

# Hybrid Master's Degree Postpartum for Midwives



## Hybrid Master's Degree Postpartum for Midwives

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Global University

Credits: 60 + 4 ECTS

Website: [www.techtute.com/us/nursing/hybrid-master-degree/hybrid-master-degree-postpartum-midwives](http://www.techtute.com/us/nursing/hybrid-master-degree/hybrid-master-degree-postpartum-midwives)

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# 01

# Introduction

It is essential that the professionals in charge of the care of pregnant mothers and their babies have up-to-date skills. In this way, they can offer comprehensive quality care, based on innovative techniques, such as continuous fetal monitoring and early detection tests for hearing problems. With that goal in mind, TECH has created a program that delves into the use of breastfeeding tools and recommendations regarding intravenous therapies during labor. This program is distinguished by its two stages, where the first one allocates 1,500 hours to 100% online learning through didactic methods such as *Relearning*. In the second, the graduates will carry out a 3-week practical internship in a highly rigorous and renowned hospital center.





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*Get up to speed on techniques to assist in the emotional care of the mother during and after childbirth by studying this excellent TECH qualification"*

The postpartum period is a critical stage in the life of a mother and her baby, and for this reason it is essential to have professionals who are up to date on the latest technological advances and care protocols. With that knowledge, they are able to integrate fetal heart rate monitoring with the help of the most sophisticated tools. In addition, they must be highly skilled at handling real-time information to detect complications such as postpartum hemorrhage in advance. Keeping up to date on these issues in this field requires academic programs that offer the main related theoretical and practical developments. However, such programs are in short supply and, in general, more weight is given to conventional learning than to the development of new skills.

TECH wants to stand out from its competitors in this regard and therefore has devised a disruptive educational modality, consisting of two parts. Thus, this Hybrid Master's Degree integrates first a theoretical stage where participants will spend 1,500 hours studying concepts and working techniques. All this from a 100% online platform, where the teaching materials will be available from the first moment and are accessible 24 hours a day, from any device connected to the Internet. In addition, the educational cycle is supported by the *Relearning* methodology to offer each student the fastest and most flexible assimilation of content.

The second part of this program includes a first level clinical practice, in a hospital center of the highest prestige. This internship, which is face-to-face and intensive, will last 120 hours, distributed in consecutive days from Monday to Friday, up to a total of 3 weeks. During this time, the graduate will work alongside leading experts and an assistant tutor will be in charge of including dynamic tasks in the training to formalize his or her academic updating.

This **Hybrid Master's Degree in Postpartum for Midwives** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ Development of more than 100 clinical cases presented by nursing professionals with expertise in intensive care and university professors with extensive experience in the critical patient
- ◆ 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 clinical guides on approaching different pathologies
- ◆ With a special emphasis on evidence-based medicine and nursing research methodologies
- ◆ All this will be complemented by 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
- ◆ In addition, you will be able to carry out a clinical internship in one of the best hospitals in the world



*You will increase your knowledge of the physiology of the female reproductive system and protocols for its care during the coitus thanks to this TECH program"*

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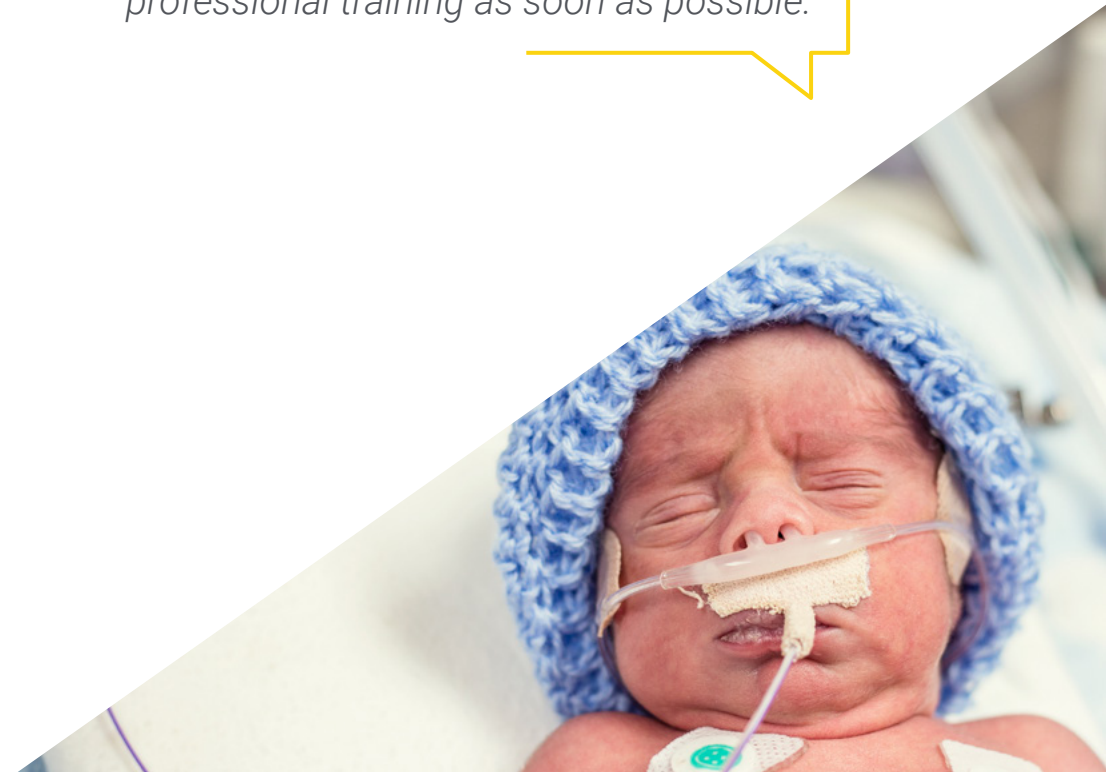
*In 3 weeks of face-to-face and hands-on learning, this Hybrid Master's Degree program will give you access to numerous technologies and care resources in a clinical setting of excellence"*

In this proposed Master's program, of a professionalizing nature and blended learning modality, the program is aimed at updating nursing professionals. The content is based on the latest scientific evidence and is organized in a didactic way to integrate theoretical knowledge into nursing practice. The theoretical-practical elements allow professionals to update their knowledge and help them to make the right decisions in patient care.

Thanks to their multimedia content developed with the latest educational technology, they will allow the nursing professional to obtain situated and contextual learning, i.e., a simulated environment that will provide immersive learning 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 throughout the program. For this purpose, the students will be assisted by an innovative interactive video system created by renowned experts.

*In 1,500 hours, the first phase of this program will allow you to assimilate complex concepts and protocols for the Postpartum hospital practice.*

*TECH offers you the most intensive and immersive practical stay in the educational market so that you can complete your professional training as soon as possible.*



# 02

## Why Study this Hybrid Master's Degree?

TECH, for this Hybrid Master's Degree, has provided an innovative study methodology that gives equal importance to the theoretical and practical aspects related to the latest trends in childbirth care. In its effort to develop this relevance, the program has integrated two very distinct stages. On the one hand, modern concepts and guidelines will be addressed from a 100% online platform. Then, the students will have the opportunity to develop a face-to-face and intensive stay where they will consolidate their mastery of the most innovative contents through the execution and management of the most avant-garde tools and procedures.







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*TECH, the world's largest digital university, has put together a 1,620-hour educational program where you will analyze the latest trends in breastfeeding in the postpartum period"*

### 1. Updating from the latest technology available

Since the latest scientific and technological advances, the therapy of human childbirth has undergone a continuous evolution. These innovations have allowed the appearance of better monitoring instruments and analgesic equipment that make the postpartum period a more comfortable process. In this Hybrid Master's Degree, students will have the opportunity to manage all these resources and, thus, expand their performance capacity to become a professional of greater prestige.

### 2. Gaining In-Depth Knowledge from the Experience of Top Specialists

Throughout the program, students will have access to the best professionals. Firstly, they will be advised through TECH's 100% online platform by a highly prestigious teaching staff. Then, the clinical practice integrated to this Hybrid Master's Degree, will be an adjunct tutor who will be responsible for monitoring their academic progress.

### 3. Entering First-Class Clinical Environments

TECH makes a careful selection of all hospital centers that support the practical training of this program. Thanks to this, the graduates will have access to the most modern care tools and protocols of care in the postpartum period. They will also work directly with leading experts, who will directly analyze procedures and discuss the most rigorous and demanding methodologies.



#### 4. Combining the Best Theory with State-of-the-Art Practice

Programs that address the practical applications of the new protocols for the postpartum period are not abundant in the educational market. For this reason, TECH provides a quality update, focused on the most innovative procedures and technologies for this field. Thus, participants will master their applications from a consolidated practical stay, face-to-face and intensive, with a duration of 3 weeks.

#### 5. Expanding the Boundaries of Knowledge

Thanks to TECH, students will be able to carry out these clinical internships in centers with different geographical locations. In this way, they will be brought up to date according to the most diverse international standards. These opportunities for improvement have been established thanks to a broad portfolio of agreements and contracts that are only available to the largest digital university in the world.

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*You will have full practical immersion  
at the center of your choice”*

# 03 Objectives

This Hybrid Master's Degree will provide each of its graduates with the necessary competencies to update their practice in the management of the Postpartum. To this end, the program provides a syllabus with cutting-edge content, which the student will access 100% online during the initial stage of their preparation. At the same time, the program implements a practical training of maximum rigor, where the graduate will be able to directly apply all the concepts previously learned. Thus, they will strengthen their skills through dynamic general and specific objectives.



