

# Postgraduate Certificate

## Adaptation of Women to Breastfeeding for Nursing



## Postgraduate Certificate Adaptation of Women to Breastfeeding for Nursing

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

Website: [www.techtute.com/us/nursing/postgraduate-certificate/adaptation-women-breastfeeding-nursing](http://www.techtute.com/us/nursing/postgraduate-certificate/adaptation-women-breastfeeding-nursing)



# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 18*

05

Methodology

---

*p. 22*

06

Certificate

---

*p. 30*

# 01

# Introduction

Adaptation to breastfeeding can be, after childbirth, one of the most complex processes a woman goes through in new motherhood. In order for this adaptation not to result in involuntary abandonment, the intervention of health professionals is necessary. Nurses are critical at this time. This support is of the utmost importance and needs to be supported by comprehensive and up-to-date knowledge. This course is TECH's answer to that need.

*A highly qualified course that offers nursing professionals the largest compendium of knowledge in the online educational market.*







“

*The most interesting developments on the international scene, compiled in a week of intensive training that will strengthen your way of intervening in this area”*

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

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

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

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

- ♦ The development of case studies presented by experts in Diseases and Breastfeeding.
- ♦ The graphic, schematic, and eminently practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional practice.
- ♦ New developments on Diseases and Breastfeeding.
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning.
- ♦ Emphasis on innovative methodologies in Disease and Breastfeeding.
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments.
- ♦ Content that is accessible from any fixed or portable device with an Internet connection.



*The most interesting support protocols developed in this intensive training course, to give you the boost your CV needs"*

“

*This Postgraduate Certificate may be the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Adaptation of Women to Breastfeeding for Nursing, you will obtain a certificate from TECH - Technological University"*

It includes in its teaching staff professionals belonging to the field of Adaptation of Women to Breastfeeding for Nursing, who pour into this training the experience of their work, in addition to recognized specialists belonging to reference 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 an immersive training program to train in real situations.

The program design is based on Problem-Based Learning, through which student must try to solve the different professional practice situations that arise throughout the course. For this, the student will be assisted by an innovative interactive video system developed by recognized experts in the field of Adaptation of Women to Breastfeeding for Nursing, and with extensive teaching experience.

*With a complete and innovative audiovisual support that will make learning an interesting and stimulating experience.*

*Learn how to support the breastfeeding woman in times of adaptation, with the most complete update of the online teaching market.*





# 02 Objectives

This course is a unique opportunity to advance in your profession by incorporating the most up-to-date knowledge in everything related to the Adaptation of Women to Breastfeeding. A complete and efficient course that will allow you to acquire new skills with the ease of the best training technology of the moment.





“

*Our goal is to train nursing professionals capable of providing the most professional support for breastfeeding”*



## General Objectives

---

- Update knowledge in 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 audio-visual system, and the possibility of development through online simulation workshops and/or specific training.





## Specific Objectives

---

- ♦ Act when the baby refuses to breastfeed
- ♦ Know what it is and how to act in case of a Breastfeeding Strike
- ♦ Organize prolonged breastfeeding and tandem breastfeeding
- ♦ Know everything about co-sleeping and breastfeeding
- ♦ Orientate and support at the time of return to work of the nursing mother
- ♦ Know how breast milk is expressed, stored and transported



03

# Course Management

The program includes in its teaching staff reference specialists in Adaptation of women to Breastfeeding for Nursing, who pour into this training the experience of their work. In addition, other specialists of recognized prestige participate in its design and elaboration, completing the program in an interdisciplinary manner.







“

*A team of professors who are experts in this area of work will be in charge of training you in this incomparable course”*

## Management



### Dr. Rodríguez Díaz, Luciano

- ♦ PhD from the University of Granada
- ♦ Obstetric-Gynecological Nursing Specialist (Midwife)
- ♦ University Hospital of Ceuta from 2006 to present day
- ♦ Professor of the Ceuta Midwifery Teaching Unit.
- ♦ SEEUE Obstetric-Gynecologic emergencies group member.
- ♦ Responsible for Perinatal Health: Reproductive Sexual Health and Normal Childbirth of Ingesa.
- ♦ Reviewer of the journal Enfermería Clínica. Elsevier.
- ♦ Full member of the Institute of Ceuta Studies.



### Dr. Vázquez Lara, Juana María

- ♦ PhD from the University of Granada
- ♦ Obstetric-Gynecological Nursing Specialist (Midwife).
- ♦ Health Area of Ceuta from 2000 to present day.
- ♦ Head of Studies and Professor of the Ceuta Midwifery Teaching Unit.
- ♦ Coordinator of SEEUE obstetric-gynecologic emergencies group.
- ♦ Reviewer of the journal Enfermería Clínica. Elsevier.

