

# Postgraduate Certificate

## Breastfeeding Update for Midwives



## Postgraduate Certificate Breastfeeding Update for Midwives

- » Modality: online
- » Duration: 2 months
- » Certificate: TECH Technological University
- » Schedule: at your own pace
- » Exams: online

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

# 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

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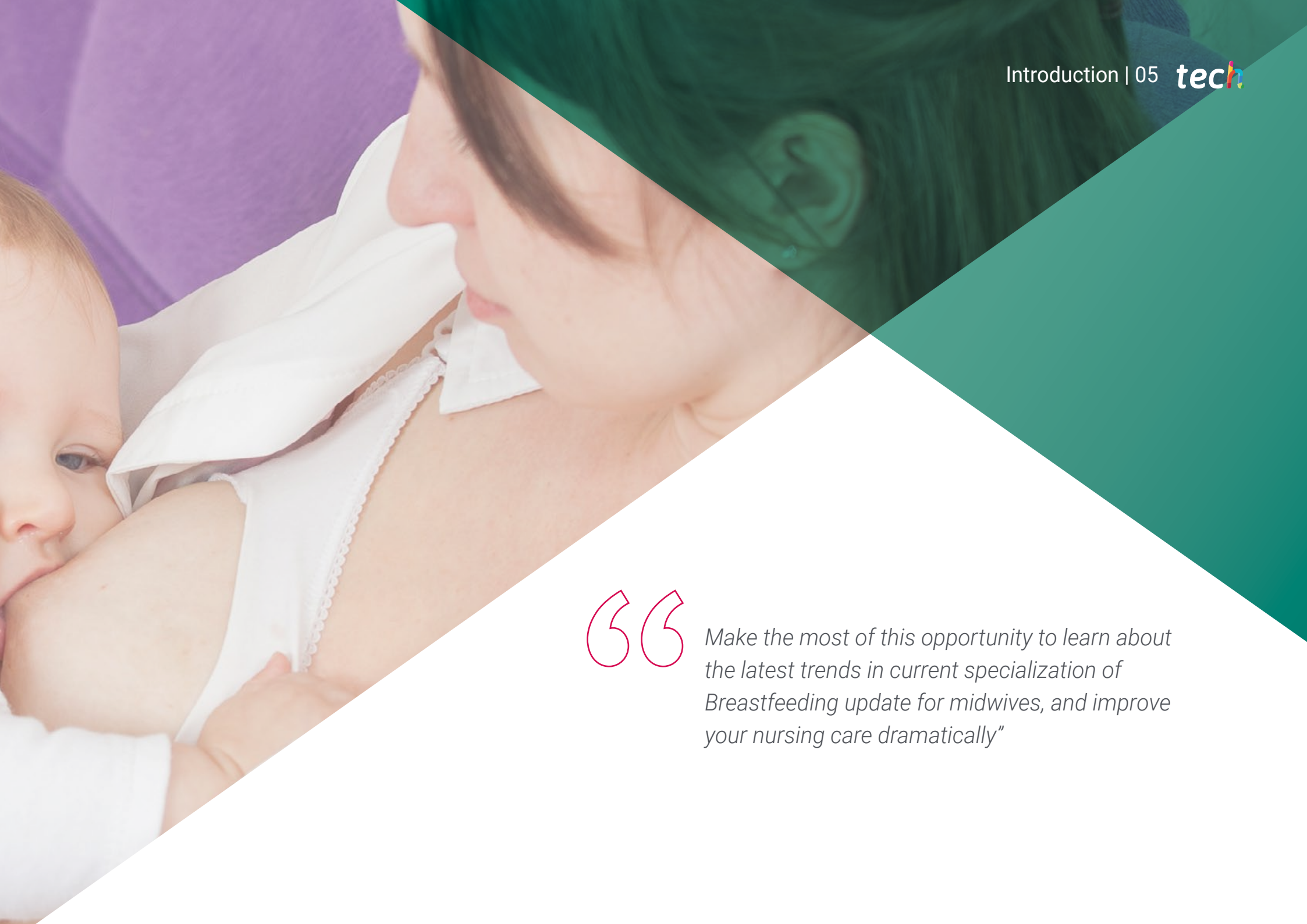
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01

# 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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*Make the most of this opportunity to learn about the latest trends in current specialization of Breastfeeding update for midwives, and improve your nursing care dramatically”*



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 Breastfeeding Update for Midwives** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Development of practical cases presented by experts in Breastfeeding update for midwives . 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
- ♦ News on Breastfeeding update 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 update 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



*Update your knowledge through the Postgraduate Certificate program in Breastfeeding update for midwives"*

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

Its teaching staff includes professionals belonging to the field of Breastfeeding update 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.