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*Through TECH, you will update your skills to control and reduce pain during parturition using specific analgesic techniques and medications such as epidural"*



## General Objective

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- The general objective of this program is to update professionals dedicated to postpartum care. The program aims for participants to acquire skills such as making feasible and quick decisions before complex situations in the delivery process. In addition, they will acquire skills to apply audiological, neurological and cardiological tests on newborns. Likewise, they will be able to provide physical and emotional assistance to mothers throughout the whole process



*This Hybrid Master's Degree will help you to overcome your professional and personal objectives, allowing you to develop optimal skills to supervise the correct development of the Postpartum period"*



## Specific Objectives

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### Module 1. Physiological Postpartum

- Broaden knowledge about the changes in Postpartum in its different stages in the context of physiology
- Recognize abnormalities in the development of postpartum in order to identify pathological situations
- Improve competencies in the application of midwifery care to the woman and the newborn in the immediate postpartum period in the delivery room
- Improve competencies in the application of midwifery care for women and newborns in the postpartum hospitalization ward
- Improve competencies in the application of midwifery care for women and newborns in the midwifery practice for Primary Care
- Have a comprehensive knowledge of newborn screening procedures
- Train midwives in the care of women and newborns in the follow-up of the postpartum period at home

### Module 2. Complications in the Postpartum Period

- Increase awareness of the complications that may arise during the different stages of the postpartum period
- Midwifery management and postpartum care for women
- Improve the midwife's ability to act in the prompt management of the main complications that may appear during postpartum
- Improve the capacity of the application of midwifery care in each of the pathologies in postpartum from hospital care to primary care consultation
- Understand and manage perineal trauma caused by vaginal delivery
- Demonstrate competency in the application of midwifery care in perineal trauma

**Module 3. Pelvic floor**

- ♦ Have an in-depth knowledge of the different structures that form the pelvic floor
- ♦ Identify perineal trauma as a result of childbirth
- ♦ Be up to date on the care required for perineal trauma
- ♦ Recognize and initiate an early treatment of pathologies
- ♦ Identify situations that require referral to other professionals
- ♦ Update knowledge regarding short and long term complications of perineal trauma
- ♦ Be aware of the current context in Spain with regard to female genital mutilation
- ♦ Know the different types of female genital mutilation
- ♦ Identify those women who have been victims of genital mutilation
- ♦ Improve the action to be taken by the midwife when faced with a situation of female genital mutilation in the hospital or in the office

**Module 4. Breastfeeding**

- ♦ Identify The Importance of Breastfeeding
- ♦ Expand knowledge of breast anatomy, breast milk formation and its properties
- ♦ Identify those situations in which breastfeeding is not recommended in order to avoid risky situations for the newborn
- ♦ Assess the normal patterns of a correct intake

- ♦ Train midwives to provide simple, effective and evidence-based health education to mothers who wish to breastfeed
- ♦ Know the relationship between breastfeeding and motherchild bonding.
- ♦ Update knowledge regarding the different techniques for extracting breast milk and the proper guidelines for its safe storage
- ♦ Have a broad understanding of the objectives and strategies of the IHAN within the National Health System

**Module 5. Newborn**

- ♦ Improve knowledge related to the different classifications of the newborn based on the different established parameters.
- ♦ Have a deeper knowledge about the adaptation of the different devices and systems of the newborn in its extrauterine life
- ♦ Improve management of the healthy newborn and identify abnormal situations based the general examination criteria
- ♦ Know and manage the care required by newborns in different areas
- ♦ Design sessions directed at parents regarding the care they should provide to the newborn
- ♦ Perfect the management of the main reasons for parental consultation in the midwife's office regarding newborn problems
- ♦ Update the aspects related to the prevention of sudden infant death

### **Module 6. Special Situations**

- ♦ Have an in-depth knowledge of the characteristics and care needed by premature babies
- ♦ Have an in-depth knowledge of the characteristics and care needed by postmature babies
- ♦ Broaden knowledge about the characteristics and care required by infants born with low birth weight or RIC
- ♦ Identify potential short- and long-term complications of premature, postmature, low birth weight and RIC infants
- ♦ Refine the management of the care needs of neonates with hypoxic-ischemic encephalopathy
- ♦ Identify situations of risk of HIE in order to prevent it and provide early and effective care at birth
- ♦ Learn about the care required by infants with perinatal infection
- ♦ Be aware of the specific needs in the care of newborns whose mothers have used drugs during pregnancy and/or childbirth
- ♦ Learn the techniques to offer correct breastfeeding support to premature infants
- ♦ Identify and know the most frequent problems that appear in breastfeeding
- ♦ Update treatment of breastfeeding-related problems
- ♦ Know the evidence-based protocols recommended for problems associated with breastfeeding

### **Module 7. Psychological and emotional aspects in the postpartum period**

- ♦ Know the neurobiological processes of the postpartum period
- ♦ Understand the relationship between the mother's hormonal system and the establishment of the parent-child bond
- ♦ Know the psychical changes of the postpartum period

- ♦ Identify risk factors for bond disruption
- ♦ Know the recommendations for good practices in a situation of perinatal loss
- ♦ Identify the phases of grief and its correct management
- ♦ Identify the different types of perinatal loss
- ♦ Identify the differences between depression and perinatal bereavement
- ♦ Learn how to handle the different ways to access perinatal bereavement

### **Module 8. Sexuality and Birth Control in the Postpartum Period**

- ♦ Increase knowledge of the physiology of the female reproductive system
- ♦ Increase knowledge of the female genital cycle and the hormonal influence on it
- ♦ Have an in-depth knowledge of the sexual response cycle and its different stages
- ♦ Recognize the physical, physiological and psychological changes in pregnant women that may influence their sexual health
- ♦ Learn how to use tools to promote sexual health in the postpartum period
- ♦ Recognize and identify the most frequent sexual problems during the postpartum period
- ♦ Increase knowledge regarding the sexual dysfunction of female desire, arousal and orgasm
- ♦ Know and identify anorgasmia, its causes and treatment
- ♦ Identify and differentiate vaginismus and dyspareunia
- ♦ Improve the management and treatment of vaginismus and dyspareunia from the midwives office
- ♦ Improve knowledge of the different types of contraception that can be used in the postpartum period



**Module 9. Parenthood**

- ♦ Know the concept of "Positive Parenting" and its legal and institutional framework
- ♦ Know the criteria necessary for positive parenting
- ♦ Identify the different types of family
- ♦ Learn how to use the tools to identify family needs
- ♦ Identify the different parental educational styles
- ♦ Understand the strategies necessary for coeducation
- ♦ Go into detail for the design of workshops to promote coeducation
- ♦ Improve knowledge about the tools necessary for the correct resolution of intra-family conflicts
- ♦ Identify and promote the necessary elements for the correct establishment of emotional attachment
- ♦ Identify types of attachment
- ♦ Broaden knowledge of assessment and diagnostic tools for bonding disorders
- ♦ Explore in depth the different types of psychological abuse and their risk factors

**Module 10. Management and legislation**

- ♦ broaden the knowledge of the rights and duties of the mother and newborn in health matters
- ♦ Broaden knowledge of the ethical principles that should govern the healthcare practice of midwives
- ♦ Further develop the patients right to autonomy
- ♦ Improve the knowledge of the professional's responsibility in the framework of health care
- ♦ Identify the methods for evaluating the quality of care in healthcare practices
- ♦ Enhance knowledge of the concept of health programs and their objectives when applying them to health care practices

- ♦ Resource optimization when planning the activities that will be part of the health program
- ♦ Learn to distinguish what Clinical Practice Guidelines, care maps and clinical pathways are.
- ♦ Further understand the concept and stages of health planning
- ♦ Further knowledge on the organization of obstetric care in the postpartum period from different levels of care

# 04 Skills

After completing all the stages of this program, the graduates will have highly complex practical skills that they will be able to apply in their daily practice. Thus, they will be able to distinguish themselves by their high command of the most advanced technologies and procedures.





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*Enroll now in this program and develop the best competencies to guide mothers on sexuality and contraception in the postpartum period”*



## General Skills

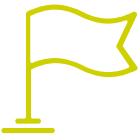
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- ◆ Perform the care required by women and their children during the postpartum period
- ◆ Offer quality postpartum care based on scientific evidence
- ◆ Make decisions in difficult situations in which abnormalities may occur
- ◆ Offer a quality and up to date healthcare practice
- ◆ Solve problems that may arise in the healthcare practice



*TECH guarantees you professional excellence through the theoretical and practical contents of this Hybrid Master's Degree"*





## Specific Skills

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- ♦ Act in the different levels of postpartum care
- ♦ Know the criteria to be met for early discharge, as well as to manage the evolution of the process in which mothers return home
- ♦ Assess the woman upon discharge from the hospital
- ♦ Early detection of postpartum complications, both physical and mental
- ♦ Recognize the anatomy of the female perineum
- ♦ Management of perineal trauma in pregnant women
- ♦ Know the anatomy and physiology of the breast, the formation of breast milk and its composition
- ♦ Recognize all the characteristics of the healthy newborn, as well as all the physiological changes and adaptations that occur in the first hours and days after birth
- ♦ Carry out appropriate health education for women, families and the community, identifying where education is necessary in relation to maternal and child health
- ♦ Recognize the pathology of the neonate
- ♦ Resolving women's doubts and advising them on parenting
- ♦ Understand the changes in the brain during pregnancy and postpartum to provide a complete and comprehensive approach to the patient
- ♦ Analyze perinatal loss and bereavement from the perspective of infant attachment
- ♦ Working with couples in a conscious, effective, caring and evidencebased manner
- ♦ Conduct an active search in the consultation addressing sexual health and sexuality during pregnancy and postpartum to provide women with comprehensive and quality care
- ♦ Evaluate from the prenatal period the resources and adaptation to new family roles, as well as the effectiveness of their conflict resolution strategies
- ♦ Recognize the legal aspects that we face daily in healthcare practice
- ♦ Knowing the rights and duties of patients, as well as being informed of aspects related to the user's health rights, will serve to be prudent and respectful in practice

# 05

# Course Management

The teaching staff of this Hybrid Master's Degree has been carefully selected by TECH. For this reason, the program is taught by experts of great prestige who have active careers in the field of postpartum care. The professionals who make up the faculty are up to date on the most complex and modern tools in this field of work. Based on their experience, the most innovative concepts and methodologies have been included in the syllabus of this program. In addition, they have supervised the creation of multimedia resources, such as videos and infographics, which favor the assimilation of contents in a fast and flexible way.