## Coordination

### **Alcolea Flores, Silvia**

- ♦ Midwife Ceuta University Hospital

### **Fernández, Francisco Javier**

- ♦ Midwife Hospiten Hospital Estepona

### **Gilart Cantizano, Patricia**

- ♦ Midwife Quirón Campo de Gibraltar Hospital

### **Gómez Losada, Patricia**

- ♦ Midwife Quirón Campo de Gibraltar Hospital

### **Mérida Tellez, Beatriz**

- ♦ Midwife Granada Hospital

### **Mohamed Mohamed, Dina**

- ♦ Midwife Ceuta University Hospital

### **Palomo Gómez, Rocío**

- ♦ Midwife Ceuta University Hospital

### **Rodríguez Díaz, David**

- ♦ Nurse at La Candelaria Hospital in Tenerife

### **Vázquez Lara, Francisco**

- ♦ Degree in Biology

### **Vázquez Lara, M<sup>a</sup> Dolores**

- ♦ Campo de Gibraltar Health Area Nurse



## Professors

### Armijo Navarro, Elena

- ♦ Midwife San Sebastián Hospital

### Carrasco Guerrero, Manuel

- ♦ Midwife Ceuta University Hospital

### De Dios Pérez, María Isabel

- ♦ Midwife Ceuta University Hospital

### De la Cabeza Molina Castillo, María

- ♦ Midwife Ceuta University Hospital

### Del Pozo Álvarez, Lidia

- ♦ Midwife Ceuta University Hospital

### Díaz Lozano, Paula

- ♦ Midwife Ceuta University Hospital

### Gómez González, Irene

- ♦ Midwife Ceuta University Hospital

### Hachero Rodríguez, Carmen María

- ♦ Midwife Zaragoza Hospital

### Martín Ansedé, Esperanza

- ♦ Pediatric Nurse University Hospital of Ceuta







**Martínez Picón, Claudia**

- ♦ Midwife Ceuta University Hospital

**Miquelajáuregui Espinosa, Araceli**

- ♦ Midwife Ceuta University Hospital

**Mohamed Mohamed, Dina**

- ♦ Midwife Ceuta University Hospital

**Ortega del Valle, Silvia**

- ♦ Midwife Ceuta University Hospital

**Revidiego Pérez, María Dolores**

- ♦ Midwife Quirón Campo de Gibraltar Hospital

**Rojas Carmona, Belén**

- ♦ Midwife Ceuta University Hospital

04

# Structure and Content

The structure of the contents has been designed by a team of professionals from the best educational centers, universities and companies in the national territory, aware of the relevance of current training in order to intervene in the preparation and support of students, and committed to quality teaching through new educational technologies.



“

*All course topics have been developed with an eminently practical objective that will lead you to increase the quality of your professional practice immediately”*



## Module 1. Common Situations During Breastfeeding

- 1.1. Crying and Rejection of the Breast
  - 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 the Home and Breastfeeding
  - 1.5.1. Incorporation to 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 Preservation of Breast Milk
  - 1.7.1. Mechanisms of Milk Storage
  - 1.7.2. Milk Transportation







“

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

# 05 Methodology

This specialization provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used 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.





