

# Postgraduate Certificate

## Breastfeeding physiology for midwives





## Postgraduate Certificate Breastfeeding physiology for Midwives

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

Website: [www.techtitute.com/us/nursing/postgraduate-certificate/breastfeeding-physiology-midwives](http://www.techtitute.com/us/nursing/postgraduate-certificate/breastfeeding-physiology-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”*

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, the 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 physiology for midwives** contains the most complete and up-to-date program on the market. The most important features include:

- ◆ Development of practical cases presented by experts on Breastfeeding in Midwives
- ◆ Its graphic, schematic and practical contents, with which they are conceived, provide a scientific and practical training on those disciplines that are essential for professional practice
- ◆ News on Breastfeeding physiology for midwives
- ◆ It contains practical exercises where the self-assessment process can be carried out to improve learning
- ◆ With special emphasis on innovative methodologies in Breastfeeding physiology for midwives
- ◆ All of 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



*Increase your competencies in the approach to Breastfeeding physiology for midwives through this program"*

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*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 breastfeeding inhibition for midwives, you will obtain a degree of Certificate issued by TECH Technological University"*

Its teaching staff includes professionals belonging to the field of Breastfeeding physiology for midwives, who pour into this training the experience of their work, in addition to recognized specialists belonging to reference societies and prestigious universities.

Thanks to its multimedia content developed with the latest educational technology, they will allow the professional a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to prepare in real situations.

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

*This course allows training in simulated environments, which provide immersive learning programmed to train for real situations.*

*It includes clinical cases to bring the development of the program as close as possible to the reality of nursing care.*





# 02 Objectives

The Postgraduate Certificate on Breastfeeding physiology for midwives is oriented to facilitate the Midwives' counseling performance and care of all breastfeeding women.





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*This Postgraduate Certificate is designed for you to update your knowledge in Breastfeeding physiology for midwives, with the use of the latest educational technology, to contribute with quality and confidence to the decision making and monitoring of your students"*



## 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 education



## Specific Objectives

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



*Make the most of this opportunity and take the step to get up to date on the latest developments in Breastfeeding physiology for Midwives"*

03

# Course Management

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







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*Learn from reference professionals, the latest advances in procedures in the field  
Breastfeeding physiology for midwives”*

## Management



### Ms. Aguilar Ortega, Juana María

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

## Professors

### Ms. Armijo Navarro, Elena

- ♦ Midwife Hospital San Sebastián

### Mr. Carrasco Guerrero, Manuel

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

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

- ♦ Midwife Ceuta University Hospital

### Dña. De Dios Pérez, María Isabel

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

### Ms. Del Pozo Álvarez, Lidia

- ♦ Midwife in the University Hospital of Ceuta
- ♦ Midwife in health centers in Cordoba
- ♦ Midwife in health centers of Lanzarote

**Ms. Díaz Lozano, Paula**

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

**Dr. Vázquez Lara, Juana María**

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

**Ms. Gómez González, Irene**

- ♦ Midwife Ceuta University Hospital





**Dr. Rodríguez Díaz, Luciano**

- ◆ Nurse Specialist in Obstetrics and Gynecology
- ◆ Head of Studies of the Obstetric-Gynecological Nursing Teaching Unit at the University Hospital of Ceuta
- ◆ Matron at the University Hospital of Ceuta
- ◆ Professor at the University Center of Nursing Virgen de La Paz. Ronda, Spain
- ◆ Professor at the Ceuta Midwifery Teaching Unit
- ◆ Member of the Group of Obstetric and Gynecological Emergencies of the Spanish Society of Emergency Nursing (SEEUE)
- ◆ Responsible for Perinatal Health: Sexual Reproductive Health and Normal Delivery of Ingesa
- ◆ Member of the Clinical Research and Continuing Education Committee of the University Hospital of Ceuta
- ◆ Member: Institute of Ceuta Studies, Editorial Board of the European Journal of Health Research, Spanish Society of Emergency Medicine and Emergencies
- ◆ Doctor by the University of Granada
- ◆ Master's Degree in Physical Education and Health, University of Granada
- ◆ Master's Degree in Gynecological Nursing from the University CEU Cardenal Herrera
- ◆ Master's Degree in Obstetric Nursing from CEU Cardenal Herrera University
- ◆ Specialty in Obstetric and Gynecological Nursing from the University of Malaga
- ◆ Graduated in Nursing by the University of Cadiz
- ◆ Expert in Health Promotion in the Community by the National University of Distance Education (UNED)







