

# Postgraduate Certificate

## Attention to Women in the Postpartum period for Midwives





## Postgraduate Certificate

### Care of Women in the postpartum period for Midwives

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

Website: [www.techtitute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-care-women-postpartum-period-midwives](http://www.techtitute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-care-women-postpartum-period-midwives)

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01

# Introduction

The Spanish Society of Gynecology and Obstetrics (SEGO) considers that the birth of a healthy child is not, although it may seem so, a casual event. It is the result of a great deal of care and attention given with generosity and professionalism by different professional categories. It also considers that childbirth care should be based on the principles of humanization, fetal control and pain relief. For this reason, it believes that the protocols for assistance during dilatation and delivery must prioritize the safety and health of both the mother and the newborn. The end objective is to ensure the well-being of both the mother and the new-born child during the whole birth process.



A close-up photograph of a person's hand resting on their abdomen. A horizontal surgical scar is visible on the skin. The image is partially overlaid by a dark green geometric shape in the top right corner.

“

*This Postgraduate Certificate in Care of Women in the postpartum period for Midwives contains the most complete and up-to-date scientific program on the market"*

The midwife works in the care and attention of pregnant women ensuring their hygiene, comfort, psychological support and nutritional care, as well as her own safety, development and overall health: the basic principles to ensure effective care. Thanks to the evolution of low-intervention childbirth proposed by the Ministry of Health and Social Policy, the different health professionals who work with pregnant women must provide adequate and effective care, reduce unnecessary interventions to a minimum and ensure their privacy, as well as promote newborn care such cleaning, placing identification bracelets, etc., in close contact with the mother, thereby favoring the mother-child bond.

Midwives play an essential role in the evolution of the pregnant woman, the postpartum mother and her newborn. They are professionals who are directly dedicated to the care of women, with the knowledge that allows them to achieve care in favor of the recommendations on normal childbirth, as well as the latest standards developed in the Clinical Guide for Normal Childbirth published by the Ministry of Health and Social Policy.

This line of thought and action coincides with a strong change that has to take place in the relationship between health teams and the woman user, to move from a technical relationship to one in which the bioethical principle of autonomy and attention to the integrity of the person involved is prioritized. The aim is to comprehensively address the process that women face during childbirth and thus improve health outcomes for them and their babies.

The general purpose of this program is to update the skills and knowledge of midwives to meet the healthcare needs of women and their future children with scientific rigor and the highest professional standards. This training was created in response to multiple needs in the hospital environment for all professionals, both for those recently incorporated and those who have been providing their professional services for some time and who require constant up-to-date training in this very specific area of practice.

This **Postgraduate Certificate in Care of Women in the postpartum period for Midwives** contains the most complete and up-to-date scientific program on the market.

Its most notable features are:

- ◆ More than 75 clinical cases presented by experts in Obstetrics and Gynecology
- ◆ 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.
- ◆ The latest information on care and intervention in Obstetrics and Gynecology.
- ◆ Contains practical exercises where the self-evaluation process can be carried out to improve learning.
- ◆ Algorithm-based interactive learning system for decision-making in the situations that are presented to the student.
- ◆ With special emphasis on evidence-based nursing and research methodologies in obstetrics
- ◆ 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 skills in the approach to Postpartum Care of Newborns for Midwives intervention through this program”*

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*This Postgraduate Certificate is the best investment you can make when selecting a refresher program, for two reasons: in addition to updating your knowledge in Birth Pelvic Floor for Midwives you will obtain a qualification from TECH Technological University”*

Its teaching staff includes professionals belonging to the field of Obstetrics and Gynecology who bring their work experience to this education, as well as renowned specialists belonging to leading scientific societies.

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 midwife will have to try to solve the different professional practice situations that arise during the program. For this reason, you will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of Obstetrics and Gynecology with extensive teaching experience.

*Increase your confidence in decision-making by updating your knowledge through this program.*

*Make the most of this opportunity to learn about the latest advances in Care of Women in the postpartum for Midwives and improve the care of your patients.*



02

# Objectives

The Postgraduate Certificate in Postpartum care of Newborns for Midwives is oriented towards facilitating the professional practice of midwives in caring for all their pregnant patients or those wanting to conceive.



