

Postgraduate Certificate

Update on Breastfeeding



Postgraduate Certificate

Update on Breastfeeding

Course Modality: Online

Duration: 2 months

Certificate: TECH Technological University

Official N° of Hours: 150 h.

Website: www.techtitute.com/medicine/postgraduate-certificate/update-breastfeeding

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01

Introduction

In recent years, the importance of breastfeeding has been recognized and integrated into the maternal and child health programs of all health centers in developed countries. This progress has also led to the development of research and programs to promote breastfeeding, which have created a large number of new developments in this field. In this program we have compiled the most relevant advances in the field of Breastfeeding to provide the medical professional with the most complete update.





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Compatible with other occupations, this comprehensive Postgraduate Certificate is the best opportunity for the medical professional to get up to date on all aspects of Breastfeeding"

Breastfeeding provides significantly better protection than artificial breastfeeding against diarrheal diseases and respiratory infections, the main causes of mortality in low-income populations. In 1993, the WHO estimated that 1.5 million infant deaths could be prevented each year through effective breastfeeding. In addition, formula milk is not only expensive, but can be a risk factor for malnutrition, as some mothers may be tempted to dilute it or switch prematurely to other forms of feeding. On the other hand, in some high-income countries many mothers stop breastfeeding earlier than they wish although about 80% of mothers decide to breastfeed when they give birth, only 36% continue six months after delivery. Many mothers stop breastfeeding because they have a mistaken perception that their milk does not nourish their newborn, they lose confidence in themselves and are not sure that they are producing enough milk for their child to be properly nourished

In the last three decades, the low incidence and duration of breastfeeding have been recognized as a public health problem

The European Action Plan for the protection, promotion and support of breastfeeding recognizes breastfeeding as a public health priority. Society suffers from the detriments of not breastfeeding, since artificial breastfeeding means an increase in health care costs due to the greater prevalence of disease associated with not breastfeeding. For example, the mother has a greater risk of postpartum hemorrhage, spinal and hip fracture after menopause, rheumatoid arthritis, uterine, breast and ovarian cancer, hypertension, anxiety and depression. The increased disease of non-breastfed infants and their mothers leads to an increase in absenteeism from work, and companies are also suffering from these effects. Breastfed children cause fewer expenses to their families, to society through medicines and the use of health services and cause fewer losses due to absenteeism from work. We must not forget that it also saves natural resources, does not pollute the environment and does not require spending on manufacturing, packaging or transportation

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

- ♦ The development of case studies presented by experts in Breastfeeding
- ♦ 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
- ♦ New developments in Breastfeeding
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Emphasis on innovative methodologies in Breastfeeding
- ♦ 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



A program that has been developed with the best study systems on the online teaching market and the characteristics of a high-level program"

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A latest generation Postgraduate Certificate that will cover the content in a diverse, interactive and stimulating way with audiovisual content and all types of supporting material to help with the learning process”

The teaching staff includes professionals from the field of medicine, who bring their experience to this specialization program, as well as renowned specialists from leading societies and prestigious universities

Its multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will deliver an immersive learning experience, programmed to train in real situations

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

Increase your decision-making confidence by updating your knowledge through this Postgraduate Certificate.

Take the opportunity to learn about the latest advances in this field and apply it to your daily practice.



02 Objectives

The main objective of this program is the development of theoretical and practical learning, in such a way that the physician masters Update on Breastfeeding in a practical and rigorous way in order to offer complete support in breastfeeding from the first moments when it is established, until the end of the process.



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The main objective of this Postgraduate Certificate is to provide you with the most complete, up-to-date knowledge in the field of Breastfeeding in order to allow you to offer quality care of the best experts in the subject”



General Objectives

- ◆ Gain up-to-date knowledge of Breastfeeding
- ◆ Promote work strategies based on a comprehensive approach to care for breastfeeding-conscious mothers as a reference model for achieving excellence in care
- ◆ Encourage the learning of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online workshops for simulation and/or specific specialization

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All the latest innovations in Breastfeeding, organized and structured into an interesting and high-impact educational Postgraduate Certificate”





Specific Objectives

- ◆ Gain up-to-date knowledge about the physiology of Breastfeeding
- ◆ Describe the anatomy of the lactating breast
- ◆ Define the characteristics of a milk bank
- ◆ Conduct a review of the current global epidemiology of breastfeeding
- ◆ Foster the proper development of the mother-child relationship, reducing the number of children who are assaulted, abandoned and who fail to progress without organic cause
- ◆ Encourage breastfeeding to achieve adequate growth and development, preventing future health problems
- ◆ Explain the benefits of breastfeeding for women's postpartum and long-term recovery
- ◆ Explain the different breastfeeding positions and their indications
- ◆ Detect bad latching positions of the baby that may alter the development of the process
- ◆ Explain the benefits of physical activity during breastfeeding
- ◆ Describe the main contraindications of breastfeeding
- ◆ Describe the rights of women during breastfeeding
- ◆ Define strategies to counsel and support women who do not wish to breastfeed
- ◆ Explain erroneous beliefs about breastfeeding

03

Course Management

The program includes in its teaching staff renowned experts in Breastfeeding, who contribute their work experience to this program. Additionally, other recognized specialists participate in its design and preparation, which means that the program is developed in an interdisciplinary manner.