**Ms. Hachero Rodríguez, Carmen María**

- ◆ Midwife at the Hospital of Zaragoza
- ◆ Member: Board of Directors of the Andalusian Association of Midwives
- ◆ Member of the Board of Directors of the Andalusian Association of Midwives

**Ms. Mohamed Mohamed, Dina**

- ◆ Midwife University Hospital of Ceuta

**Ms. Rojas Carmona, Belén**

- ◆ Midwife University Hospital of Ceuta

**Ms. Ortega del Valle, Silvia**

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

**Ms. Martínez Picón, Claudia**

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

**Ms. Martín Ansede, Esperanza**

- ◆ Pediatric Nurse. Ceuta University Hospital

**Ms. Miquelajáuregui Espinosa, Araceli**

- ◆ Midwife University Hospital of Ceuta

**Ms. Martín Ansede, Esperanza**

- ◆ Pediatric Nurse University Hospital of Ceuta

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 specialization in order to intervene in the training and support of students, and committed to quality teaching through New Educational Technologies.







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*This Postgraduate Certificate in Breastfeeding physiology for midwives, contains the most complete and up-to-date program on the market”*

## Module 1. Physiology and Clinical History in Breastfeeding

- 1.1. Breast Anatomy
  - 1.1.1. Surrounding Bony Structure of the Breast
  - 1.1.2. Muscular Structure of the Breast
- 1.2. Physiology of Breastfeeding
  - 1.2.1. Physiological Development of Breastfeeding
  - 1.2.2. Hormonal Circuit of Breastfeeding
- 1.3. Benefits of Breastfeeding for the Mother
  - 1.3.1. Concept
  - 1.3.2. Benefits for the Mother in Breastfeeding
- 1.4. Benefits of Breastfeeding for the Baby
  - 1.4.1. Concept
  - 1.4.2. Benefits for the Baby in Breastfeeding
- 1.5. Evaluation of the Intake
  - 1.5.1. Indications on the Intake
  - 1.5.2. Inadequate Actions on the Intake
- 1.6. Signs of Good and Bad Hitching
  - 1.6.1. Hitching Concept
  - 1.6.2. Benefits of a Good Hitch
- 1.7. Recommended Positions
  - 1.7.1. Proper Breastfeeding Positions
  - 1.7.2. Inadequate Breastfeeding Positions







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

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 Breastfeeding physiology 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.



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

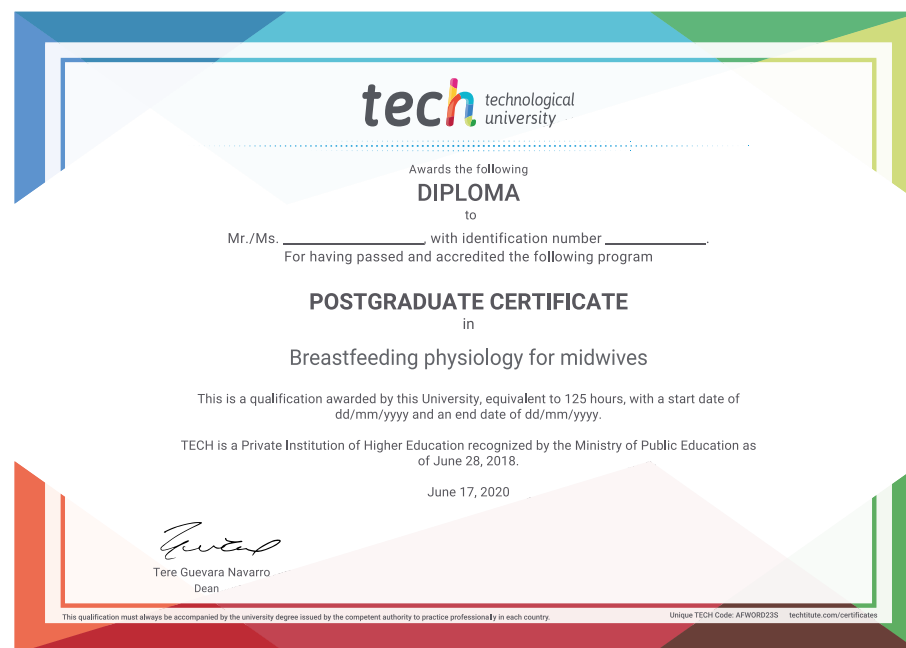
This **Postgraduate Certificate in Breastfeeding physiology for midwives** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate 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 Breastfeeding physiology 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.



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

**tech** technological  
university

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