This program is designed around Problem-Based Learning, whereby the student must try to solve the different professional practice situations that arise during the course. For this, the student will be assisted by an innovative interactive video system developed by recognized experts in the field of Breastfeeding Currently for midwives , and with extensive teaching experience.

*Increase your decision-making confidence by updating your knowledge through this Postgraduate Certificate.*

*Don't miss the opportunity to update your knowledge in Breastfeeding update for midwives to improve patient care.*



# 02 Objectives

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





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*This up to date program will provide you with the skills to act with confidence in the performance of nursing practice, which will help you grow both personally and professionally”*



## 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



*Make the most of this opportunity and take the step to get up to date on the latest developments in Breastfeeding update for midwives”*





## 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
- ◆ Conduct a review of the current global epidemiology of breastfeeding
- ◆ Foster 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 women'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 feeding
- ◆ Explain the benefits of physical activity during Breastfeeding
- ◆ Describe the main contraindications of breastfeeding
- ◆ Describe the rights of women during Breastfeeding
- ◆ Define strategies to counsel and accompany women who do not wish to breastfeed
- ◆ Explain erroneous beliefs about breastfeeding
- ◆ Describe paternal involvement in the breastfeeding process
- ◆ Promote active participation in the care of the RN and in the monitoring of its growth and development
- ◆ Train mothers in newborn care and in the resolution of common infant health problems
- ◆ Define those maternal pathologies that may contraindicate breastfeeding
- ◆ Provide information on nutrition for the breastfeeding mother
- ◆ Teach the steps to 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 taking medications
- ◆ Define appropriate treatment 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
- ◆ Counsel the mother who works outside the home and wishes to continue breastfeeding

03

# Course Management

The program includes in its teaching staff reference specialists in Breastfeeding update for midwives, 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.







*Learn from leading professionals the latest  
Breastfeeding Update for Midwives"*



## Management



### Dr. Rodríguez Díaz, Luciano

- ◆ Diploma in Nursing
- ◆ PhD from the University of Granada
- ◆ Midwife at the University Hospital of Ceuta
- ◆ Teacher at the University Centre of Nursing of Ronda
- ◆ Teacher in the Ceuta Midwifery Teaching Unit
- ◆ SEEUE obstetric-gynecologic emergencies group member
- ◆ 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
- ◆ Full member of the Institute of Ceuta Studies
- ◆ Member of the Editorial Board of the European Journal of Health Research



### Dr. Vázquez Lara, Juana María

- ◆ Postgraduate in Nursing
- ◆ PhD from the University of Granada
- ◆ Nurse of the 061 of Ceuta
- ◆ Midwife in the Ceuta Health Area
- ◆ Head of Studies of the Ceuta Midwifery Teaching Unit
- ◆ Professor of the Ceuta Midwifery Teaching Unit
- ◆ Coordinator of SEEUE obstetric-gynecologic emergencies group

## Coordination

### Ms. Alcolea Flores, Silvia

- ◆ Midwife Ceuta University Hospital

### Fernández, Francisco Javier

- ◆ Midwife Hospiten Hospital Estepona

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- ◆ Midwife Quirón Campo de Gibraltar Hospital

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### Ms. Palomo Gómez, Rocío

- ◆ Midwife Ceuta University Hospital

### Mr. Rodríguez Díaz, David

- ◆ Nurse at La Candelaria Hospital in Tenerife

### Vázquez Lara, Francisco

- ◆ Degree in Biology

### Ms. Vázquez Lara, M<sup>a</sup> Dolores

- ◆ Campo de Gibraltar Health Area Nurse



## Professors

### Ms. Armijo Navarro, Elena

- ♦ Midwife San Sebastián Hospital

### D. Carrasco Guerrero, Manuel

- ♦ Midwife Ceuta University Hospital

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- ♦ Midwife. Bellvitge University Hospital

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

- ♦ Midwife Ceuta University Hospital

### Ms. Del Pozo Álvarez, Lidia

- ♦ Midwife Ceuta University Hospital

### Ms. Díaz Lozano, Paula

- ♦ Midwife Ceuta University Hospital

### Ms. Gómez González, Irene

- ♦ Midwife Ceuta University Hospital

### Ms. Hachero Rodríguez, Carmen María

- ♦ Midwife Zaragoza Hospital

### Ms. Martín Ansede, Esperanza

- ♦ Pediatric nurse. Bellvitge University Hospital

### Ms. Martínez Picón, Claudia

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### Ms. Miquelajáuregui Espinosa, Araceli