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*These teachers will offer you their personalized guidance throughout this Hybrid Master's Degree in TECH"*

## Management



### **Ms. Grolimund Sánchez, Verónica**

- Midwife in the Neonatology Service at the General University Hospital Gregorio Marañón
- Nurse Specialist in Gynecology and Obstetrics at the Red Cross University School of Nursing
- Diploma in Nursing from the Autonomous University of Madrid





### **Ms. Pallarés Jiménez, Noelia**

- Nurse specialized in Obstetrics and Gynecology
- Midwife. Gregorio Marañón General University Hospital
- Midwife in Primary Care in Barcelona. Catalan Institute of Health
- Midwife. Barcelona Clinical Hospital
- Postpartum Nurse. Miguel Servet University Hospital from Zaragoza
- Collaborating Professor of the Midwifery Teaching Unit. Gregorio Marañón General University Hospital
- Postgraduate Diploma in the Maternal and Newborn Nursing Area
- Diploma in Nursing. University of Zaragoza
- Specialist in Gynecological and Obstetric Nursing at the Midwifery Teaching Unit of Catalonia. University of Barcelona
- Postgraduate course in Sexual Health, Educational and Community Intervention. University of Lleida
- Specialist in Gynecological and Obstetric Nursing. Germans Trias i Pujol University Hospital

## Professors

### Ms. Ramírez Sánchez-Carnerero, Rosa María

- ♦ Midwife. Virgen of Altagracia Hospital in Manzanares
- ♦ Collaborating professor. Midwives Teaching Unit
- ♦ Teacher at the Academia Método Enseñanza Avanzada
- ♦ Degree in Social and Cultural Anthropology. Castilla La Mancha University
- ♦ University Diploma in Nursing. Castilla La Mancha University
- ♦ Master's Degree in Research Socio-sanitary

### Ms. Gutiérrez Munuera, Marta

- ♦ Midwife Specialist in Postpartum at the Infanta Leonor University Hospital
- ♦ Gynecology and Obstetrics Nurse at the of the Albacete University Hospital Complex
- ♦ Midwife at Gregorio Marañón General University Hospital
- ♦ Nurse at the Argüelles Peripheral Specialty Center
- ♦ Nurse of the Traumatology and Pneumology Unit at the University Hospital Puerta de Hierro Majadahonda
- ♦ Diploma in Nursing from the Autonomous University of Madrid

### D. Burgueño Antón, Adrián

- ♦ Nurse specialized in Obstetrics and Gynecology
- ♦ Supervisor of the Functional Area of Critical Care Units. La Paz University Hospital
- ♦ Supervisor of the Surgical Functional Area and Resuscitation. La Paz University Hospital
- ♦ Surgical Block Supervisor. La Paz University Hospital
- ♦ Obstetrics and Gynecology Operating Room Nurse
- ♦ University Diploma in Nursing. Autonomous University of Madrid
- ♦ Master's Degree in Health Management

### Ms. Triviño de la Cal, Cristina

- ♦ Nurse specialized in Gynecology and Obstetrics
- ♦ Teacher at Gregorio Marañón General University Hospital
- ♦ Lecturer at the I FUDEN Day for Midwives. Approach and care in bereavement and losses in the woman's life cycle
- ♦ Lecturer in the Physiological Childbirth workshop for the Obstetrics Team at the University Hospital of Getafe
- ♦ University Diploma in Nursing from the Autonomous University of Madrid

### Ms. García Rodríguez, Laura

- ♦ Midwives at University Hospital Fundación Jiménez Díaz
- ♦ Nurse Specialist in Gynecology and Obstetrics at the University Hospital La Paz
- ♦ Midwife at the Goya Health Center
- ♦ University Diploma in Nursing. Autonomous University of Madrid
- ♦ Postgraduate Diploma in Emergency Nursing at FUDEN-Fundación para el Desarrollo de la Enfermería (Foundation for Nursing Development)

### Ms. Hernando Orejudo, Isabel

- ♦ Nurse specialized in Obstetrics and Gynecology
- ♦ Midwife. Clinic Hospital San Carlos Outpatient Nurse. La Paz University Hospital
- ♦ University Diploma in Nursing. Autonomous University of Madrid

### Ms. López Collado, Irene

- ♦ Midwife at Gregorio Marañón General University Hospital
- ♦ Grade in Nursing from the Autonomous University of Madrid

**Ms. Matesanz Jete, Consuelo**

- ♦ Nurse specialized in Obstetrics and Gynecology
- ♦ Midwife. General Hospital of Segovia
- ♦ Midwife. Gregorio Marañón General University Hospital
- ♦ Midwife. Gregorio Marañón University Hospital Midwifery Teaching Unit
- ♦ University Diploma in Nursing. University of Alcalá
- ♦ Master's Degree in Gender and Health. Rey Juan Carlos University
- ♦ NACES Method Certified Professional

**Ms. Sánchez Boza, Pilar**

- ♦ Midwife Specializing in Sexuality and Couple Relationships
- ♦ Midwife at Gregorio Marañón General University Hospital
- ♦ Midwife in Mauritania with Rotary International: Home ES, a humanitarian aid project
- ♦ Coach in Sexpol Foundation, talks on sexual education
- ♦ Speaker at annual conferences against gender violence
- ♦ Adjunct Professor at the European University
- ♦ Lecturer in the subject Care for Women
- ♦ Professor of the subject Auxiliar en Cuidados en el Adulto II, Cuidados en el Niño y Adolescente en Grado de Enfermería (Nursing Degree)
- ♦ Diploma in Nursing at Comillas Pontifical University
- ♦ Master's Degree in Humanitarian Health Aid from the University of Alcalá de Alcalá de Henares
- ♦ University Expert in Urgencies and Emergencies Accredited by the Complutense University of Madrid

**Ms. Martín Jiménez, Beatriz**

- ♦ Midwife in the delivery room and obstetric emergency services at the University Hospital of Getafe
- ♦ Trainer of Nurse Specialists at the University General Hospital Gregorio Marañón
- ♦ Postgraduate Nurse Practitioners in Obstetrics and Gynecology and Nurse Practitioners in Pediatrics
- ♦ Co-founder of Materna Yoga, Center for Yoga and Maternity and Parenting Support.
- ♦ Lactation Consultant
- ♦ Nurse in the Neonatology and Flying Satellite Units in the Infanta Leonor University Hospital
- ♦ University Diploma in Nursing from the University of Alcalá
- ♦ Specialist in Obstetric and Gynecological Nursing, Midwifery Teaching Unit the General University Hospital Gregorio Marañón
- ♦ Midwife in the Delivery, Emergency OG and High-Risk Hospitalization Service at the Gregorio Marañón University Hospital

# 06

## Educational Plan

The syllabus of this program has several academic modules where the main techniques and innovative protocols to bring the postpartum period to a successful conclusion are presented. The program addresses the advantages and contraindications of intravenous therapy for mothers during childbirth. It also discusses the most effective relaxation techniques for the pregnant woman and provides participants with the necessary knowledge to decide when to use assisted delivery technologies such as forceps and vacuum extraction. In addition, the entire program will be supported by the innovative *Relearning* methodology and the best multimedia materials.





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*100% online and without fixed schedules: this is how you will be able to study this Hybrid Master's Degree with which TECH intends to take you to the forefront of the Nursing practice"*

## Module 1. Physiological Postpartum

- 1.1. Concept and Stages of Postpartum
- 1.2. Objectives of the Midwife during the Postpartum
- 1.3. Physical and Psychosocial Changes
- 1.4. Care of Women and Newborns Immediately After Birth
  - 1.4.1. General Examination.
  - 1.4.2. Physical Assessment
  - 1.4.3. Identification of Problems and Prevention
- 1.5. Attention and Care for Women and Newborns in the Early Postpartum Period
  - 1.5.1. Midwifery in Early Puerperium
  - 1.5.2. Health education and self-care advice
  - 1.5.3. Newborn Screening and Newborn Hearing Impairment Screening
- 1.6. Control and Follow-up of the Late Postpartum Period
- 1.7. Hospital Discharge. Midwife's Report at Discharge. Early Discharge
- 1.8. Criteria for Quality Care at the Primary Care Center
  - 1.8.1. Criteria for quality care in Primary Care Centers (Community of Madrid and other Autonomous Communities)
  - 1.8.2. Recommendations of the Clinical Practice Guide from the Ministry of Health (CPG)
- 1.9. Health Education in the Postpartum Period
  - 1.9.1. Introduction and Approach. Types of Intervention
  - 1.9.2. Objectives of Health Education in the Postpartum Period
  - 1.9.3. Midwife as a Health Agent in the Postpartum Period
  - 1.9.4. Methodology. Main techniques in Health Education: Expository Techniques, Research Techniques in the Classroom
- 1.10. Postpartum Work Groups: Postpartum Group and Breastfeeding Group
  - 1.10.1. Postpartum Session: Objectives and Contents
  - 1.10.2. Breastfeeding Session: Objectives and Contents
  - 1.10.3. Newborn Care Session: Objectives and Contents

