

# Postgraduate Diploma

## Physiology and Care During Breastfeeding



## Postgraduate Diploma Physiology and Care During Breastfeeding

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

Website: [www.techtitute.com/us/medicine/postgraduate-certificate/physiology-care-during-breastfeeding](http://www.techtitute.com/us/medicine/postgraduate-certificate/physiology-care-during-breastfeeding)

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# 01

# Introduction

Breastfeeding is one of the most important periods during the puerperium, since the mother, if there are no complications, can provide the baby with a healthy, appropriate and balanced diet meeting nutritional needs, strengthening its defenses and allowing the correct development of its digestive system for the ingestion of other types of food. It is a process that, despite being natural, involves a series of physical and psychological complexities, which can have serious consequences for the patient and the child. For this reason, specialized medical care must be based on the latest clinical trends in breastfeeding, something that the professional will be able to delve into with this program. This is an academic experience through which you will be able to update your practice in terms of breast physiology and care during the first postpartum months in a 100% online way.



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*Would you like gain a detailed understanding of the latest trends in breastfeeding in the current gynecological environment? If the answer is yes, here is the best opportunity to do it 100% online"*

Breastfeeding is undoubtedly one of the most complex processes of motherhood. In addition to requiring a technique that many mothers and babies are unable to acquire for various reasons (e.g., ankyloglossia, retrognathia or cleft lip), it can have a considerable affect on the woman's psychological health. For this reason, specialized medical assistance is essential, both in the prenatal and postpartum periods, not only to look after the health of the child and the mother, but also to help her experience motherhood in a way which meets her needs and wishes. In this way, by teaching different techniques for lactation stimulation or through feeding guidance, the practitioner helps the woman to develop sufficient confidence to take care of her child according to the recommended care and established guidelines for proper physical and cognitive development.

It is precisely on this area that the Postgraduate Diploma in Physiology and Care during Breastfeeding is focused, a program at the forefront of medicine that gathers the most comprehensive and innovative information in this field in a 6-month academic experience. In this way, the specialist will be able to review the history and evolution of the concept of breastfeeding and its development up to the present day, as well as delve into the latest advances related to breast physiology and its osseo-muscular structure. In addition, it focuses on postpartum care, for both mother and baby, to ensure good health for both. Finally, students will learn about the latest stimulation techniques, as well as strategies for comfortable and effective latching on.

For this purpose, students will be able to make use of the 525 hours of theoretical, practical and supplementary content that they will find in the state-of-the-art Virtual Campus that TECH will make available to them for this academic experience. In addition to the syllabus and dozens of clinical cases, they will be able to make use of dozens of hours of extra material such as detailed videos, research articles, Reading complementary, news, self-knowledge exercises, frequently asked questions and much more. Thus, you will be able to access a Postgraduate Diploma that adapts, not only to your needs, but also to the requirements of today's postpartum gynecology sector.

This **Postgraduate Diploma in Physiology and Care 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 practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out 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



*The program includes an overview of breastfeeding throughout history, so you can see how the different techniques have evolved up to the present day"*

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*Reviewing breast physiology in lactation will help you to employ the best diagnostic and therapeutic strategies according to the symptomatological characteristics of your patient"*

*You will have access to 525 hours of diverse theoretical, practical and supplementary content to delve into niche areas, such as the latest developments in to 'skin-to-skin'.*

*An ideal program for you to update your knowledge on the design of nutritional plans to adapt and aid lactation after childbirth.*

The program's teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will allow the professional a situated and contextual learning, that is, a simulated environment that will provide an immersive training programmed to train 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 student will be assisted by an innovative interactive video system created by renowned and experienced experts.



# 02 Objectives

Breastfeeding, like the vast majority of processes in which medicine is involved, has been subject to increasingly effective strategies, as knowledge about the functioning of the woman's body, especially during pregnancy and postpartum, has increased. Therefore, in order to provide students with the latest and most exhaustive information related to this field, TECH has developed this complete program, in which they will find the most cutting-edge gynecological strategies, together with all the material they need to perfect their clinical skills in just 6 months.





