

Postgraduate Certificate Adaptation of Women to Breastfeeding for Midwives





Postgraduate Certificate

Adaptation of Women to Breastfeeding for Midwives

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

Website: www.techtute.com/us/nursing/postgraduate-certificate/adaptation-women-breastfeeding-midwives

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01

Introduction

The development of this Postgraduate Diploma on breastfeeding arose from the initial idea of the World Health Organization, which recommended that newborns should be exclusively breastfed until 6 months of age, and thereafter and together with the initiation of complementary feeding, breastfeeding should be maintained until two years of age, or until the mother and/or child so desire.



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Improve your knowledge through this program, where you will find the best didactic material with real clinical cases. Learn with us about the latest advances in the specialty to be able to perform quality nursing practice”

Several situations tend to worry the mother when she is breastfeeding. The role of the midwife is to be able to provide appropriate guidance to each of them, but to do so it is essential to study them and the progress that has been made in recent years in this area.

This Postgraduate Certificate summarizes some of the most common and necessary situations to be understood by the nursing mother through the guidance of the midwife. These include tandem breastfeeding, the benefits of methods such as co-sleeping or using breastfeeding as a method of contraception through the LAM technique.

In addition, when the mother needs to store milk or extract it when leaving home, it is necessary to know the correct way to do it, so the midwife must be aware of all the mechanisms available, being able to provide up-to-date information on developments in this area.

In this way, this academic program is an advanced solution for the graduate, because they will obtain the most complete and up-to-date content from the hands of the most prestigious professionals in the sector. A study carried out under the *Relearning* methodology, which brings comfort, quality and effectiveness to learning.

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

- ◆ The development of case studies presented by experts in Breastfeeding for Midwives
- ◆ The graphic, schematic and practical contents with which it is conceived gather scientific and practical information on those 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



You will provide all the information the nursing mother needs about the benefits of the LAM method and co-sleeping”

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This program is a key tool for the evolution of midwives in their careers. They will learn firsthand the most up-to-date content regarding the breastfeeding process and the breastfeeding woman”

The program includes in its teaching staff professionals from the sector who bring to this program the experience of their work, as well as recognized specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

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

You will be able to provide immediate and advanced care to common situations presented in the breastfeeding process such as breastfeeding strike and breast refusal.

You will have the most varied material developed by experts in Gynecological Nursing and designed under the Relearning method, which gives agility to the study process.



02

Objectives

For many mothers, especially new mothers, the process of adapting to breastfeeding is complex. For this reason, midwives become an important support for breastfeeding women. In that sense, knowing everything about the subject is essential to be really effective in their work. This is how TECH has developed this 100% online Postgraduate Certificate where the most common situations that can arise during breastfeeding are summarized, so that midwives can develop the necessary skills to excel in this relevant facet.



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The most up-to-date knowledge on the process of adaptation of women to breastfeeding is contained in this Postgraduate Certificate”



General Objectives

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





Specific Objectives

- ◆ Counsel the mother who works outside home and wishes to continue breastfeeding
- ◆ Teach the steps to be followed to achieve successful exclusive breastfeeding



Thanks to the experience of the professionals who make up the teaching staff of this program, you will learn the different mechanisms for the conservation and transport of breast milk"

03

Course Management

Experts in Gynecological Nursing with decades of experience and multiple cases attended in relation to Breastfeeding make up the faculty of this educational program. A unique opportunity for the student who wishes to advance in the subject of the Adaptation of Women to Breastfeeding, as well as to know all the situations that the midwife must assist in order to offer support during the breastfeeding process.





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Experts in Gynecological Nursing will accompany you throughout the course of this 100% online educational program, providing the support and guidance you need to understand all the latest developments in the subject of study”

Management



Ms. Aguilar Ortega, Juana María

- ♦ Breastfeeding Coordinator at 12 de Octubre Hospital
- ♦ Neonatal Nurse at the 12 de Octubre Hospital
- ♦ Co-author of studies on Breastfeeding during Puerperium.
- ♦ Teacher in university studies of Nurses
- ♦ Certified Lactation Consultant

Professors

Ms. Ortega del Valle, Silvia

- ♦ Midwives Service, Marqués de Valdecilla University Hospital
- ♦ Midwife at the University Hospital of Salamanca
- ♦ Marqués de Valdecilla University Hospital Nurse
- ♦ Master's Degree in Perinatal and Child Care from the Autonomous University of Madrid and FUDEN
- ♦ Master's Degree in Breastfeeding for Midwives by the Cardenal Herrera University
- ♦ Nurse specialized in Obstetric-Gynecological Nursing by the UDM of Ceuta
- ♦ Diploma in Nursing from the Pontifical University of Salamanca

Ms. De Dios Pérez, María Isabel

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

Ms. Molina Castillo, María De la Cabeza

- ♦ Midwife Ceuta University Hospital

Ms. Armijo Navarro, Elena

- ♦ Midwife San Sebastián Hospital



Mr. Carrasco Guerrero, Manuel

- ♦ Midwife at the University Hospital of Ceuta
- ♦ Obstetric-Gynecological Nursing Specialization
- ♦ Best oral communication Prize at the International Congress of Nursing and Physiotherapy of Ceuta and Melilla

