

# Postgraduate Certificate

Breastfeeding Care and Breastfeeding  
Women's Health for Nursing





## Postgraduate Certificate

### Breastfeeding Care and Breastfeeding Women's Health for Nursing

- » 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/breastfeeding-care-breastfeeding-womens-health-nursing](http://www.techtute.com/us/nursing/postgraduate-certificate/breastfeeding-care-breastfeeding-womens-health-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

The development of this program on Breastfeeding Care and Breastfeeding Women's Health emerged from the idea initiated by the World Health Organization, which recommended that newborns should be exclusively breastfed until 6 months of age, thereafter and together with the initiation of complementary feeding, breastfeeding should be maintained until two years of age, or until mother and/or child so desire.



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*Improve your knowledge in Breastfeeding Care and Breastfeeding Women's Health through this complete program with which you will learn everything you need for a quality intervention"*

Breastfeeding provides significantly better protection than artificial breastfeeding against diarrheal diseases and respiratory infections, the main causes of mortality in low-income populations. In 1993, 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 Breastfeeding Care and Breastfeeding Women's Health for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features of the program include:

- ♦ The development of case studies presented by experts in Breastfeeding Care and Breastfeeding Women's Health.
- ♦ 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 in Breastfeeding Care and Breastfeeding Women's Health.
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning.
- ♦ Emphasis on innovative methodologies in Breastfeeding Care and Breastfeeding Women's Health.
- ♦ 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.



*Update your knowledge and learn about all the advances that have been made in the field of breastfeeding at the international scientific level"*

“ *This Postgraduate Certificate is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Breastfeeding Care and Breastfeeding Women's Health, you will obtain a certificate from TECH - Technological University*”

The teaching staff includes medical professionals who bring their experience to this training program, as well as renowned 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 an immersive training experience designed to train for real-life situations.

This program is designed around Problem Based Learning, where the professional must try to solve the different professional practice situations that arise during the course. For this purpose, the specialist will be assisted by an innovative interactive video system created by renowned and experienced experts in the field of Breastfeeding Care and Breastfeeding Women's Health.

*A program created to be an intensive and effective training tool that will allow you to learn quickly and safely.*

*Take a step forward in your education with the support of a first class international educational institution.*



# 02

# Objectives

The main objective of the program is the development of theoretical and practical learning, so that the professional can master in a practical and rigorous way all aspects of the care of women and babies during breastfeeding.





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*An essential specialization for midwives that will allow you to act in all circumstances as a specialist in the field”*



## General Objectives

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- 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 audiovisual system, and the possibility of development through online simulation workshops and/or specific training.



*Take the step to get up to date on the latest developments in Breastfeeding Care and Breastfeeding Women's Health"*





## Specific Module Objectives

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- ◆ Promote the proper development of the mother-child relationship, reducing the number of children who are assaulted, abandoned and who fail to progress without organic cause.
- ◆ Encourage breastfeeding to achieve adequate growth and development, preventing future health problems.
- ◆ Explain the benefits of breastfeeding for the woman's postpartum and long-term recovery.
- ◆ Explain the different breastfeeding positions and their indications.
- ◆ Detect bad latching positions of the baby that may alter the development of the feeding.
- ◆ Explain the benefits of physical activity during breastfeeding.
- ◆ Describe the main contraindications of Breastfeeding.
- ◆ Explain erroneous beliefs about breastfeeding.
- ◆ Describe paternal involvement in the breastfeeding process.
- ◆ Define those maternal pathologies that may contraindicate breastfeeding.
- ◆ Provide information about feeding the breastfeeding mother.
- ◆ Teach the steps that must be followed to achieve successful exclusive breastfeeding.
- ◆ Obtain knowledge about the transfer of drugs to breast milk in order to guide women in their doubts when they need to take medications.
- ◆ Define the appropriate management of breast and nipple associated complications.
- ◆ Explain the different aids and devices that can be used to facilitate breastfeeding.
- ◆ Explain other types of infant feeding and their substitution or combination with breastfeeding.
- ◆ Explain the different bottle preparation techniques and their advantages and disadvantages.

