Postgraduate Certificate
Natural Childbirth

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Postgraduate Certificate

Natural Childbirth

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

Website: **www.techtitute.com/us/medicine/postgraduate-certificate/natural-childbirth**

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Introduction

Natural childbirth has become a highly sought-after method of delivery among expectant mothers due to the health benefits it offers to both the woman and the baby. It also provides a top-tier emotional experience, allowing them to fully experience the process of bringing a child into the world. As a result, this type of childbirth requires a high level of emotional expertise on the part of the specialist to adequately address the mother's needs. For that reason, TECH has designed this program, enabling students to delve into the latest strategies to ensure the comfort and privacy of the pregnant woman. All of this can be achieved online, without the need to travel to a study center.

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" *Through this program, you will learn strategies to ensure the emotional well-being and pain relief of women during Natural Childbirth*"

In recent years, an increasing number of women are opting for a more natural way of giving birth to fully enjoy the experience and avoid potential adverse effects of anesthesia or cesarean section. However, performing natural childbirth requires a high level of knowledge on the part of the physician to ensure the emotional well-being of the woman and effectively help alleviate her pain. Therefore, specialists must stay updated on strategies that facilitate the management of this type of childbirth.

For this reason, this academic institution has chosen to design this comprehensive program, which enables students to learn the most relevant and up-to-date aspects of Natural Childbirth. Throughout this academic period, you will delve into the emotional needs of women in labor, as well as the cutting-edge uses of Oxytocin in these types of deliveries. Similarly, you will explore the requirements of the newborn and the latest intervention techniques for these births.

Since this program is delivered through a 100% online methodology, students can seamlessly balance their excellent updates with their professional and personal responsibilities. Additionally, the program is directed and taught by active specialists in the field of Natural Childbirth, who work in highly prestigious health centers. As a result, all the knowledge you gain will be in line with industry advancements.

This **Postgraduate Certificate in Natural Childbirth** 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 and Neonatology
- 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

Know about cutting-edge techniques to address the needs of newborns in Natural Childbirth through this Postgraduate Certificate"

The Relearning Method offered by this certificate allows you to study at your own pace and without teaching limitations.

Enjoy a 100% online methodology and update your knowledge of Natural Childbirth from the comfort of your own home"

Position yourself at the forefront of Medicine alongside the best specialists in Natural Childbirth.

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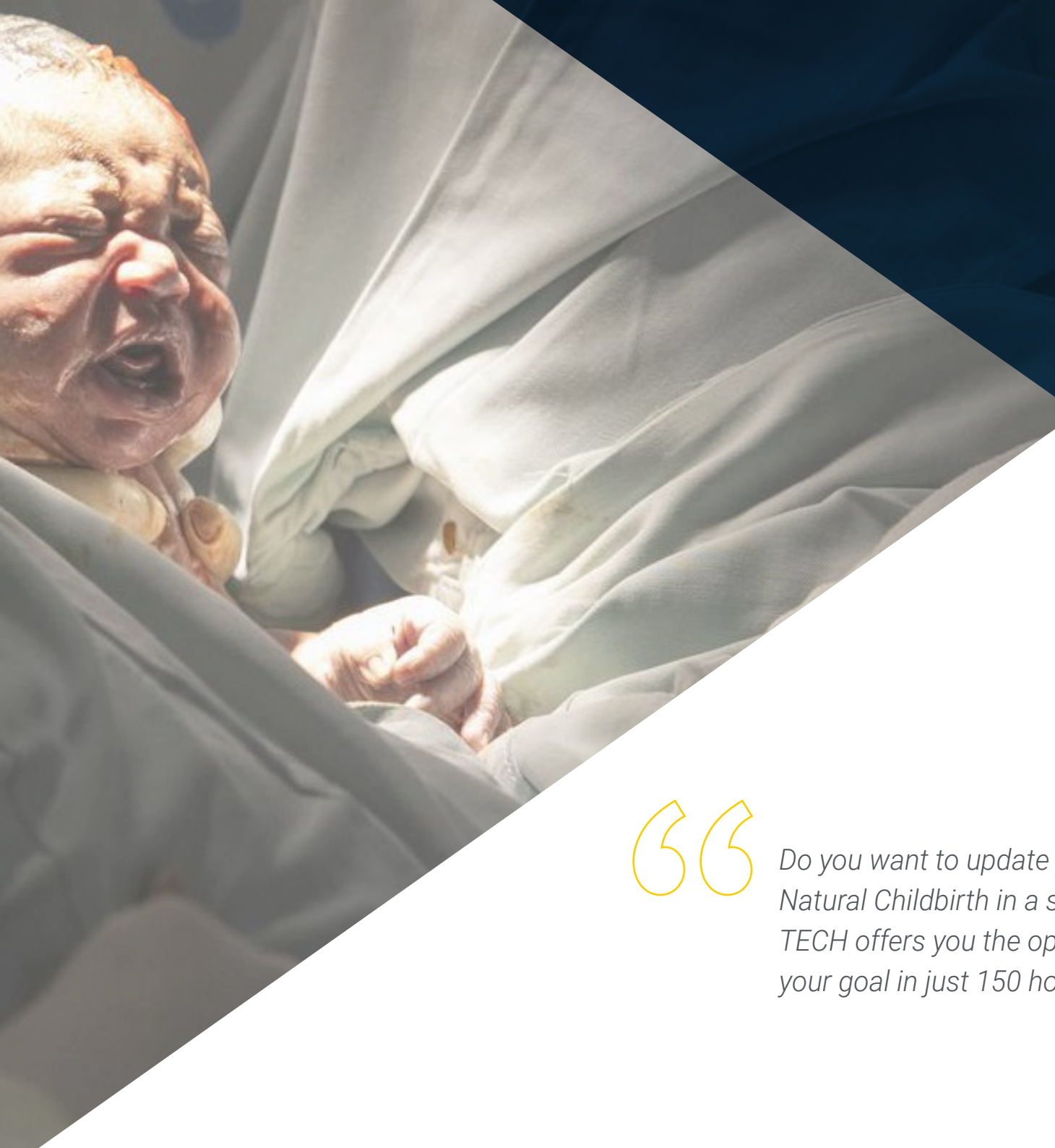
This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced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