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*With the direct experience of professionals
who will teach you based on the reality of the
sector in a contextual and realistic learning"*

Management



Ms. Aguilar Ortega, Juana María

- Specialist Nursing Qualification in Pediatric Nursing from the Ministry of Culture, Education and Sports, 2016
- Professional Master's Degree in Gender and Public Health, Rey Juan Carlos University, 2015
- Graduate in Nursing from Complutense University of Madrid, Spain
- Breastfeeding Nurse Coordinator at Hospital 12 de Octubre, 2008 - present
- Tutor of professional development training in Family and Community Clinical Practice, Madrid. 2011 - present
- Breastfeeding Nurse Coordinator at Hospital 12 de Octubre 2008



04

Structure and Content

The structure of the contents has been designed by a team of professionals from the best educational centers and universities in the country, who are aware of the relevance of up-to-date training and are committed to quality teaching through new educational technologies.



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The syllabus of this Postgraduate Certificate will take you gradually through the learning required to practice your profession in this area of intervention with total confidence and solvency"

Module 1. Breastfeeding Update

- 1.1. Concept
 - 1.1.1. Up-to-date Definition of Breastfeeding
 - 1.1.2. Performance
- 1.2. Absolute and False Contraindications
 - 1.2.1. Contraindications
 - 1.2.2. False Myths
- 1.3. HIV and Breastfeeding
 - 1.3.1. Concept
 - 1.3.2. Indications for Breastfeeding
- 1.4. Hepatitis and Breastfeeding
 - 1.4.1. Concept
 - 1.4.2. Indications for Breastfeeding
- 1.5. Oncological Processes and Breastfeeding
 - 1.5.1. Cancer and Breastfeeding
 - 1.5.2. Indications for Oncologic Process and Breastfeeding Mother
- 1.6. Special Situations in the Newborn that make Breastfeeding Difficult
 - 1.6.1. Newborn Special Situations
 - 1.6.2. Mechanisms for Adapting Special Situations and Breastfeeding
- 1.7. How to Promote Breastfeeding in Maternal-Fetal Conditions
 - 1.7.1. Concept
 - 1.7.2. Encourage Breastfeeding In Situ





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*A specialization experience
that will lead you to master the
subject matter and boost your
professional development”*

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

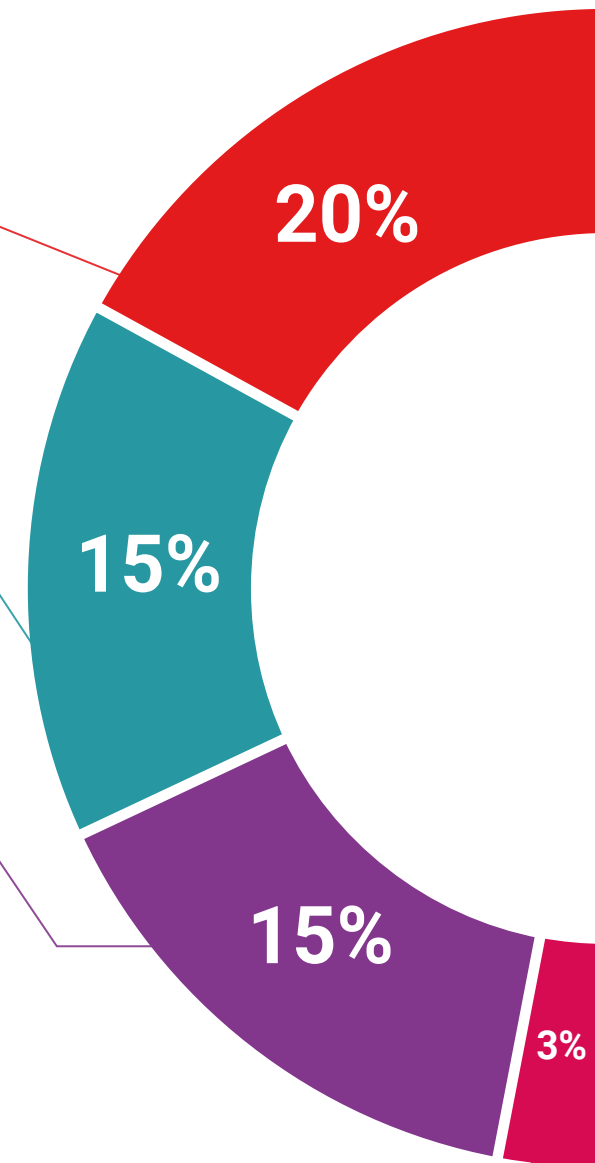
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