03

# Course Management

This program includes in its teaching staff specialists of recognized prestige, who develop their practice in the health field in the main hospital centers, and who pour into this training the experience of their work. In addition, renowned specialists, members of national and international scientific societies of reference, participate in its design and elaboration.





*Learn from leading professionals the latest advances in healthcare procedures"*

## 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 Ansede, 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 institutions and universities in the country, who are aware of the relevance of up-to-date, innovative training, and are committed to quality teaching using new educational technologies.





“

*A comprehensive teaching program, structured in well-developed teaching units, oriented towards efficient and swift learning that is compatible with your personal and professional life"*

## Module 1. Diseases and Breastfeeding

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





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

05

# Methodology

This training 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 specialties regardless of from the 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

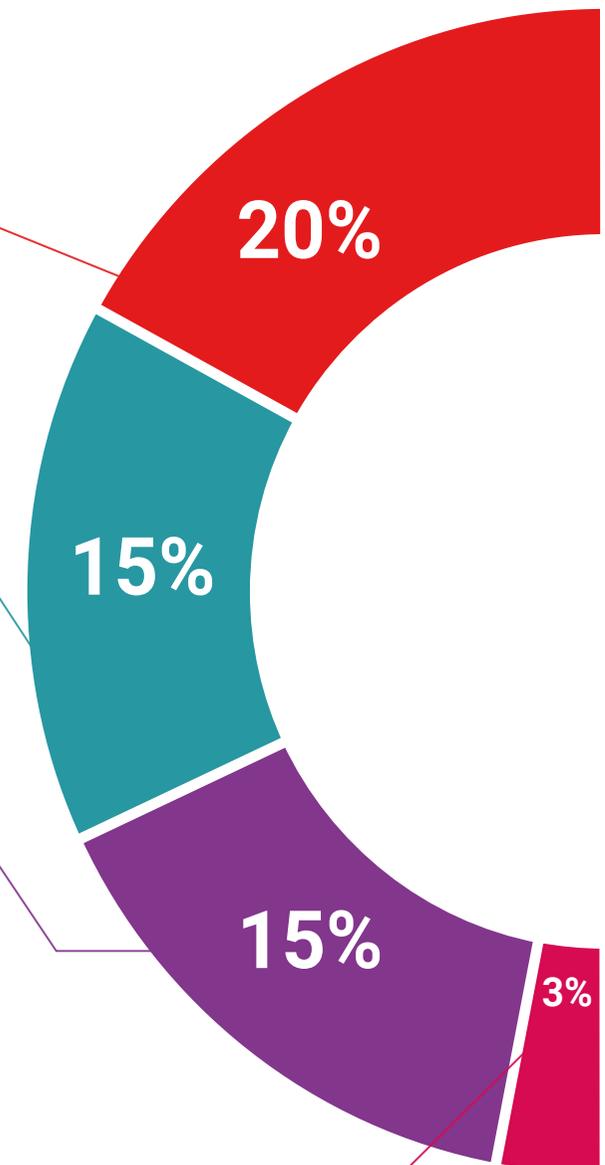
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

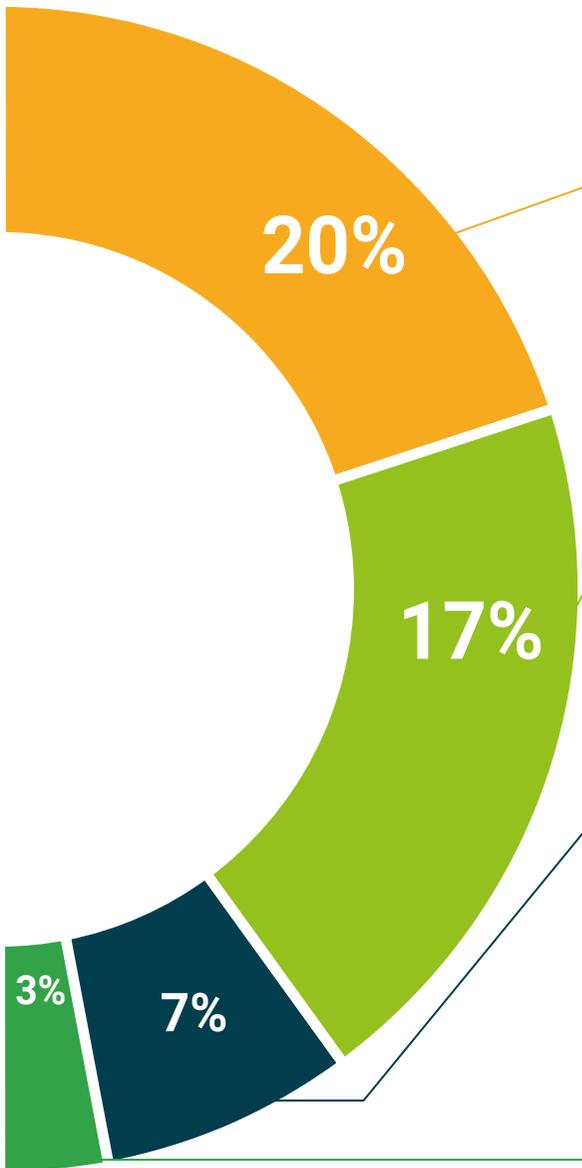
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



