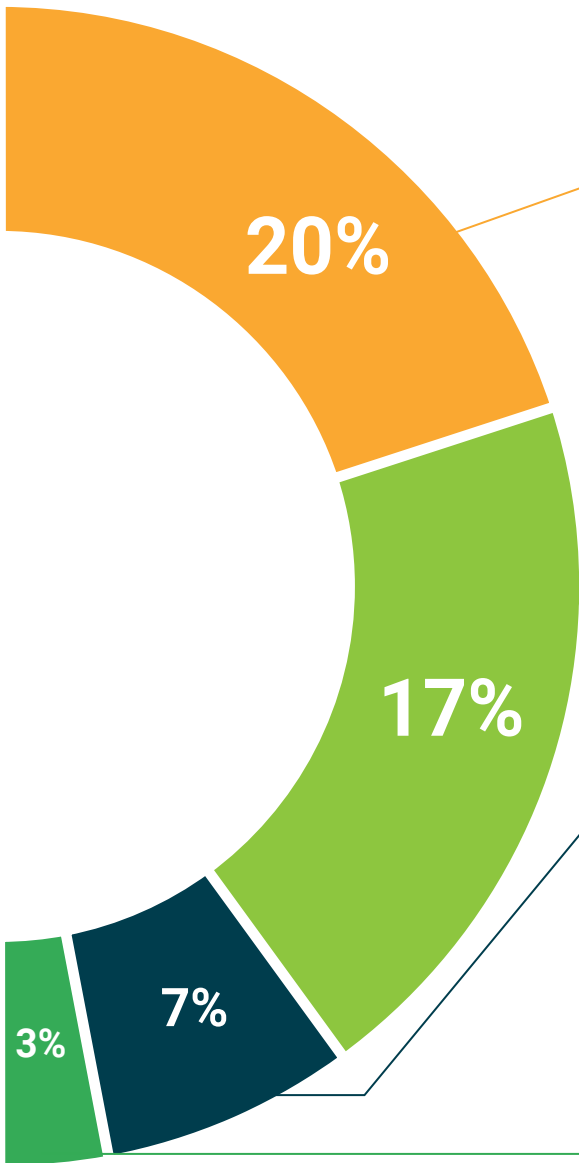
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 Preparation 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 Preparation** 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 certificate 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 Preparation**

Official N° of Hours: **150 h.**



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





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