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Objectives

TECH has designed this Postgraduate Certificate with the aim of facilitating the specialist's update in the field of Natural Childbirth. Through this qualification, you will learn about the needs of women and newborns in this type of pregnancy, as well as the cutting-edge uses of Oxytocin in natural childbirth. All of this in just 150 hours and enjoying the best educational materials available.

" *Do you want to update your knowledge in Natural Childbirth in a short period of time? TECH offers you the opportunity to achieve your goal in just 150 hours!* "

General Objectives

- 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

- 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, positions, and female sexuality
- Analyze childbirth practices in ancestral cultures and their relevance in the present
- Identify and address the emotional needs of women during childbirth and how professionals can support them
- Thoroughly analyze 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 intestinal and epidermal flora, the umbilical cord, and placental blood
- Analyze the intervention in childbirth and how it affects the environment and safety, as well as the importance of respecting the nature of the process

" *Delve into the cutting-edge uses of Oxytocin in Natural Childbirth through this certificate"*

Course Management

In line with TECH's commitment to providing the highest academic standards in its certifications, this teaching staff consists of top specialists in the field of Natural Childbirth who actively practice in leading hospitals. Since these experts are responsible for creating the educational materials for the Postgraduate Certificate, the knowledge provided to the students will be entirely up-to-date.

Stay updated with professionals who have a long-standing medical career in the field of Natural Childbirth"

Management

Dr. Santos Leal, Emilio

- Medical specialist in University Hospital Fundación Alcorcón
- Medical specialist in Consorcio Hospital General Universitario de Valencia
- Medical specialist at Pius Hospital de Valls
- Medical specialist at Clínica Perpetuo Socorro
- Specialty in Gynecology and Obstetrics at 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 syllabus of this certificate has been designed with the intention of providing specialists with the most relevant and up-to-date knowledge in the field of Natural Childbirth. Each of its topics comes with high-quality educational materials available in a wide variety of textual and multimedia formats to facilitate individualized learning for the student. Furthermore, its entirely online methodology will allow you to tailor your learning to your preferred schedule.

> " *Through this syllabus, you will acquire the most cutting-edge knowledge about Natural Childbirth"*

Module 1. Natural Childbirth

1.1. Natural Childbirth

    1.1.1. Science versus dogma

    1.1.2. Evolution as a species

    1.1.3. Worldwide statistics: oxytocin, analgesia, episiotomies, cesarean sections

    1.1.4. Improving the statistics

1.2. Normal childbirth in the human species

    1.2.1. Hormonal cocktail in normal childbirth

    1.2.2. Positions in normal childbirth

    1.2.3. Female sexuality

    1.2.4. Physiology of the sexual act

1.3. Childbirth among the Taínos, Guanajatabeyes, and Siboneyes

    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. Intimacy

    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 Why of Emotional Needs

    1.6.1. Comfort

    1.6.2. Intimacy

    1.6.3. Connection with the most primal

    1.6.4. Connection with the most spiritual

Take this qualification and get the opportunity to acquire enjoyable and effective learning through formats like video and self-assessment tests"

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. 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.

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.

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, 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.

20%

15%

15%

3%

20%

17%

7%

3%

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.

Certificate

The Postgraduate Certificate in Natural Childbirth guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate 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 Certificate in Natural Childbirth** 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 Certificate in Natural Childbirth**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**

tech global university

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

Postgraduate Certificate in Natural Childbirth

This is a program of 180 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.

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