### Additional Reading

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





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Re-Testing**

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your 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 our difficult future decisions.



**Quick Action Guides**

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



06

# Certificate

The Postgraduate Certificate in Breastfeeding Care and Breastfeeding Women's Health for Nursing guarantees you, in addition to the most rigorous and up-to-date specialization, access to a certificate issued by TECH - Technological University.



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

This **Postgraduate Certificate in Breastfeeding Care and Breastfeeding Women's Health for Nursing** contains the most complete and up-to-date scientific program on the market.

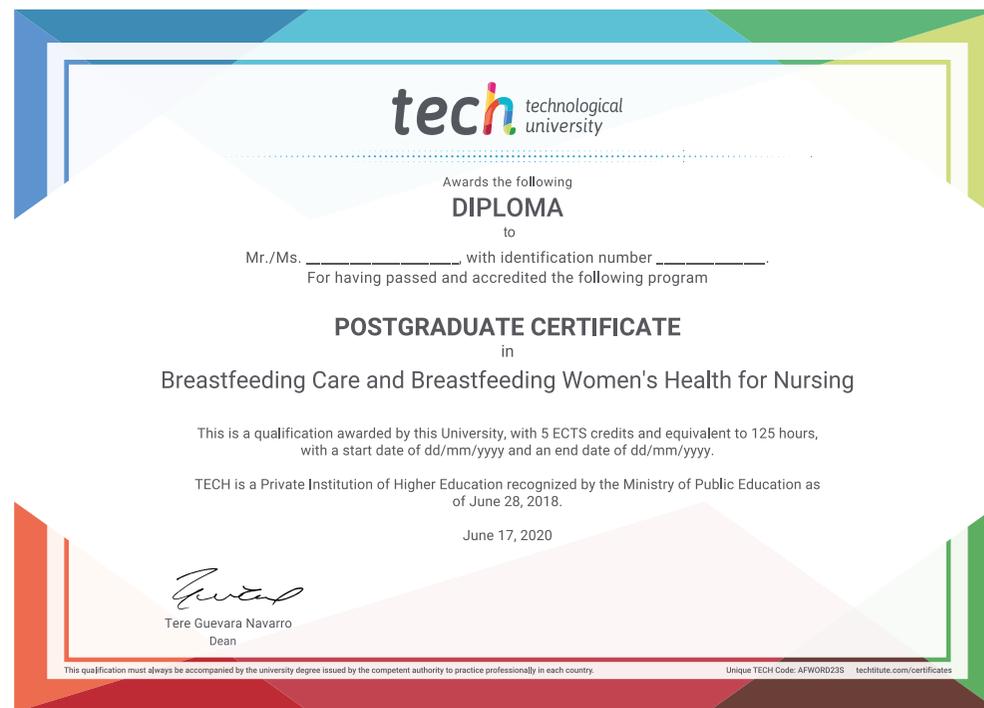
After the students have passed the evaluations, they will receive their **certificate** issued by **TECH - Technological University** via tracked delivery.

The diploma issued by **TECH - Technological University** will specify the qualification obtained through the University Course, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Breastfeeding Care and Breastfeeding Women's Health for Nursing**

ECTS: 5

Official Number of Hours: 125



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

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



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