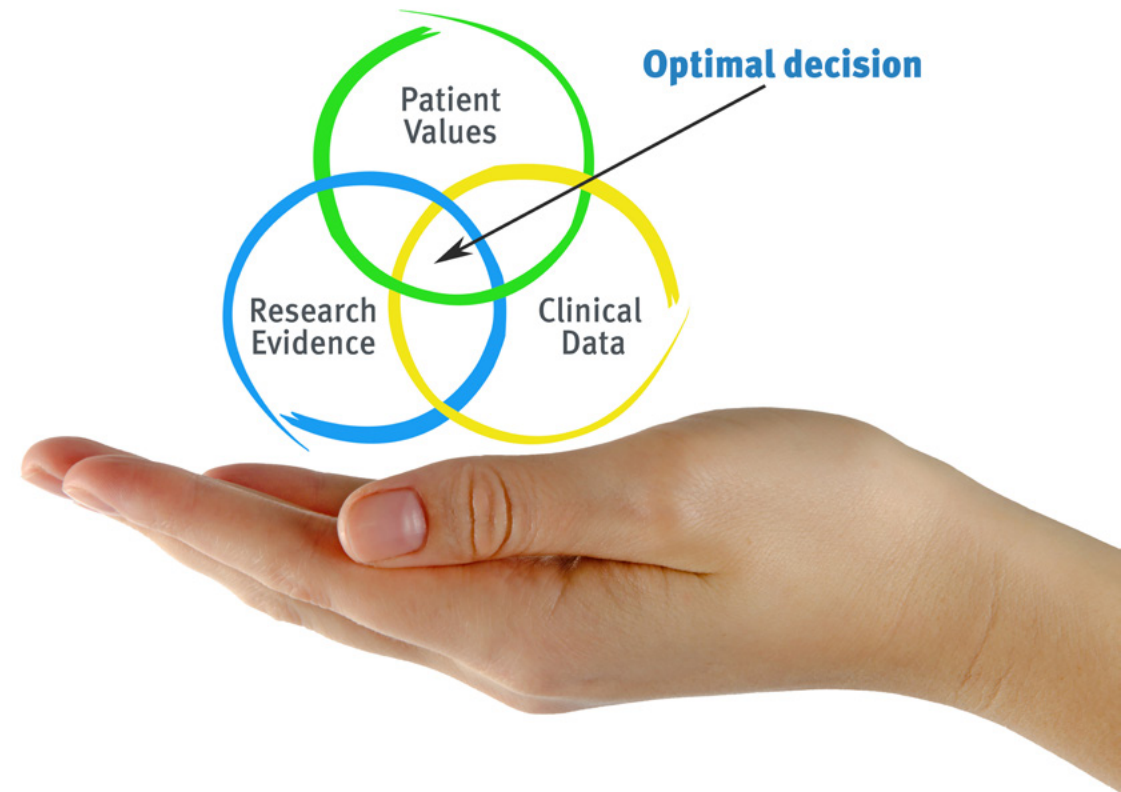
“

*Discover Re-learning, 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 clinical situation, what would you do? Throughout the program you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, 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. Gervas, 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 university program.



## Re-learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

Our University is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing 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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking 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. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Re-learning 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 (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.





In this program you will have access to the best educational material, prepared with you 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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



#### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current nursing procedures and techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



#### Interactive Summaries

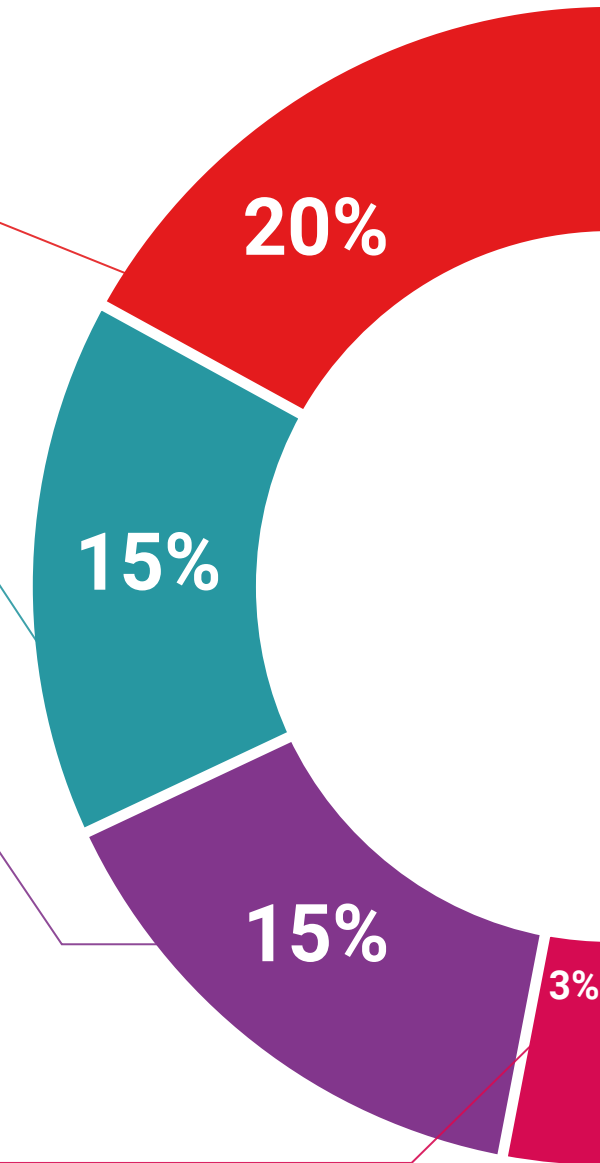
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