## Module 2. Complications in the Postpartum Period

- 2.1. Postpartum hemorrhage
  - 2.1.1. Structure, Classification and Risk Factors
  - 2.1.2. Etiology
    - 2.1.2.1. Uterine tone alterations
    - 2.1.2.2. Tissue retention
    - 2.1.2.3. Trauma to the Birth Canal
    - 2.1.2.4. Coagulation Alterations
  - 2.1.3. Management of Puerperal Hemorrhage
    - 2.1.3.1. Assessment and Quantification of Hemorrhage
    - 2.1.3.2. Medical and Surgical Treatment
    - 2.1.3.3. Midwifery Care
- 2.2. Infections in Puerperium
  - 2.2.1. Postpartum Endometritis
  - 2.2.2. Perineal Infection
  - 2.2.3. Infection of the Abdominal Wall
  - 2.2.4. Mastitis
  - 2.2.5. Sepsis. Lethal Septic Shock Syndrome. Staphylococcal or Streptococcal Toxic Shock
- 2.3. Thromboembolic Disease, Heart Disease and Severe Anemia in the Postpartum Period
  - 2.3.1. Thromboembolic Disease in the Puerperium
    - 2.3.1.1. Venous Thrombosis: Superficial, Deep and Pelvic
    - 2.3.1.2. Pulmonary Embolism
  - 2.3.2. Heart Disease in the Postpartum Period
  - 2.3.3. Severe Anemia in the Postpartum Period
- 2.4. Arterial Hypertension, Preeclampsia and HELLP in the Postpartum Period
  - 2.4.1. Management of Woman with Arterial Hypertension in the Puerperium
  - 2.4.2. Management of Women in the Puerperium after Preeclampsia
  - 2.4.3. Management of Women in the Puerperium after HELLP
- 2.5. Endocrine Pathology in the Puerperium
  - 2.5.1. Management of Woman with Gestational Diabetes in the Puerperium
  - 2.5.2. Thyroid Pathology in the Puerperium
  - 2.5.3. Sheehan Syndrome

- 2.6. Digestive and Urinary Pathology
  - 2.6.1. Main Digestive Pathology Conditions in the Postpartum Period
    - 2.6.1.1. Crohn's Disease and Ulcerative Colitis
    - 2.6.1.2. Fatty Liver
    - 2.6.1.3. Cholestasis
  - 2.6.2. Urinary Pathology in the Puerperium
    - 2.6.2.1. Urinary Infections
    - 2.6.2.2. Postpartum Urinary Retention
    - 2.6.2.3. Urinary Incontinence
- 2.7. Autoimmune, Neurological and Neuromuscular Diseases in the Puerperium
  - 2.7.1. Autoimmune Diseases in the Puerperium: Lupus
  - 2.7.2. Neurological and Neuromuscular Pathology in the Postpartum Period
    - 2.7.2.1. Post-Puncture Headache
    - 2.7.2.2. Epilepsy
    - 2.7.2.3. Cerebrovascular Diseases (subarachnoid hemorrhage, aneurysms, brain neoplasms)
    - 2.7.2.4. Amyotrophic Lateral Sclerosis
    - 2.7.2.5. Myasthenia Gravis
- 2.8. Infectious Diseases in the Postpartum Period
  - 2.8.1. Hepatitis B Virus Infection
    - 2.8.1.1. Care of Pregnant Women with a Hepatitis B Viral Infection
    - 2.8.1.2. Care and Monitoring of the Newborn of a Mother with hepatitis B
  - 2.8.2. Hepatitis C Viral Infection
    - 2.8.2.1. Care of Pregnant Women with a Hepatitis C Viral Infection
    - 2.8.2.2. Care and Monitoring of the Newborn of a Mother with Hepatitis C
  - 2.8.3. Viral Infection in Patients with an Immunodeficiency
    - 2.8.3.1. Care of Pregnant Women with HIV
    - 2.8.3.2. Care and Monitoring of Newborns of HIV-Positive Mothers
- 2.9. Perineal Trauma and Abdominal Scar Dehiscence after C-section
  - 2.9.1. Perineal Tears: Degree of Tearing and Treatment
  - 2.9.2. Episiotomy: Types and Midwifery Care
  - 2.9.3. Abdominal Scar Dehiscence after C-section: Midwifery Care
  - 2.9.4. Perineal Bruising

- 2.10. Psychiatric Illness
  - 2.10.1. Postpartum Depression (P.P.D.)
    - 2.10.1.1. Definition, Etiology and Detection of P.P.D.
    - 2.10.1.2. Medical Care and Midwife Treatment
  - 2.10.2. Puerperal Psychosis
    - 2.10.2.1. Definition, Etiology, Detection of Postpartum Psychosis
    - 2.10.2.2. Medical Care and Midwife Treatment

### Module 3. Pelvic floor

- 3.1. Anatomy of the Female Perineum. Types of Perineal Trauma
- 3.2. Episiotomy
  - 3.2.1. Definition
  - 3.2.2. Types of Episiotomy
  - 3.2.3. Directions for Performing an Episiotomy
  - 3.2.4. WHO, SEGO and CPG recommendations
- 3.3. Perineal Tears:
  - 3.3.1. Definition and Types
  - 3.3.2. Risk Factors
  - 3.3.3. Prevention of Perineal Tears
- 3.4. Hematomas Care by the Midwife after a Perineal Repair
  - 3.4.1. Slight Tears (types I and II)
  - 3.4.2. Severe Tears (types III and IV)
  - 3.4.3. Episiotomy.
- 3.5. Short-Term Complications of Perineal Trauma
  - 3.5.1. Hemorrhages
  - 3.5.2. Infections
  - 3.5.3. Pain and Dyspareunia
- 3.6. Long-Term Complications of Perineal Trauma: Incontinence
  - 3.6.1. Urinary Incontinence.
  - 3.6.2. Fecal Incontinence
  - 3.6.3. Gas Incontinence

- 3.7. Long-Term Complications of Perineal Trauma: prolapse
  - 3.7.1. Definition and Classification of Genital Prolapse
  - 3.7.2. Risk Factors
  - 3.7.3. Medical and Surgical Treatment for Prolapses Pelvic Floor Rehabilitation
- 3.8. Conservative Treatment for Pelvic Floor Dysfunction
  - 3.8.1. Manual Techniques
  - 3.8.2. Instrumental Techniques: Biofeedback and Electrostimulation and among others
  - 3.8.3. Postural Re-education and Abdominal- Abdomino-Pelvic Training
- 3.9. Surgical Treatment for Pelvic Floor Dysfunction
  - 3.9.1. Slings and Meshes
  - 3.9.2. Colposuspensions
  - 3.9.3. Colporrhaphy and Perineorrhaphy
- 3.10. Female Genital Mutilation (F.G.M.)
  - 3.10.1. Introduction and Social and Demographic Context of FGM. Epidemiology
  - 3.10.2. Current FGM Practice
  - 3.10.3. Types of FGM
  - 3.10.4. Consequences of the Practice of FGM on Women's Health
  - 3.10.5. FGM: Strategies for Prevention, Detection and Midwifery Interventions.
  - 3.10.6. Legal Framework Regarding FGM

## Module 4. Breastfeeding

- 4.1. Anatomy
  - 4.1.1. Embryonic Development
  - 4.1.2. Mature Mammary Glands
  - 4.1.3. Mammary Glands in Pregnancy
  - 4.1.4. Mammary Glands in Lactation
- 4.2. Physiology of Lacteal Secretion
  - 4.2.1. Mammogenesis
  - 4.2.2. Lactogenesis I and II
  - 4.2.3. Lactogenesis III/ Lactopoiesis
  - 4.2.4. Endocrine Control of Lactic Secretion
- 4.3. Composition of Breast Milk
  - 4.3.1. Types and Composition of Milk
  - 4.3.2. Comparison between Colostrum-Ripened Milk and Cow Milk
- 4.4. Effective Breastfeeding
  - 4.4.1. Signs of a Good Grip
  - 4.4.2. Newborn Normal Patterns: Micturition, Stool and Weight Gain
- 4.5. Sample Evaluation
  - 4.5.1. Latch Scale
  - 4.5.2. Observation Table of the European Union Intake
  - 4.5.3. Breastfeeding Postures
- 4.6. Nutrition and supplementation
  - 4.6.1. Maternal Nutrition and Supplementation
  - 4.6.2. Supplementation for Newborns. 2017 Clinical Practice Guideline Recommendations
- 4.7. Restrictions to Breastfeeding
  - 4.7.1. Maternal Complications
  - 4.7.2. Complications in Newborns
  - 4.7.3. Pharmacological Suppression
- 4.8. Breastfeeding and Bonding
  - 4.8.1. Skin to skin. The Importance of the First Hours after Birth
  - 4.8.2. Co-Sleeping
    - 4.8.2.1. Benefits
    - 4.8.2.2. Guidelines for Safe Co-Sleeping
  - 4.8.3. Tandem Breastfeeding
- 4.9. Milk Extraction and Preservation
- 4.10. Weaning Initiative for the Humanization of Childbirth and Breastfeeding (HCB)



## Module 5. The Newborn

- 5.1. Introduction to Neonatology Concept and Classification
  - 5.1.1. Periods in Neonatology
  - 5.1.2. Classification of Newborns: by Birth-Weight or Gestation Period
  - 5.1.3. Classification of Newborns at Risk
  - 5.1.4. Identification of Gestational age. Methods of Farr-Dubowitz. Methods of Capurro and Ballard
- 5.2. Adaptation to Extrauterine Life according to different Systems
  - 5.2.1. Respiratory. First Breath
  - 5.2.2. Cardiovascular: Circulation, Hemoglobin and Coagulation. Closure of Ducts and the Patent Foramen Ovale
  - 5.2.3. Thermoregulation in the Newborn
  - 5.2.4. Gastrointestinal
  - 5.2.5. Renal
  - 5.2.6. Hormonal and Immunological
  - 5.2.7. Hepatic and Glucose Metabolism
- 5.3. Immediate Care of the Newborn. Midwifery Care in the Immediate Postpartum Period
  - 5.3.1. Newborn Assessment. Apgar's Test
  - 5.3.2. Prophylaxis
  - 5.3.3. Phases of Behavior (periods of alertness, adaptation and rest, search and established lactation)
  - 5.3.4. Skin to Skin
  - 5.3.5. Midwifery Care in the Immediate Postpartum Period
- 5.4. Physical Examination of Newborns
  - 5.4.1. Skeletal System
  - 5.4.2. Skin and Tissue Subcutaneous
  - 5.4.3. Cardiorespiratory
  - 5.4.4. Abdomen
  - 5.4.5. Chest
  - 5.4.6. Genitourinary
  - 5.4.7. Upper and Lower Extremities
  - 5.4.8. Neurology
- 5.5. Care of Newborns
  - 5.5.1. Hygiene and Bathing
  - 5.5.2. The Umbilical Cord
  - 5.5.3. Urination and Meconium
  - 5.5.4. Attire
  - 5.5.5. Pacifier
  - 5.5.6. Hospital Visits
  - 5.5.7. Nutrition
- 5.6. Thermal Regulation in the Neonate and Physical Environment
  - 5.6.1. Temperature Regulation in a Newborn
  - 5.6.2. Heat Production in a Newborn
  - 5.6.3. Heat Loss in a Newborn
  - 5.6.4. Methods to Reduce Heat Loss
  - 5.6.5. Consequences of Heat Stress on the Newborn NB
  - 5.6.6. Importance of the Physical Environment: Exposure to Light, Daynight Rhythm, Noise and Tactile Stimuli
- 5.7. Common Reasons for Consultation
  - 5.7.1. Crying
  - 5.7.2. Milk Allergy
  - 5.7.3. Gastroesophageal Reflux
  - 5.7.4. Delayed Vomiting
  - 5.7.5. Inguinal Hernia
  - 5.7.6. Hemangiomas
  - 5.7.7. Lacrimal stenosis and Lacrimal Occlusion
  - 5.7.8. Sleep
- 5.8. Screening and Parameters of Neonatal Development and Growth
  - 5.8.1. Metabolic, Auditory and Visual Screenings
  - 5.8.2. Growth Parameters (Weight, Lengths and Perimeters)
  - 5.8.3. Development Parameters