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*Is physical activity compatible with breastfeeding? In this program you will find the latest recommendations for the promotion of exercise and contraindications to avoid during the postpartum period”*



## General Objectives

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- ♦ Provide students with the most exhaustive and innovative information on breastfeeding during the postpartum period
- ♦ Gain detailed knowledge of recommended care according to the latest pediatric studies for proper physical and cognitive development of the baby through feeding and stimulation

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*You will work intensively on the attachment techniques that are revolutionizing breastfeeding in today's obstetric environment"*





## Specific Objectives

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### **Module 1. Breastfeeding Today and Throughout History**

- ◆ 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

### **Module 2. Physiology and Clinical History in Breastfeeding**

- ◆ Update knowledge about the Physiology of Breastfeeding
- ◆ Describe the anatomy of the lactating breast
- ◆ Define the characteristics of a milk bank

### **Module 3. Breastfeeding Care and Breastfeeding Women's Health**

- ◆ Provide information on nutrition for the breastfeeding mother

### **Module 4. The Healthy Newborn**

- ◆ Explain the benefits of breastfeeding for women's postpartum and long-term recovery
- ◆ Explain the different breastfeeding positions and their indications

# 03

# Course Management

The faculty of this program is composed of a number of high-level specialists, experienced in the clinical care of women in the postpartum period. Thanks to their unconditional commitment to teaching, as well as to their high professional standards, students who access this Postgraduate Diploma will enjoy unparalleled assistance, evidenced by, both the diversity and completeness of the material included, and the consultations that can be requested through the Virtual Campus to resolve any doubts that may arise during the course of this academic experience.





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*You will have the support of a teaching team experienced in gynecology and postpartum breastfeeding, who will share the most effective and cutting-edge strategies with you, so that you can guide your patients”*

## Management



### Ms. Aguilar Ortega, Juana María

- ♦ Breastfeeding Coordinator at Hospital 12 de Octubre
- ♦ Neonatal Nurse at the 12 de Octubre Hospital
- ♦ Co-author of studies on Breastfeeding during Puerperium
- ♦ Professor at University Studies of Nurses
- ♦ Lactation Consultant Certificate

## Professors

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

- ♦ Midwife Expert in Gynecobstetric Triage
- ♦ Midwife at the Cerro Almodovar Health Center in la Vega
- ♦ Midwife of the Obstetrics Service at the Maternal and Child Hospital of Jaén
- ♦ Midwife at the University Hospital of Ceuta
- ♦ Member of the Andalusian Association of Midwives

### Ms. Gómez González, Irene

- ♦ Midwife Ceuta University Hospital

### Ms. Del Pozo Álvarez, Lidia

- ♦ Nurse midwife in Gynecology and Obstetrics
- ♦ Midwife at University Hospital of Ceuta
- ♦ Midwife in health centers in Córdoba
- ♦ Midwife in health centers in Lanzarote

### Ms. Hachero Rodríguez, Carmen María

- ♦ Midwife at the Zaragoza Hospital
- ♦ Member of the Board of Directors of Spanish Association of Home Midwives
- ♦ Training member

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

- ♦ Midwife Expert in Gynecobstetric Triage
- ♦ Midwife at the Churriana de la Vega Health Center
- ♦ Midwife of the Obstetrics Service at the Maternal and Child Hospital of Jaén
- ♦ Midwife at the University Hospital of Ceuta
- ♦ Member of the Andalusian Association of Midwives

**D. Carrasco Guerrero, Manuel**

- ♦ Midwife at the University Hospital of Ceuta
- ♦ Obstetric-Gynecological Nursing Postgraduate Diploma
- ♦ Prize for the best oral communication at the International Congress of Nursing and Physiotherapy of Ceuta Prize for the best oral communication at the International Congress of Nursing and Physiotherapy of Ceuta and Melilla and Melilla

**Ms. Armijo Navarro, Elena**

- ♦ Midwife San Sebastián Hospital

**Ms. De Dios Pérez, María Isabel**

- ♦ Midwife at the University Hospital of Zaragoza
- ♦ Postgraduate Certificate in Nursing
- ♦ Nursing Specialist in Obstetrics and Gynecology