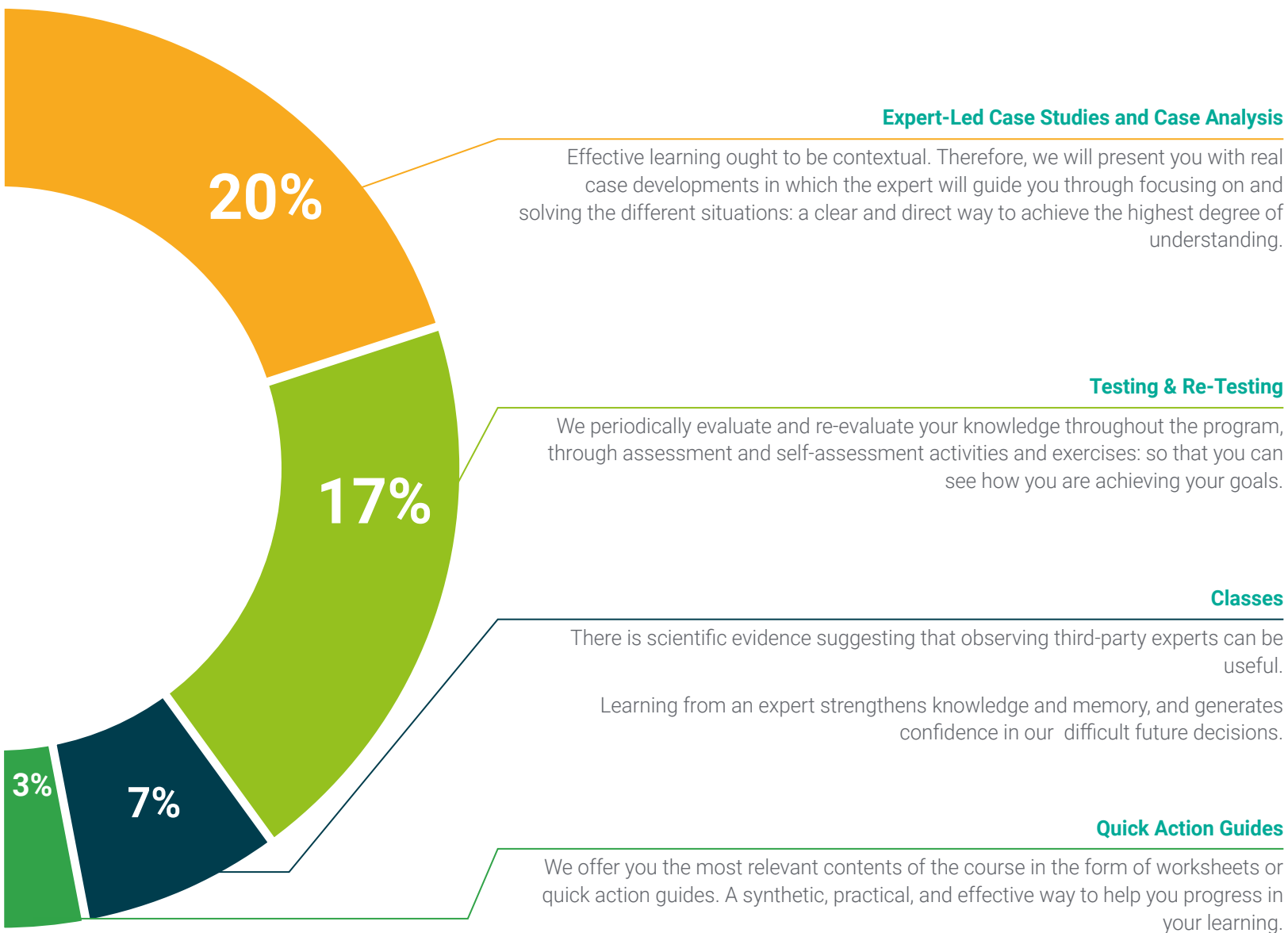
This unique specialization system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents, international guides... in our virtual library you will have access to everything you need to complete your specialization.





# 06 Certificate

This Postgraduate Certificate in Adaptation of Women to Breastfeeding for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a diploma for the Postgraduate Certificate issued by TECH Global University.





“

*Successfully complete this training and receive your certificate without the hassle of travel or paperwork"*

This private qualification will allow you to obtain a diploma for the **Postgraduate Certificate in Adaptation of Women to Breastfeeding for Nursing** 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: **Postgraduate Certificate in Adaptation of Women to Breastfeeding for Nursing**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



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



## Postgraduate Certificate Adaptation of Women to Breastfeeding for Nursing

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



# Postgraduate Certificate

## Adaptation of Women to Breastfeeding for Nursing