- 5.9. Common Problems
  - 5.9.1. Metabolic Dysfunctions: Hypoglycemia and Hypocalcemia
  - 5.9.2. Respiratory Problems: Hyaline Membrane Disease, Apnea, Transient Tachypnea, Meconium Aspiration Syndrome
  - 5.9.3. Hyperbilirubinemia: Physiological, Pathological and Kernicterus
  - 5.9.4. Gastroesophageal Reflux. Infantile Colic
  - 5.9.5. Febrile Seizures
- 5.10. Prevention of NB Accidents. Prevention of Sudden Death

## Module 6. Special Situations

- 6.1. Premature Newborns
  - 6.1.1. Definition. Etiology
  - 6.1.2. Prematurity and Morphology Characteristics (Dubowitz Score, Ballard Score)
  - 6.1.3. Early and Late Complications of Prematurity
  - 6.1.4. Care for the Parents of Premature Infants. Impact of Prematurity on Parents
  - 6.1.5. Early and Late Complications
- 6.2. Postmature Newborn
  - 6.2.1. Definition. Etiology
  - 6.2.2. Clinical Symptoms
  - 6.2.3. Main Complications
  - 6.2.4. General Care
- 6.3. Low Birth Weight of Newborns and RIC
  - 6.3.1. Definition. Etiology
  - 6.3.2. Clinical Symptoms
  - 6.3.3. Main Complications
  - 6.3.4. General Care
- 6.4. Hypoxic– Ischemic Encephalopathy
  - 6.4.1. Essential and Specific Criteria for the Diagnosis of Hypoxic-Ischemic Encephalopathy
  - 6.4.2. Management of Hypoxic-Ischemic Encephalopathy
- 6.5. Perinatal Infection. Sepsis
  - 6.5.1. Early or Vertical Infection
  - 6.5.2. Late or Nosocomial Infections
  - 6.5.3. Neonatal Sepsis
  - 6.5.4. Special Considerations for Major Infections: Listeria, Cytomegalovirus, Toxoplasma, Rubella, Chicken Pox and Syphilis
- 6.6. Midwifery Care of Newborns delivered by Drug-using Mothers
  - 6.6.1. Classification of Drugs according to WHO (opium and derivatives, barbiturates and alcohol, cocaine, amphetamines, LSD and cannabis) and according to Pharmacology (CNS stimulants, CNS depressants and psychedelics)
  - 6.6.2. Effects of Drug Use during Pregnancy on Neonates
  - 6.6.3. Neonatal Care and Surveillance
  - 6.6.4. Fetal Alcohol Syndrome
- 6.7. Features of Breastfeeding in Premature Newborns
  - 6.7.1. Sucking Reflex and Prematurity
  - 6.7.2. Breast Milk, Donated Milk and Formula Milk
  - 6.7.3. Special Techniques and Positions
  - 6.7.4. Relactator Use
- 6.8. Breastfeeding Problems in Special Situations
  - 6.8.1. Drowsy Newborns
  - 6.8.2. Breastfeeding Strike
  - 6.8.3. Ankyloglossia
  - 6.8.4. Fetal Disorders: Down Syndrome, Pierre-Robin Syndrome and Cleft Lip
- 6.9. Mother-Related Breastfeeding Problems I
  - 6.9.1. Flat, Inverted and Pseudoinverted Nipple
  - 6.9.2. Poor Grip
  - 6.9.3. Nipple Cracks and Infections
  - 6.9.4. Delayed Lactogenesis II
- 6.10. Mother-Related Breastfeeding Problems II
- 6.11. Mastitis: Culture Extraction
- 6.12. Abscess
- 6.13. Hypogalactia
- 6.14. Ingurgitation

**Module 7. Psychological and emotional aspects in the postpartum period**

- 7.1. Definition of Bond. Theoretical Framework
- 7.2. Neurobiology of Bonding
  - 7.2.1. Maternal Hormonal System
  - 7.2.2. Hormonal System of the Newborn
- 7.3. Psychological Changes in the Postpartum Period
  - 7.3.1. Psychological Transparency
  - 7.3.2. Psychosocial Adaptation: Reva Rubin and Mercer
- 7.4. Risk Factors Associated with the Disruption of Maternal Bond
- 7.5. Perinatal Loss
  - 7.5.1. Definitions
  - 7.5.2. Current Situation of Perinatal Loss in Spain
  - 7.5.3. Risk Factors and Causes
- 7.6. Types of Perinatal Loss
  - 7.6.1. Spontaneous Abortion, Voluntary Termination of Pregnancy (VTP)
  - 7.6.2. IVF due to Fetal Malformation or Maternal Risk
  - 7.6.3. Selective Reduction in Multiple Gestations
  - 7.6.4. Intrauterine or Intrapartum Stillbirth Loss
- 7.7. Perinatal Bereavement
  - 7.7.1. Concept and Modalities
  - 7.7.2. Stages of Grief
  - 7.7.3. Differences between Perinatal Bereavement and Depression
- 7.8. Conceptualization of Perinatal Bereavement
  - 7.8.1. Specific Manifestations
  - 7.8.2. Factors Influencing Grief
  - 7.8.3. Assessment Scales for Perinatal Bereavement
- 7.9. Experiences after a Loss
  - 7.9.1. Pregnancy Following a Loss
  - 7.9.2. Breastfeeding during Bereavement
  - 7.9.3. Others affected by the Loss
- 7.10. The Role of the Midwife in Perinatal Bereavement and Loss

**Module 8. Sexuality and Birth Control in the Postpartum Period**


- 8.1. Anatomical Reminder of the Female Genital Apparatus
  - 8.1.1. External Genitalia
  - 8.1.2. Internal Genitals
  - 8.1.3. The Pelvic Bone
  - 8.1.4. The Soft Pelvis
  - 8.1.5. Mammary Glands
- 8.2. Reminder of the Physiology of the Female Reproductive Organs
  - 8.2.1. Female Hormones
  - 8.2.2. Female Genital Cycle: Ovarian, Endometrial, Myometrial, Tubal, Cervical-Uterine, Vaginal and Mammary
- 8.3. The Female Sexual Response Cycle
  - 8.3.1. Introduction: Jonhson Masters Sexual Response Cycle
  - 8.3.2. Desire
  - 8.3.3. Arousal
  - 8.3.4. Plateau
  - 8.3.5. Orgasm
- 8.4. Sexuality in the Postpartum Period
  - 8.4.1. Anatomical, Physiological and Psychological Changes in the Puerperium
  - 8.4.2. Sexuality in the Postpartum Period
  - 8.4.3. Sexual Problems during the Postpartum Period
  - 8.4.4. Promotion of Sexual Health in the Postpartum Period
- 8.5. Reduction or Loss of Sexual Desire
  - 8.5.1. Biological Basis for Sexual Desire
  - 8.5.2. Observations on Sexual Desire
  - 8.5.3. Definitions of Sexual Desire
  - 8.5.4. Difficulties during the Phase of Sexual Desire
  - 8.5.5. Etiology of Difficulties Regarding Sexual Desire
  - 8.5.6. Treatment Proposals
- 8.6. Difficulties becoming Aroused
  - 8.6.1. Definitions of the Concept of Arousal
  - 8.6.2. Definition of Arousal Difficulties
  - 8.6.3. Classification of Arousal Difficulties
  - 8.6.4. Etiology of Arousal Difficulties

- 8.7. Difficulties having an Orgasm
  - 8.7.1. What is An Orgasm and How Does It Occur?
  - 8.7.2. Physiological Reactions of a Woman's Sexual Response
  - 8.7.3. The G Spot
  - 8.7.4. The Love Muscle (pubococcygeus muscle)
  - 8.7.5. Necessary Conditions to have an Orgasm
  - 8.7.6. Classification of Female Orgasm Dysfunction
  - 8.7.7. Etiology of Anorgasmia
  - 8.7.8. Treatment
- 8.8. Vaginismus and Dyspareunia
  - 8.8.1. Definitions
  - 8.8.2. Classification
  - 8.8.3. Etiology
  - 8.8.4. Treatment
- 8.9. Couples Therapy
  - 8.9.1. General Aspects of Couples Therapy
  - 8.9.2. Dynamics of Sexual Enrichment and Communication in Couples
- 8.10. Contraception in the Postpartum Period
  - 8.10.1. Concepts
  - 8.10.2. Types of Contraception
  - 8.10.3. Natural Methods
    - 8.10.3.1. Natural Methods with Breastfeeding
    - 8.10.3.2. Natural Methods without Breastfeeding
  - 8.10.4. IUD
  - 8.10.5. Hormonal Methods
    - 8.10.5.1. Hormonal Methods with Breastfeeding
    - 8.10.5.2. Hormonal Methods without Breastfeeding
  - 8.10.6. Voluntary Sterilization
  - 8.10.7. Emergency Contraception