**Dr. Vázquez Lara, Juana María**

- ♦ Primary Care Nurse
- ♦ Emergency Service of 061 Nurse of the Ceuta Health Management Area
- ♦ PhD from the University of Granada
- ♦ Interim Midwife of the Delivery Service at the University Hospital of Ceuta
- ♦ Head of Studies of the Ceuta Midwifery Teaching Unit
- ♦ Professor in the Ceuta Midwifery Teaching Unit
- ♦ National Coordinator of the Obstetric-gynecological Emergencies working group of the Spanish Society of Emergency Nursing (SEEUE)
- ♦ Master's Degree of the Official Doctoral Program in Physical Education and Health
- ♦ Postgraduate Diploma in Health Promotion in the Community from UNED
- ♦ Specialty in Obstetric and Gynecological Nursing (Midwife) at the Costa del Sol Hospital in Marbella, University School of Nursing and Midwifery of Malaga, University of Malaga
- ♦ University Diploma in Nursing "Salus Infirmorum" University School of Nursing, University of Cádiz

**Dr. Rodríguez Díaz, Luciano**

- ◆ Nursing Specialist in Obstetrics and Gynecology
- ◆ Head of Studies of the Obstetric-Gynecological Nursing Teaching Unit (Midwife) of the University Hospital of Ceuta
- ◆ Midwife at the University Hospital of Ceuta
- ◆ Teacher at the University Centre of Nursing Virgen of La Paz. Ronda, Spain
- ◆ Professor of the Ceuta Midwifery Teaching Unit
- ◆ vocal of the Obstetrical-Gynecological Emergencies Working Group of the Spanish Society of Emergency Nursing (SEEUE)
- ◆ Responsible for Perinatal Health: Reproductive Sexual Health and Normal Childbirth of Ingesa. Member of the Clinical Commission for Research and Continuing Education of the University Hospital of Ceuta
- ◆ Member: Institute of Ceuta Studies, Editorial Board of the European Journal of Health Research, Spanish Society of Emergencies, Institute of Ceuta Studies
- ◆ PhD from the University of Granada
- ◆ Master's Degree in Physical Education and Health from the University of Granada
- ◆ Master's Degree in Gynecological Nursing from the CEU Cardenal Herrera University
- ◆ Master's Degree in Obstetric Nursing from the CEU Cardenal Herrera University
- ◆ Speciality in Nursing Obstetric and Gynecological from the University of Malaga
- ◆ University Diploma in Nursing, University of Cadiz
- ◆ University Expert "Health Management in The Community by the National Distance Education University (UNED)





**Ms. Díaz Lozano, Paula**

- ♦ Midwife, University Hospital Virgen de Valme
- ♦ Midwife in the Ceuta Health Area
- ♦ Nurse Specialist in Obstetrics and Gynecology, University Hospital of Ceuta
- ♦ Professor of Obstetrics and Midwifery
- ♦ Diploma in Nursing, Faculty of Nursing and Physiotherapy of Cádiz

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*A unique, key, and decisive educational experience to boost your professional development”*

# 04

## Structure and Content

The content of this Postgraduate Diploma has been designed by the teaching team since of obstetric and gynecological specialists, with detailed knowledge of the most effective and efficient strategies for breastfeeding in the current clinical context. As such, the 525 hours of theoretical, practical and supplementary materials will provide you with an up-to-date and comprehensive overview of the techniques that are making waves in postpartum care. In addition, its convenient 100% online format will allow you to access it from wherever and whenever you want, without having to worry about tight schedules and face-to-face classes.