- ♦ Midwife Ceuta University Hospital

### Ms. Mohamed Mohamed, Dina

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### Ms. Rojas Carmona, Belén

- ♦ Midwife Ceuta University Hospital







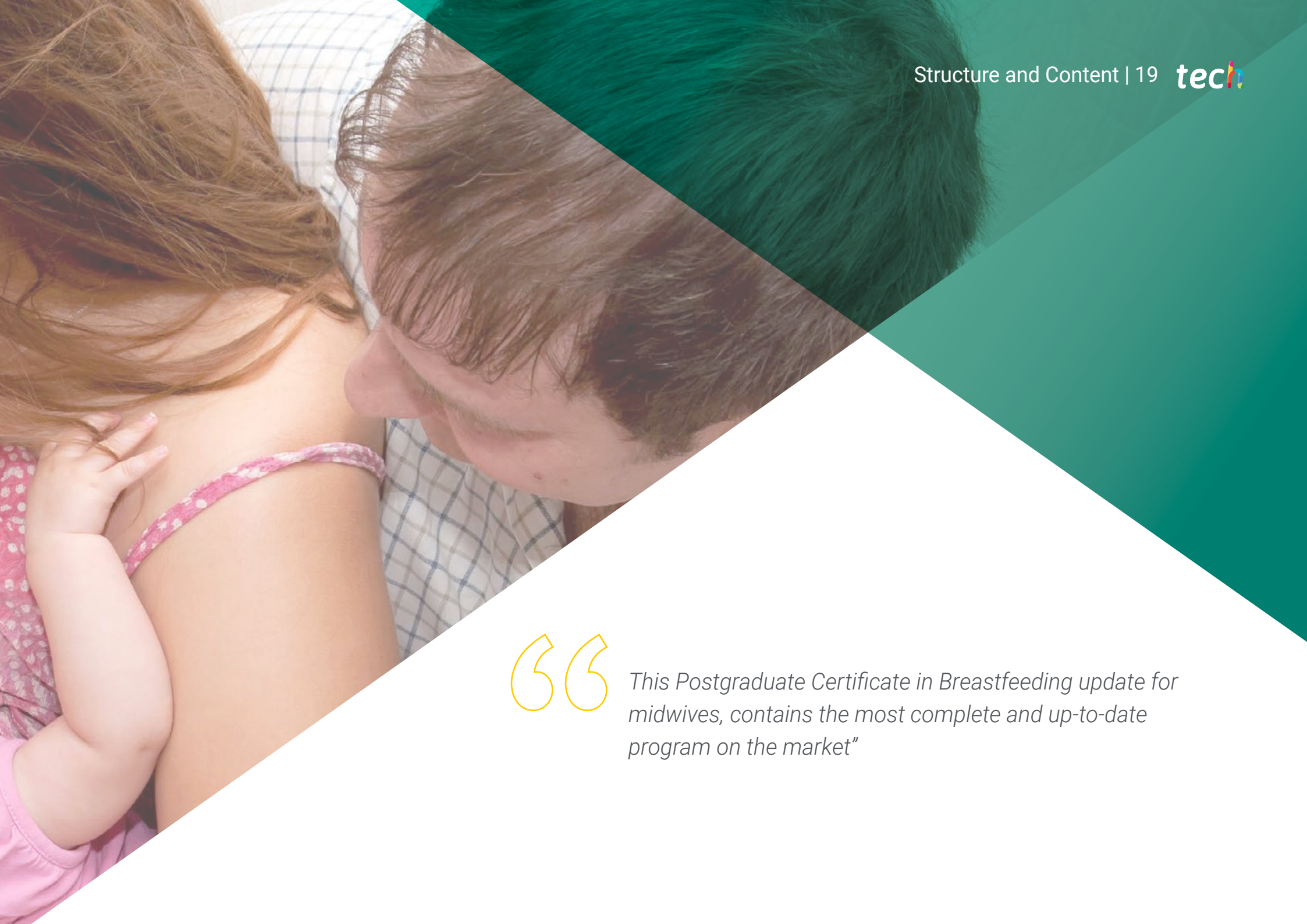
04

# Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of specialization in daily nursing practice, aware of the relevance of current education to be able to act before the patient Emergencies with learning or mental disorders problems and committed to quality teaching through new educational technologies.