## Module 9. Parenthood

- 9.1. Childhood and Positive Parenting in the European framework
  - 9.1.1. The European Council and Children's Rights
  - 9.1.2. Positive Parenting: Definition and Basic Principles
  - 9.1.3. Public Policies in Support of Positive Parenting



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- 9.2. The Family as a Health Agent
    - 9.2.1. Definition of family
    - 9.2.2. The Family as a Health Agent
    - 9.2.3. Protective Factors and Constraints
    - 9.2.4. Development of Parental Skills and Responsibility
  - 9.3. The Family: Structure and Life Cycle
    - 9.3.1. Family Models
      - 9.3.1.1. Inclusion
      - 9.3.1.2. Fusion
      - 9.3.1.3. Interdependence
    - 9.3.2. Types of Family
      - 9.3.2.1. Stable
      - 9.3.2.2. Unstable
      - 9.3.2.3. Single-Parent
      - 9.3.2.4. Reconstituted
    - 9.3.3. Single-Parent Families
    - 9.3.4. Assessment of the Family's Needs
      - 9.3.4.1. Family Evolutionary Cycle
      - 9.3.4.2. The Apgar Family Test
      - 9.3.4.3. The Mos Questionnaire
  - 9.4. Parental Educational Styles
    - 9.4.1. Essential Concepts
    - 9.4.2. Classification of Styles
      - 9.4.2.1. Authoritarian Parents
      - 9.4.2.2. Permissive Parents (indulgent and negligent)
      - 9.4.2.3. Democratic Parents
    - 9.4.3. Family Styles
      - 9.4.3.1. Contractualist
      - 9.4.3.2. Statutory
      - 9.4.3.3. Maternal
      - 9.4.3.4. Overprotective

- 9.5. Coeducation
  - 9.5.1. Introduction and Principles
  - 9.5.2. Coeducation Strategies
  - 9.5.3. Workshops to Work on Coeducation in Families (sessions)
- 9.6. Positive Conflict Resolution Intrafamily Communication
  - 9.6.1. Intelligent Traffic Light Technology
  - 9.6.2. Effective Communication, Active Listening and Assertiveness
  - 9.6.3. Self-esteem and Self-awareness. Self-esteem in the different Stages of a Child's Life
  - 9.6.4. Promoting Autonomy
  - 9.6.5. Self-control and Tolerance Towards Frustration
- 9.7. Attachment
  - 9.7.1. Introduction. Function. Window of Opportunity
  - 9.7.2. The Development of Attachment by Age
  - 9.7.3. Attachment Types: Secure, Anxious and Ambivalent, Avoidant, Disorganized, Disorganized
  - 9.7.4. Paternal Bond
- 9.8. Midwifery Care geared towards the Establishment and Promotion of Attachment
  - 9.8.1. Babysitting Method
  - 9.8.2. Promotion of Breastfeeding
  - 9.8.3. Transport
  - 9.8.4. Infant Massage
  - 9.8.5. Model Sessions to promote Attachment
- 9.9. Damage to Mother-Infant Bonding
  - 9.9.1. Diagnostic Criteria
  - 9.9.2. Psychomedical Questionnaires
  - 9.9.3. Other Assessment Scales
  - 9.9.4. Semi-Structured Interview
- 9.10. Emotional or Psychological Abuse
  - 9.10.1. Introduction to Child Abuse
  - 9.10.2. Definition of Psychological Abuse
  - 9.10.3. Classification: Liabilities and Assets
  - 9.10.4. Risk Factors
  - 9.10.5. Symptoms and Disorders
  - 9.10.6. Forms of Psychological Abuse

## Module 10. Legislation and management in midwifery care practice in the postpartum period.

- 10.1. Postpartum Women and Newborns as Users of the National Health System. Ethical Principles in Good Professional Practice
- 10.2. The Right to Health Information and The Right to Privacy in Midwifery Practice
  - 10.2.1. The Right to Health Care Information
  - 10.2.2. Holder of the Right to Health Care Information
  - 10.2.3. The Right to Epidemiological Information
  - 10.2.4. The Right to Privacy. Professional Discretion
  - 10.2.5. The Patient's Right to Autonomy
  - 10.2.6. Informed Consent
  - 10.2.7. Limitations to Informed Consent and Informed Consent by Proxy
  - 10.2.8. Terms of Information and Informed Written Consent
  - 10.2.9. Information within the National Health System
- 10.3. Professional Secrecy
- 10.4. Medical History. Discharge Report and other Clinical Documentation. Data Protection
- 10.5. Professional Responsibility in Midwifery Care
- 10.6. Civil Registry. Family Book. Current Maternity and Paternity Leave. Leave in Special Situations
- 10.7. Quality of Midwifery Care in the Postpartum Period
  - 10.7.1. Concept of Quality and Conceptual Framework. Comprehensive Quality
  - 10.7.1. Evaluation of Structure, Process and Results
  - 10.7.2. Evaluation Methods: External Evaluation, Internal Evaluation and Monitoring
  - 10.7.3. Quality Control
- 10.8. Health Programs and their Evaluation
  - 10.8.1. Concept of a Health Program
  - 10.8.2. Objectives and Activity Planning
  - 10.8.3. Clinical Practice Guidelines
  - 10.8.4. Clinical Care and Treatment Alternatives
  - 10.8.5. Assessment

- 10.9. Health Planning
  - 10.9.1. Introduction and Definition of Health Planning
  - 10.9.2. Planning Stages
  - 10.9.3. Identifying Problems. Types of Requirements
  - 10.9.4. Indicators
  - 10.9.5. Factors that Condition Health Problems
  - 10.9.6. Prioritizing Problems
- 10.10. Organization of Obstetric Care in the Postpartum Period at different Stages of Care
  - 10.10.1. Organization of Midwifery Care in Primary Care and Specialized Care Centers
  - 10.10.2. The Postpartum Consultation by the Midwife
  - 10.10.3. Co-ordination of Midwifery Practise between the Two Stages of Care. Continuity of Care

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*This program is accessible from any device connected to the Internet, giving you the opportunity to study whenever and wherever you want”*

07

# Clinical Internship

After the online theoretical phase of this Hybrid Master's Degree, TECH is committed to the realization of a first level practical stay. In this way, graduates will be able to directly apply the new knowledge acquired, in real patients who require it, under the close supervision of an assistant tutor.







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*This Hybrid Master's Degree will allow you to assist real patients during childbirth, from an intensive and rigorous clinical practice of 120 hours"*

During this hands-on training, participants will have access to state-of-the-art care resources that enable the care of women and newborns during the postpartum period. In addition, they will be able to apply the best strategies to control pain and, subsequently, to monitor the evolution of newborns.

Through this intensive and immersive on-site stay, students will work alongside experts with extensive experience. In addition, an assistant tutor will assign them dynamic tasks during the 3 weeks of this educational process so that they can expand their skills quickly, flexibly and with total guarantee of updating.

The practical teaching will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other training partners that facilitate teamwork and multidisciplinary integration as transversal competencies for the Midwifery practice (learning to be and learning to relate).

The procedures described below will form the basis of the practical part of the training, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:





| Module  | Practical Activity  |
|---|---|
| <b>New Technologies in the postpartum period for Nursing</b>                | Monitor fetal heart rate during delivery using monitoring equipment and providing real-time information   |
|   | Access information about the mother and baby in real time through new communication technology resources and telemedicine tools   |
|   | Manage electric pumps and special bottles designed to mimic the baby's natural sucking, making breastfeeding more comfortable for patients                                |
|   | Evaluate women's postpartum recovery using state-of-the-art mobile applications   |
| <b>Latest Nursing techniques for the assistance of childbirth</b>           | Master pain relief techniques including administration of analgesics, application of hot or cold compresses, acupuncture, hypnosis and relaxation                         |
|   | Evaluate the need for the use of assisted delivery technologies such as forceps and vacuum extraction   |
|   | Identify any complications that may arise during labor, including postpartum internal bleeding in the mother or shoulder dystocia in the baby                             |
|   | Assess the baby's health status by observation and metric methods   |
| <b>Tests of Nursing after delivery the newborn</b>                          | Perform a complete physical examination to determine the newborn's weight, length, head circumference, skin, eyes, ears, respiratory, cardiovascular, and nervous systems |
|   | Measure the infant's bilirubin levels to detect jaundice  |
|   | Test the infant's blood sugar values to detect hypoglycemia   |
|   | Apply the otoemission acoustic test to check newborn hearing  |
|   | Use the pupillary reflection test to determine the newborn's ocular response to light   |
|   | Performing the heel prick test to rule out cystic fibrosis among other genetic diseases   |
|   | Check the newborn for infectious diseases such as hepatitis B and C by means of specific tests indicated by the physician   |
| <b>Attention of Nursing Care for the Mother during and after childbirth</b> | Ensure that the mother receives the correct fluids and medications through intravenous therapy  |
|   | Assist in the administration of analgesia and epidural anesthesia and manage their side effects   |
|   | Provide emotional support to the mother through relaxation techniques, preparation for newborn care and breastfeeding advice  |
|   | Monitoring that the mother and baby are in good health, including home visits and phone calls   |

## Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this educational entity undertakes to take out civil liability insurance to cover any eventuality that may arise during the internship during the stay at the internship center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



## General Conditions for Practical Training

The general terms and conditions of the internship agreement for the program are as follows:

**1. TUTORIAL:** During the Hybrid Master's Degree, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE:** If the students does not show up on the start date of the Hybrid Master's Degree, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** Professionals who pass the Hybrid Master's Degree will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** the Hybrid Master's Degree shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Hybrid Master's Degree. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** The Hybrid Master's Degree will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

# 08

## Where Can I Do the Clinical Internship?

This Hybrid Master's Degree includes in its itinerary a practical stay, linked to a hospital center of international prestige. The entity, with a wide experience in the management of the postpartum period, will give the participants access to the best technologies in this area. At the same time, it will serve as a scenario to promote the execution of avant-garde procedures. For all this, the students will be supervised by an assistant tutor and will be able to discuss the most innovative strategies with experts with extensive experience in the field.