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*You can update your classifications of nipples and pacifiers, based on recommendations from the best experts, as well as taking into account their contraindications based on the structure of each of them"*

## Module 1. Breastfeeding Today and Throughout History

- 1.1. Concepts Related to Breastfeeding
  - 1.1.1 Evolution of the Concept of Breastfeeding
  - 1.1.2 Breastfeeding Concepts
- 1.2. History of Breastfeeding
  - 1.2.1 Natural History of Breastfeeding
  - 1.2.2 Historical Development of The Importance of Breastfeeding
- 1.3. False Myths
  - 1.3.1 Misconceptions About Breastfeeding
  - 1.3.2 Correct Beliefs About Breastfeeding
- 1.4. Care Strategy for Normal Childbirth
  - 1.4.1 Encouraging Breastfeeding after Childbirth
  - 1.4.2 Benefits of Breastfeeding in Childbirth
- 1.5. Epidemiology
  - 1.5.1 Epidemiological Course of Breastfeeding Development
  - 1.5.2 Social Evolution of Breastfeeding
- 1.6. Human Milk Banks
  - 1.6.1 Milk Bank Concept
  - 1.6.2 Characteristics of a Milk Bank
- 1.7. Counseling and Support for Women Who Do Not Wish to Breastfeed
  - 1.7.1 Health Education for Women Do Not Wish to Breastfeed
  - 1.7.2 Specific Information on Care for Non Lactating Women
- 1.8. Womens Rights During Breastfeeding
  - 1.8.1 The Immediate Rights of the Infant
  - 1.8.2 Social Benefits in Breastfeeding Women
- 1.9. Paternal Involvement in Breastfeeding
  - 1.9.1 The Father as a Supporting Figure in Breastfeeding
  - 1.9.2 The father as a Breastfeeding Consultant
- 1.10. Protection of Breastfeeding Worldwide: WHO Recommendations
  - 1.10.1 WHO Recommendations
  - 1.10.2 Global Protection in Breastfeeding

## Module 2. Physiology and Clinical History in Breastfeeding

- 2.1. Anatomy of the Breast
  - 2.1.1 Surrounding Bony Structure of the Breast
  - 2.1.2 Muscular Structure of the Breast
- 2.2. Physiology of Breastfeeding
  - 2.2.1 Physiological Development of Breastfeeding
  - 2.2.2 Hormonal Circuit of Breastfeeding
- 2.3. Benefits of Breastfeeding for the Mother
  - 2.3.1 Concept
  - 2.3.2 The Benefits for the Mother in Breastfeeding
- 2.4. Benefits of Breastfeeding for the Baby
  - 2.4.1 Concept
  - 2.4.2 Benefits of Breastfeeding for the Baby
- 2.5. Evaluation of the Intake
  - 2.5.1 Indications on the Intake
  - 2.5.2 Inadequate Actions on the Intake
- 2.6. Signs of Good and Bad Hitching
  - 2.6.1 Hitching Concept
  - 2.6.2 Benefits of a Good Hitch
- 2.7. Recommended Positions
  - 2.7.1 Proper Breastfeeding Positions
  - 2.7.2 Inadequate Breastfeeding Positions

**Module 3. Breastfeeding Care and Breastfeeding Women's Health**

- 3.1. First Recommendations during Pregnancy
  - 3.1.1 Evolution of Breastfeeding in Pregnancy
  - 3.1.2 Breastfeeding Care in Pregnancy
- 3.2. Breast Care during Breastfeeding
  - 3.2.1 General Care.
  - 3.2.2 Specific Advice
- 3.3. Proper Techniques for Breastfeeding
  - 3.3.1 Different Breastfeeding Techniques
  - 3.3.2 Incorrect Breastfeeding Measures
- 3.4. Effects of Breastfeeding on Women's Health in the Short Term
  - 3.4.1 Immediate Benefits of Breastfeeding in Women
  - 3.4.2 Positive Breastfeeding Tips
- 3.5. Effects of Breastfeeding on Women's Health in the Mid- and Long-Term
  - 3.5.1 Long-term Benefits of Breastfeeding
  - 3.5.2 Mid-term Benefits of Breastfeeding
- 3.6. Maternal Diet and Breastfeeding
  - 3.6.1 Foods that alter Breast Milk
  - 3.6.2 Foods that Benefit Breastfeeding
- 3.7. Physical Activity and Breastfeeding
  - 3.7.1 Encouraging Physical Activity During Breastfeeding
  - 3.7.2 Contraindications to Physical Activity During Breastfeeding