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
- ♦ Acting 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 Obstetrical-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
- ♦ University Expert on "Health Promotion in the Community" UNED
- ♦ Specialty in Obstetric and Gynecological Nursing (Midwife) at the Costa del Sol Hospital in Marbella of the University School of Nursing and Midwifery of Málaga by the University of Málaga
- ♦ University Diploma in Nursing, Salus Infirmorum University School of Nursing, University of Cádiz

Ms. Del Pozo Álvarez, Lidia

- ♦ Expert nurse midwife in Gynecology and Obstetrics
- ♦ Midwife at University Hospital of Ceuta
- ♦ Midwife in health centers in Cordoba
- ♦ Midwife in health centers in Lanzarote

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
- ◆ Obstetrical-Gynecological Emergencies Working Group of the Spanish Society of Emergency Nursing (SEEUE) Vocal
- ◆ 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
- ◆ 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
- ◆ Postgraduate Diploma in Community Health Promotion from the National University of Distance Education (UNED)
- ◆ Member of: Ceuta Studies Institute, Editorial Board of the European Journal of Health Research and the Spanish Society of Emergency Medicine





Ms. Gómez González, Irene

- ♦ Midwife Ceuta University Hospital

Ms. Díaz Lozano, Paula

- ♦ Midwife, University Hospital Virgen de Valme
- ♦ Midwife in the Ceuta Health Area
- ♦ Specialist in Obstetrics and Gynecology at the University Hospital of Ceuta
- ♦ Teacher specialized in Obstetrics
- ♦ Diploma in Nursing by Faculty of Nursing and Physiotherapy of Cádiz

Ms. Hachero Rodríguez, Carmen María

- ♦ Midwife at the Hospital of Zaragoza
- ♦ Training spokesperson
- ♦ Member of the Board of Directors of the Andalusian Association of Midwives

Ms. Mohamed Mohamed, Dina

- ♦ Midwife Ceuta University Hospital

Ms. Belén Rojas Carmona

- ♦ Midwife Ceuta University Hospital

Ms. Miquelajáuregui Espinosa, Araceli

- ♦ Midwife Ceuta University Hospital

Ms. Martínez Picón, Claudia

- ♦ Midwife at Costa del Sol Hospital
- ♦ Midwife at the University Hospital of Ceuta
- ♦ Diploma in Nursing

Ms. Martín Ansede, Esperanza

- ♦ Pediatric Nurse. Bellvitge University Hospital

04

Structure and Content

In this educational program the student will find detailed videos, complementary readings, self-assessment tests and follow-up of the contents, exemplary case studies and much more. You will be able to connect from any digital device with an Internet connection from the comfort of your favorite place. In this way, you will have the organizational freedom you need to achieve your goal. In just a few weeks you will have a new qualification that will enable you to efficiently care for nursing mothers.





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A syllabus adapted to the most efficient methodology in the current online teaching market: Relearning. You will easily understand all the content”

Module 1. Common Situations During Breastfeeding

- 1.1. Crying and Breast Refusal
 - 1.1.1. Concept
 - 1.1.2. Immediate Attention
- 1.2. Breastfeeding Strike
 - 1.2.1. Concept
 - 1.2.2. Strike Counseling
- 1.3. Prolonged and Tandem Breastfeeding
 - 1.3.1. Concept
 - 1.3.2. Benefits
- 1.4. Co-Sleeping
 - 1.4.1. Concept
 - 1.4.2. Benefits of Co-sleeping
- 1.5. Working Outside Home and Breastfeeding
 - 1.5.1. Incorporation into Work
 - 1.5.2. Support in this Situation
- 1.6. Milk Extraction: Methods and Tools
 - 1.6.1. Parts of the Breast Pump
 - 1.6.2. Use of the Breast Pump
- 1.7. Transport and Storage of Breast Milk
 - 1.7.1. Milk Storage Mechanisms
 - 1.7.2. Milk Transport





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The dynamics of today's world requires professionals to keep abreast of developments in the sector, so TECH offers the best alternative to study the most demanded topics nowadays. Enroll now and evolve your career"

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 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.

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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. 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.



06

Certificate

The Postgraduate Certificate in Adaptation of women to breastfeeding for midwives guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



A photograph of several black graduation caps (mortarboards) against a bright blue sky with light, wispy clouds. The caps are positioned at various angles, some in the foreground and some in the background, creating a sense of depth. The image is partially overlaid by a large white diagonal shape that contains text.

“

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

This **Postgraduate Certificate in Adaptation of Women to Breastfeeding for Midwives** contains the most complete and up-to-date program on the market.

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

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

Title: **Postgraduate Certificate in Adaptation of Women to Breastfeeding for Midwives**

Official N° of Hours: **125 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.



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