“

*TECH will allow you to choose the center that best suits your geographical location, giving you the opportunity to acquire competencies governed by the latest international standards”*



Students will be able to take the practical part of this Hybrid Master's Degree in the following centers:



Nurses

### Hospital Maternidad HM Belén

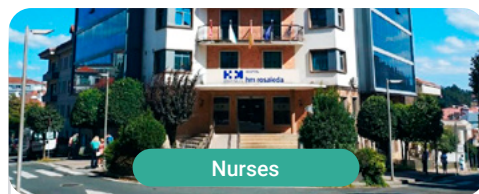
|         |           |
|---------|-----------|
| Country | City      |
| Spain   | La Coruña |

Address: R. Filantropía, 3, 15011, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Update in Assisted Reproduction
- Hospitals and Health Services Management



Nurses

### Hospital HM Rosaleda

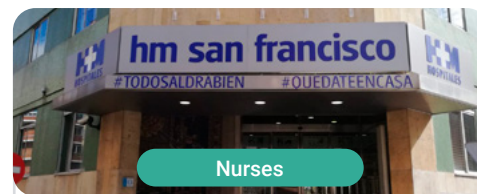
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|---------|-----------|
| Country | City      |
| Spain   | La Coruña |

Address: Rúa de Santiago León de Caracas, 1, 15701, Santiago de Compostela, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Hair Transplantation
- Orthodontics and Dentofacial Orthopedics



Nurses

### Hospital HM San Francisco

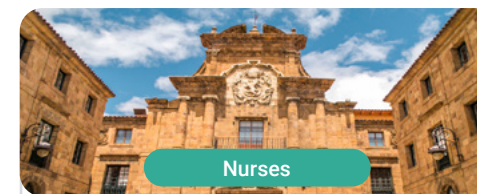
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| Country | City |
| Spain   | León |

Address: C. Marqueses de San Isidro, 11, 24004, León

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Update in Anesthesiology and Resuscitation
- Nursing in the Traumatology Service



Nurses

### Hospital HM Regla

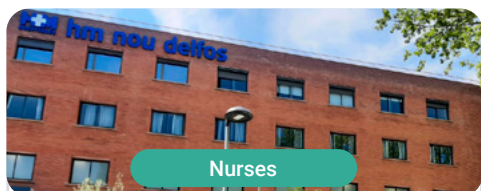
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|---------|------|
| Country | City |
| Spain   | León |

Address: Calle Cardenal Landázuri, 2, 24003, León

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Update on Psychiatric Treatment in Minor Patients



Nurses

### Hospital HM Nou Delfos

|         |           |
|---------|-----------|
| Country | City      |
| Spain   | Barcelona |

Address: Avinguda de Vallcarca, 151, 08023 Barcelona

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Aesthetic Medicine
- Clinical Nutrition in Medicine



Nurses

### Hospital HM Madrid

|         |        |
|---------|--------|
| Country | City   |
| Spain   | Madrid |

Address: Pl. del Conde del Valle de Súchil, 16, 28015, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Palliative Care
- Anaesthesiology and Resuscitation



Nurses

### Hospital HM Montepíncipe

|         |        |
|---------|--------|
| Country | City   |
| Spain   | Madrid |

Address: Av. de Montepíncipe, 25, 28660, Boadilla del Monte, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Palliative Care
- Aesthetic Medicine



Nurses

### Hospital HM Torrelodones

|         |        |
|---------|--------|
| Country | City   |
| Spain   | Madrid |

Address: Av. Castillo Olivares, s/n, 28250, Torrelodones, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care





Nurses

### Hospital HM Sanchinarro

|         |        |
|---------|--------|
| Country | City   |
| Spain   | Madrid |

Address: Calle de Oña, 10, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Nurses

### Hospital HM Nuevo Belén

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|---------|--------|
| Country | City   |
| Spain   | Madrid |

Address: Calle José Silva, 7, 28043, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- General and Digestive System Surgery
- Clinical Nutrition in Medicine



Nurses

### Hospital HM Puerta del Sur

|         |        |
|---------|--------|
| Country | City   |
| Spain   | Madrid |

Address: Av. Carlos V, 70, 28938, Móstoles, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Palliative Care
- Clinical Ophthalmology



Nurses

### Policlínico HM Cruz Verde

|         |        |
|---------|--------|
| Country | City   |
| Spain   | Madrid |

Address: Plaza de la Cruz Verde, 1-3, 28807, Alcalá de Henares, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Advanced Clinical Podiatry
- Optical Technologies and Clinical Optometry



Nurses

### Policlínico HM Distrito Telefónica

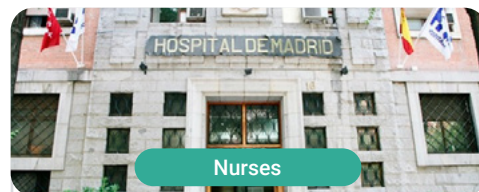
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| Country | City   |
| Spain   | Madrid |

Address: Ronda de la Comunicación, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Optical Technologies and Clinical Optometry
- General and Digestive System Surgery



Nurses

### Policlínico HM Gabinete Velázquez

|         |        |
|---------|--------|
| Country | City   |
| Spain   | Madrid |

Address: C. de Jorge Juan, 19, 1º 28001, 28001, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Clinical Nutrition in Medicine
- Aesthetic Plastic Surgery



Nurses

### Policlínico HM La Paloma

|         |        |
|---------|--------|
| Country | City   |
| Spain   | Madrid |

Address: Calle Hilados, 9, 28850, Torrejón de Ardoz, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Advanced Operating Room Nursing
- Orthodontics and Dentofacial Orthopedics



Nurses

### Policlínico HM Las Tablas

|         |        |
|---------|--------|
| Country | City   |
| Spain   | Madrid |

Address: C. de la Sierra de Atapuerca, 5, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Nursing in the Traumatology Service
- Diagnosis in Physiotherapy





### Policlínico HM Moraleja

|         |        |
|---------|--------|
| Country | City   |
| Spain   | Madrid |

Address: P.º de Alcobendas, 10, 28109, Alcobendas, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

#### Related internship programs:

- Rehabilitation Medicine in Acquired Brain Injury Management



### Policlínico HM Sanchinarro

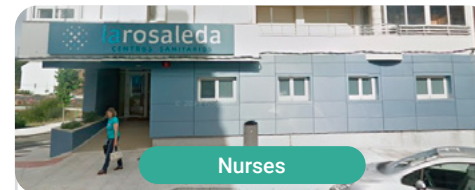
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|---------|--------|
| Country | City   |
| Spain   | Madrid |

Address: Av. de Manoteras, 10, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

#### Related internship programs:

- Postpartum for Midwives



### Policlínico HM Rosaleda Lalín

|         |            |
|---------|------------|
| Country | City       |
| Spain   | Pontevedra |

Address: Av. Buenos Aires, 102, 36500, Lalín, Pontevedra

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

#### Related internship programs:

- Advances in Hematology and Hemotherapy
- Neurological Physiotherapy



### Policlínico HM Imi Toledo

|         |        |
|---------|--------|
| Country | City   |
| Spain   | Toledo |

Address: Av. de Irlanda, 21, 45005, Toledo

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

#### Related internship programs:

- Electrotherapy in Rehabilitation Medicine
- Hair Transplantation

09

# 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.



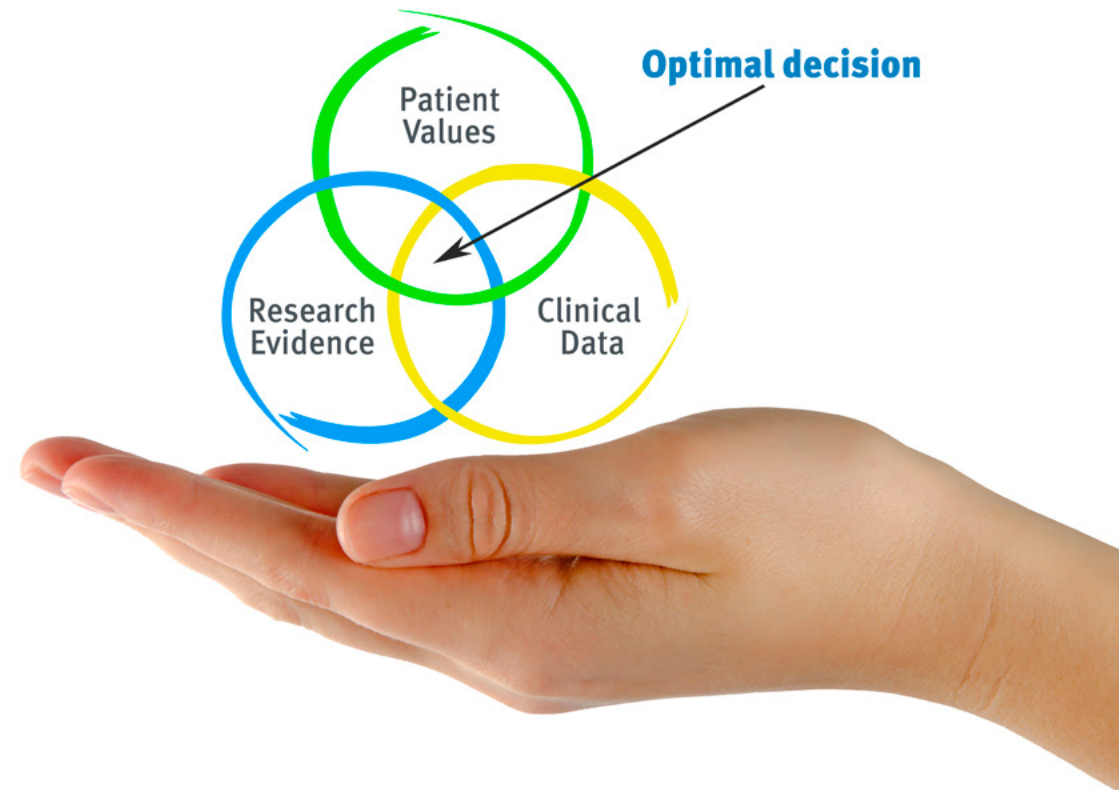
“

*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 Nursing School we use the Case Method

In a given situation, what should a professional do? 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. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology 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, in an attempt to recreate the real conditions in professional nursing 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. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



*The nurse will learn through real cases and by solving 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 we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. 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 really 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.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, 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 them as many times as you want.