**Module 4. The Healthy Newborn**

- 4.1. Anatomical and Physiological Characteristics
  - 4.1.1 Anatomy of the Newborn
  - 4.1.2 Physiology of the Newborn
- 4.2. Nutritional Requirements of the Infant
  - 4.2.1 Infant Nutrition
  - 4.2.2 Dietary Advice
- 4.3. Growth of Breastfed Infants
  - 4.3.1 WHO Curves
  - 4.3.2 Normality in the Curve
- 4.4. Infantile Colic.
  - 4.4.1 Concept
  - 4.4.2 Indications to Avoid Infant Colic
- 4.5. " Early Skin-to-"skin Contact
  - 4.5.1 The Skin-to-"skin Start"
  - 4.5.2 Immediate "Skin-to-skin Benefits"
- 4.6. First Intake Attachment
  - 4.6.1 Concept of Attachment
  - 4.6.2 Indications of Onset of Contact
- 4.7. Breastfeeding and Kangaroo Mother Method
  - 4.7.1 Kangaroo Method Approach
  - 4.7.2 Start of the Technique
- 4.8. Nipples and Pacifiers During Breastfeeding
  - 4.8.1 Description of Nipples and Pacifiers
  - 4.8.2 Precautions for Nipples and Pacifiers

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.

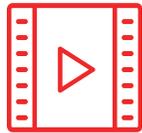
*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

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

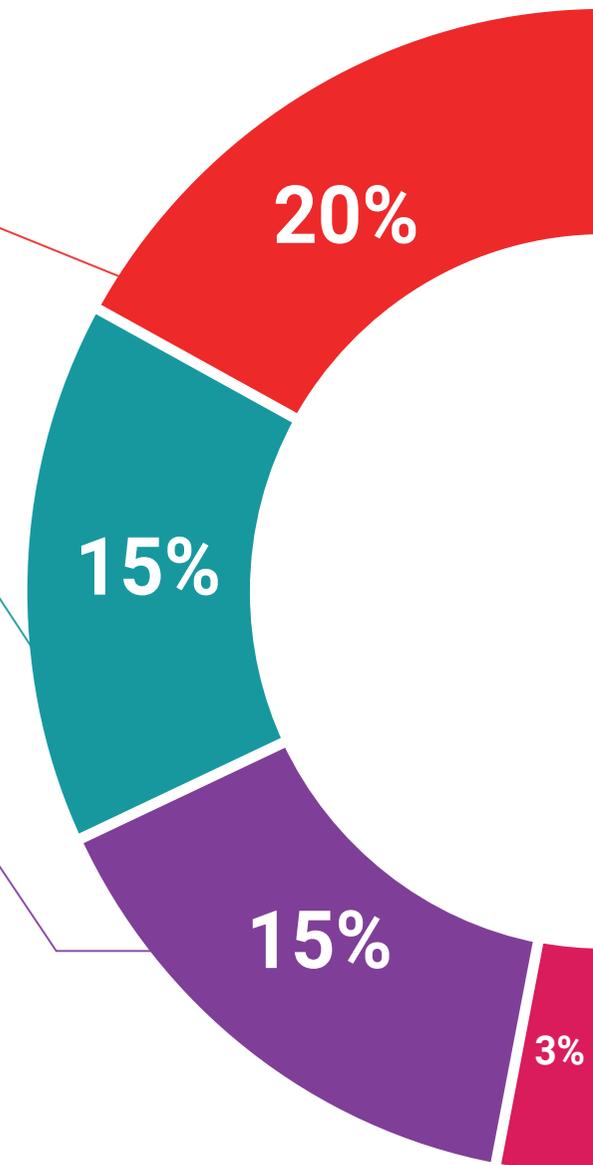
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