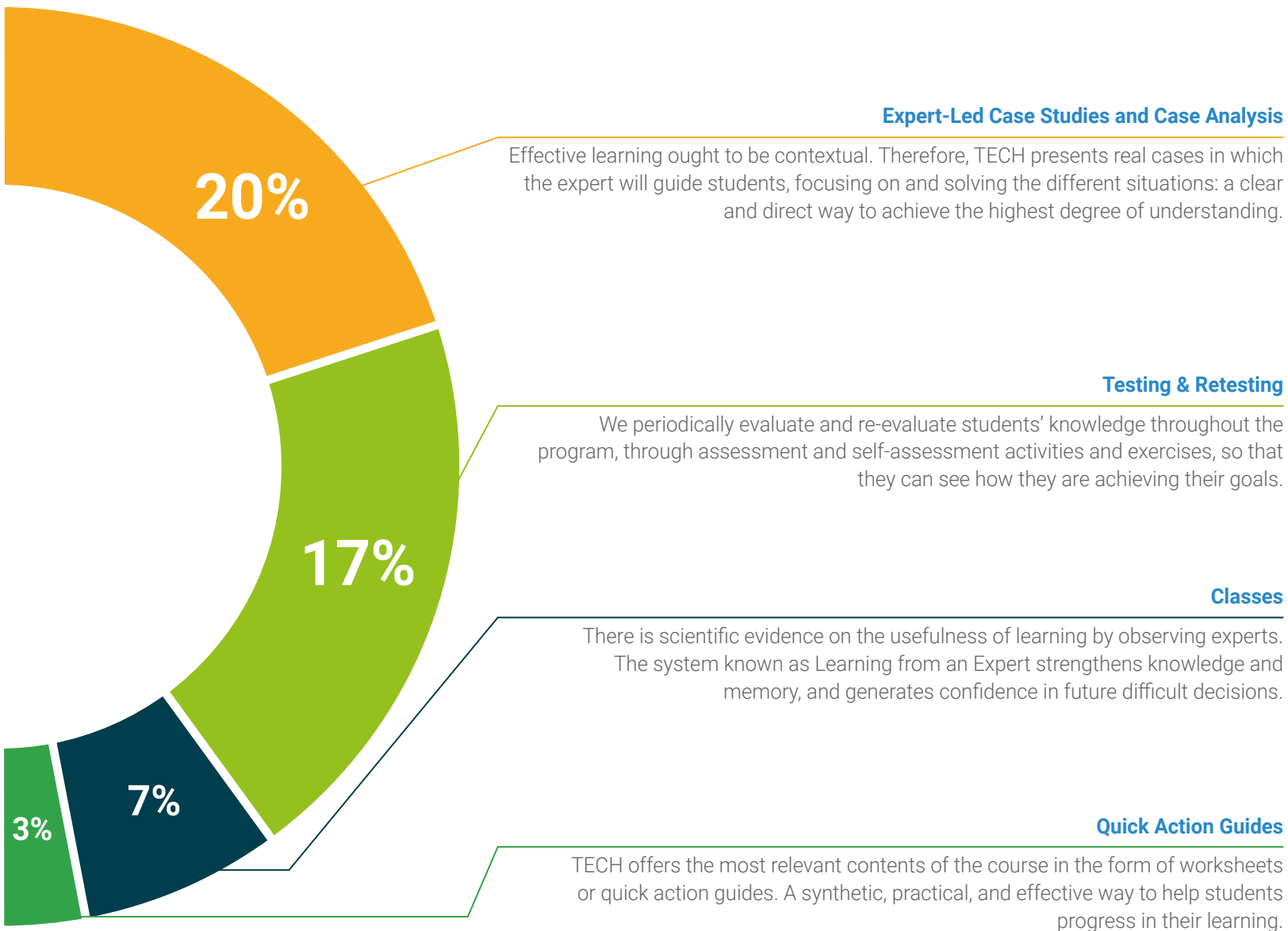
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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.





06 Certificate

The Postgraduate Certificate in Update on Breastfeeding 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 Update on Breastfeeding** 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 Update on Breastfeeding**

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.

future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present
online training
development language
virtual classroom



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