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

## Module 1. Breastfeeding Today and Throughout History

- 1.1. Concepts Related to Breastfeeding
  - 1.1.1. Evolution of the Concept of Breastfeeding
  - 1.1.2. Breastfeeding Concepts
- 1.2. History of Breastfeeding
  - 1.2.1. Natural History of Breastfeeding
  - 1.2.2. Historical Development of The Importance of Breastfeeding
- 1.3. False Myths
  - 1.3.1. Misconceptions About Breastfeeding
  - 1.3.2. Correct Beliefs About Breastfeeding
- 1.4. Care Strategy for Normal Childbirth
  - 1.4.1. Encouraging Breastfeeding after Childbirth
  - 1.4.2. Benefits of Breastfeeding in Childbirth
- 1.5. Epidemiology
  - 1.5.1. Epidemiological Course of Breastfeeding Development
  - 1.5.2. Social Evolution of Breastfeeding
- 1.6. Human Milk Banks
  - 1.6.1. Milk Bank Concept
  - 1.6.2. Characteristics of a Milk Bank
- 1.7. Counseling and Support for Women Who Do Not Wish to Breastfeed
  - 1.7.1. Health Education for Women Do Not Wish to Breastfeed
  - 1.7.2. Specific Information on Care for Non Lactating Women
- 1.8. Women's Rights During Breastfeeding
  - 1.8.1. The Immediate Rights of the Infant
  - 1.8.2. Social Benefits in Breastfeeding Women
- 1.9. Paternal Involvement in Breastfeeding
  - 1.9.1. The Father as a Supporting Figure in Breastfeeding
  - 1.9.2. The father as a Breastfeeding Consultant
- 1.10. Protection of Breastfeeding Worldwide: WHO Recommendations
  - 1.10.1. WHO Recommendations
  - 1.10.2. Global Protection in Breastfeeding





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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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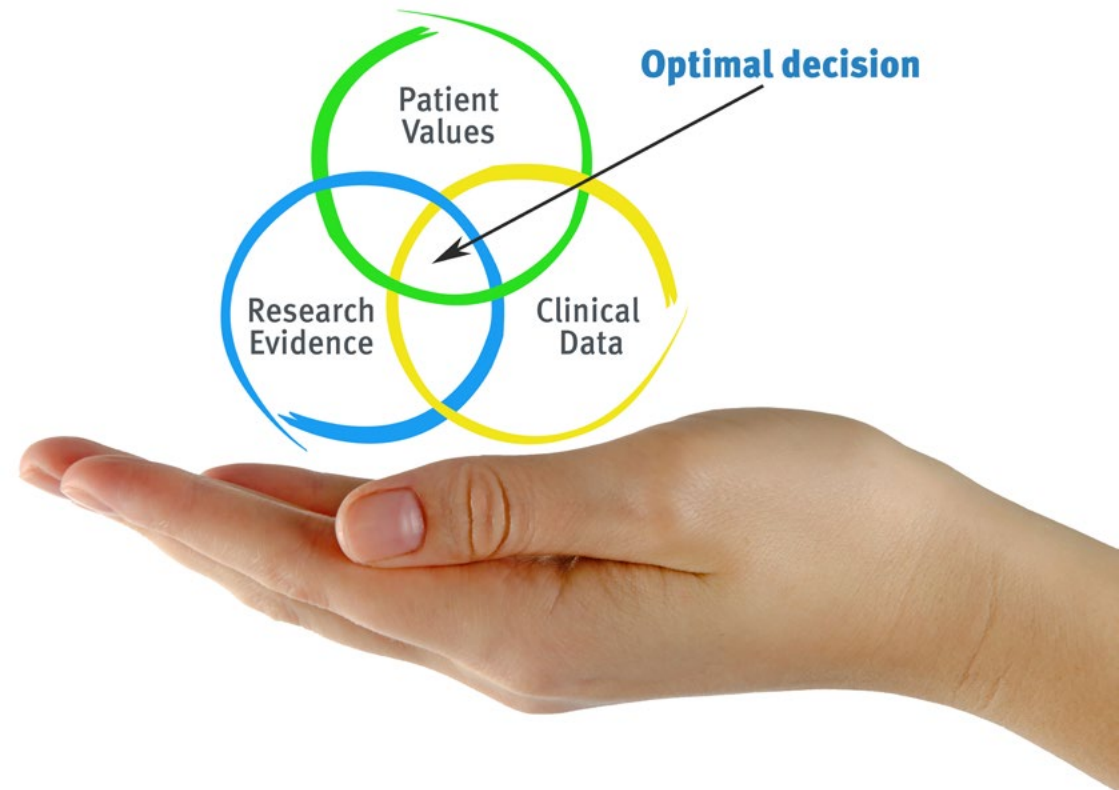
*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*



## 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 update 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 Update 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 Breastfeeding update for midwives**

Official No. of Hours: **150 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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