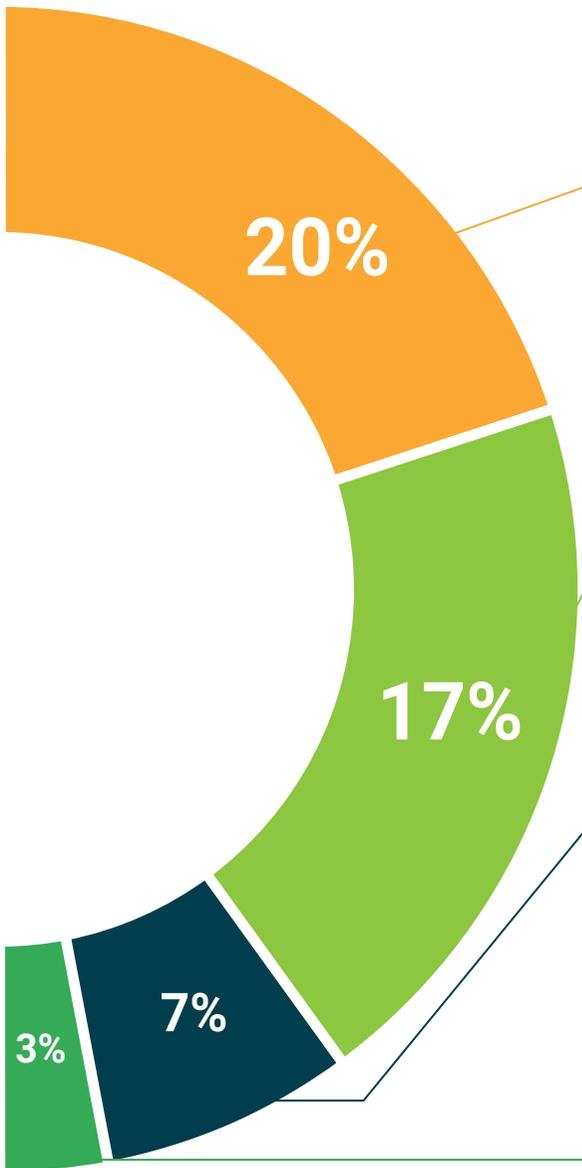
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 Diploma in Physiology and Care During Breastfeeding guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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”*

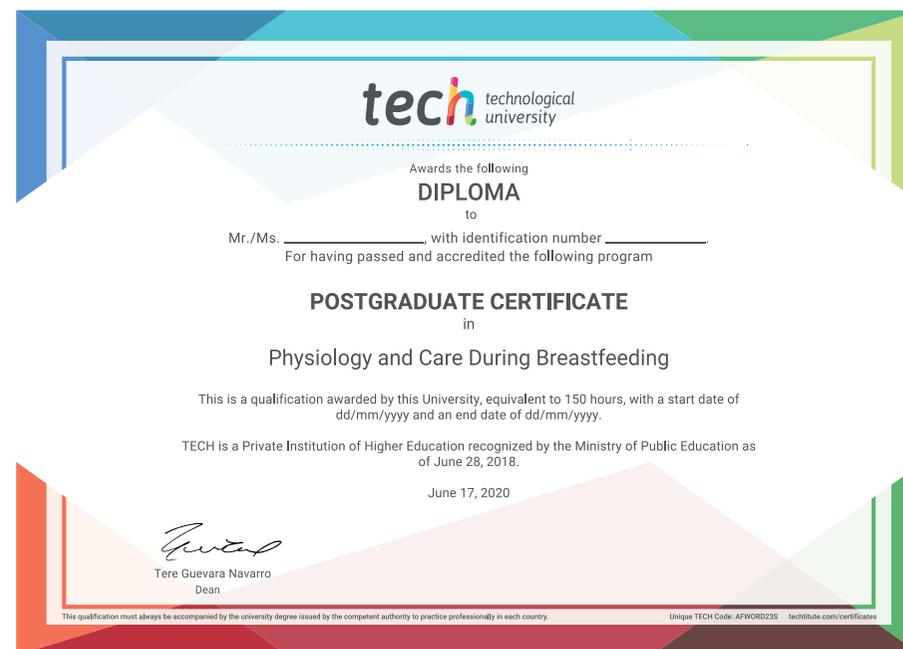
This **Postgraduate Diploma in Physiology and Care During Breastfeeding** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery\*.

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

Title: **Postgraduate Diploma in Physiology and Care During Breastfeeding**

Official N° of Hours: **525 h.**



\*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.

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



**Postgraduate Diploma**  
Physiology and Care  
During Breastfeeding

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

# Postgraduate Diploma

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