### Interactive Summaries

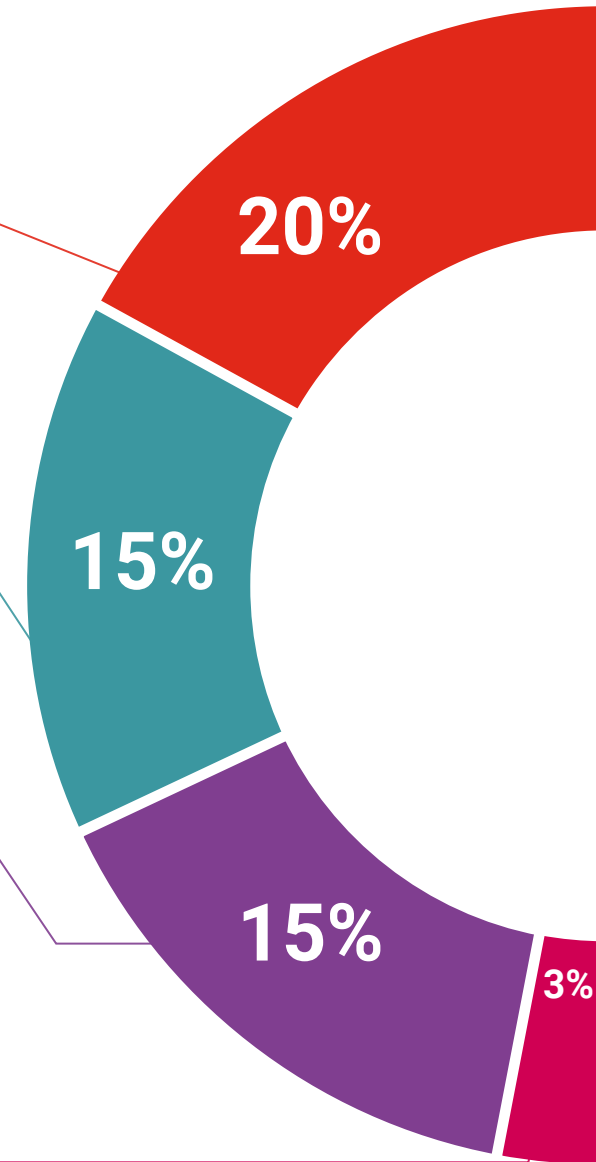
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

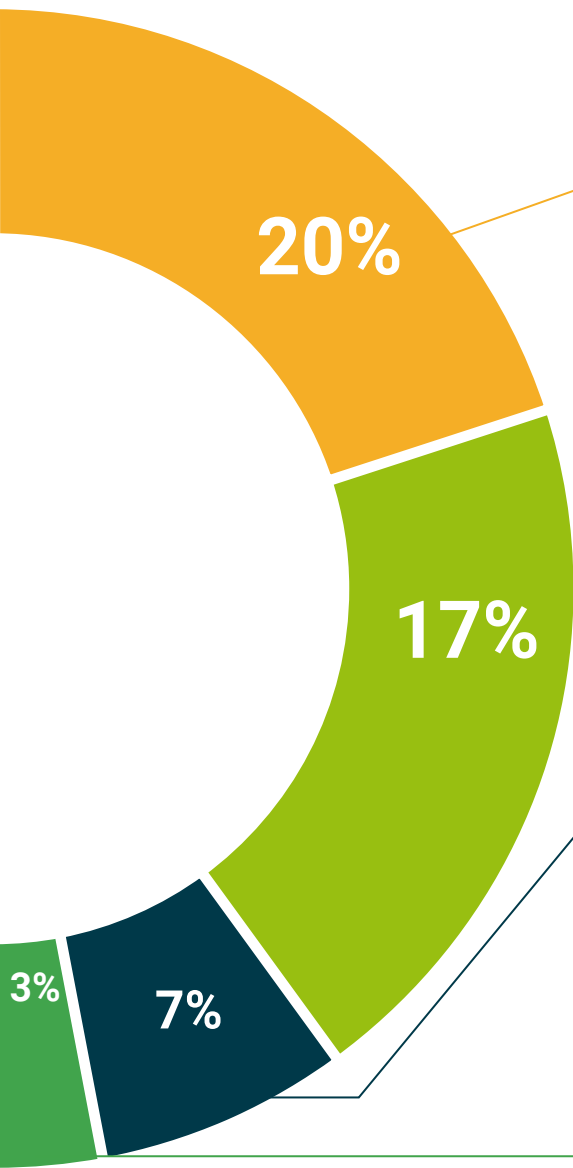
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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 suggesting that observing third-party experts can be useful.

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.



# 10 Certificate

The Hybrid Master's Degree in Postpartum for Midwives guarantees students, in addition to the most rigorous and up-to-date education, access to a Hybrid Master's Degree qualification issued by TECH Global University.



“

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

This private qualification will allow you to obtain a **Hybrid Master's Degree in Postpartum for Midwives** 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.

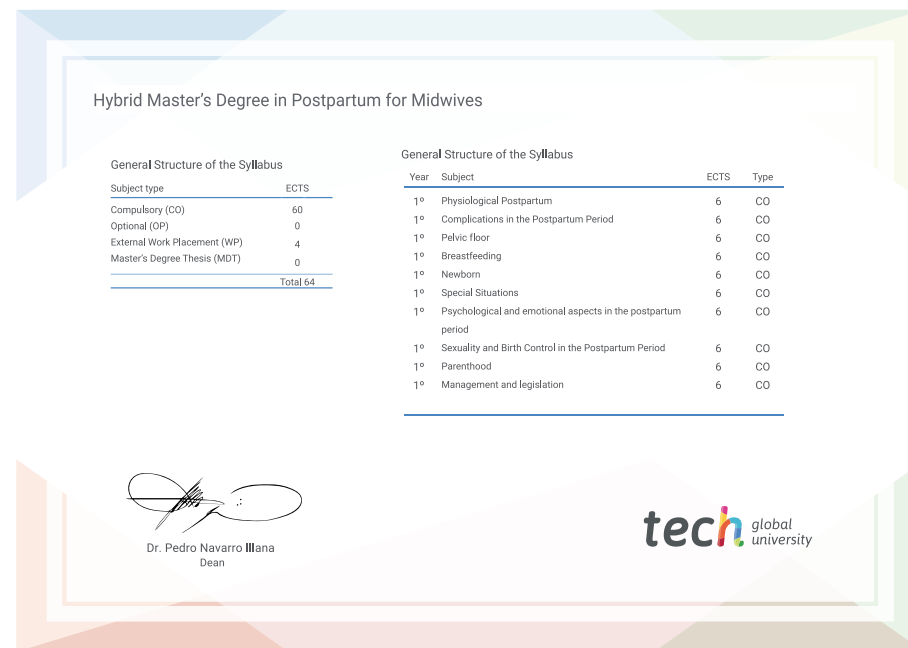
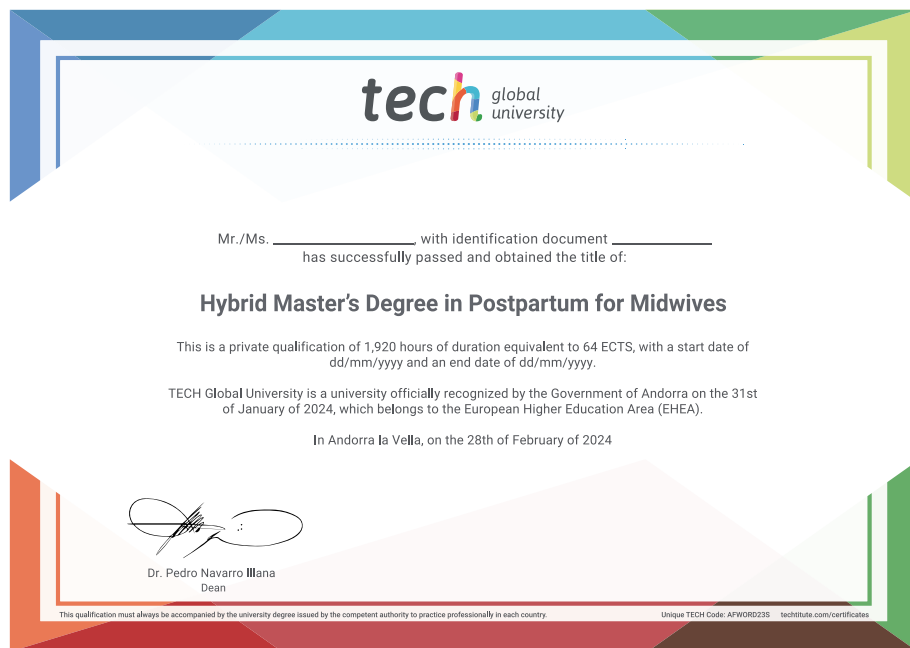
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Hybrid Master's Degree in Postpartum for Midwives**

Modality: **Hybrid (Online + Clinical Internship)**

Duration: **12 months**

Accreditation: **64 ECTS**



\*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.

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



## Hybrid Master's Degree Postpartum for Midwives

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Global University

Credits: 60 + 4 ECTS

# Hybrid Master's Degree Postpartum for Midwives