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*This Postgraduate Certificate is designed to update your knowledge in Care of Women Postpartum care of for Midwives, with the use of the latest educational technology, to contribute with quality and confidence to decision-making, care, monitoring and support of the patient"*



## General Objectives

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- ◆ Acquire knowledge in the specifics of Obstetric Care
- ◆ Promote work strategies based on a comprehensive approach to the patient as a standard model for achieving excellent care
- ◆ Favor the acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through specific training.
- ◆ Encourage professional stimulation through continuous education and research





## Specific Objectives

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- ◆ Show the woman techniques and procedures in order to promote self-care during the pregnancy and the post-partum period.
- ◆ Describe the importance of providing a place where the woman can breastfeed her baby in comfort.

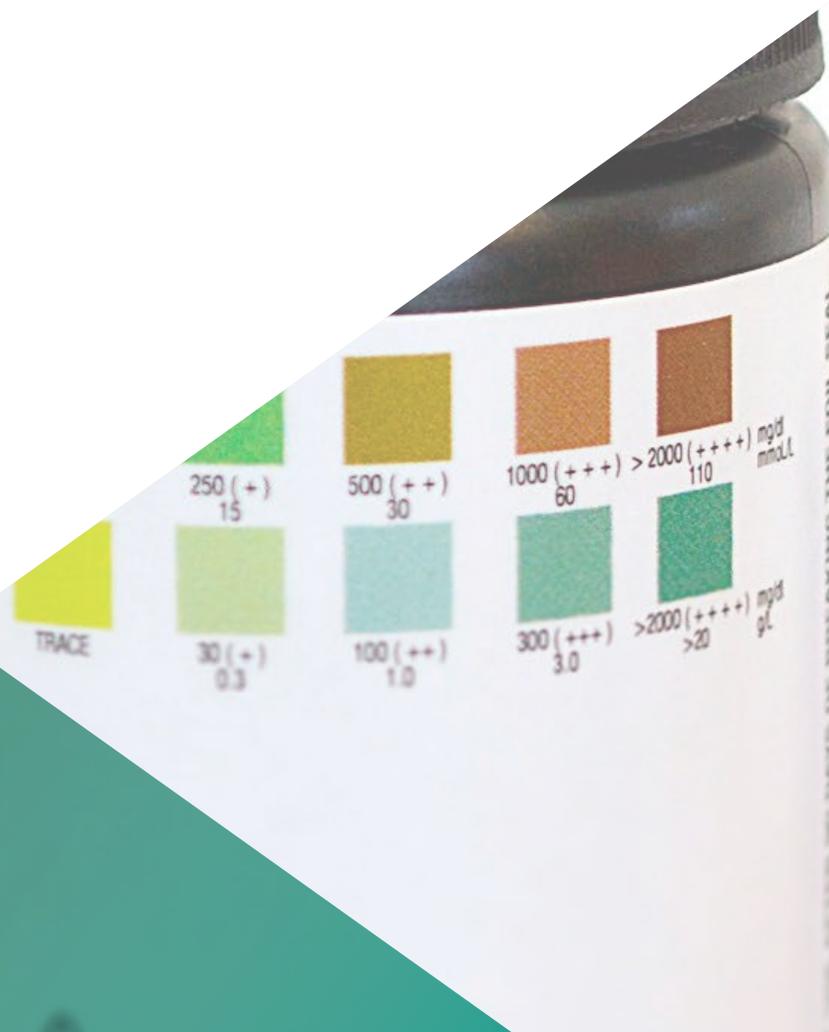


*Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"*

03

# Course Management

The program includes in its teaching staff renowned experts in Obstetrics and Gynecology who contribute their work experience to this training program. Additionally other recognized specialists participate in its design and preparation which means that the program is developed in an interdisciplinary manner.





*Learn the latest advances in procedures in the field of Postpartum Care of Newborns for Midwives from leading professionals"*

## International Guest Director

Dr. Kellie Thiessen is a distinguished midwife and nurse practitioner, specializing in the clinical field of maternal and child healthcare. Her expertise has been recognized on multiple occasions, including receiving awards such as the Professional Development Award from the Canadian Child Health Clinician Scientist Program (CCHCSP).

Thanks to her vast experience, the expert has been selected as Director of the Midwifery Program at the University of British Columbia. Previously, she has directed the academic pathway at the University of Manitoba for more than a decade. At that institution, she was instrumental in the creation of a Bachelor of Obstetrics degree focused on the specific training of future midwives.

Dr. Thiessen's work has also been highlighted through her appointment as Senior Specialist in Maternal Health and Obstetrics by the Institute of Global Public Health at the University of Manitoba. In turn, her scientific career has been linked to the Children's Hospital Research Institute of Manitoba (CHRIM).

On the other hand, its healthcare trajectory has encompassed the healthcare systems of countries such as the United States, Brazil and Canada. Through these collaborations, she has been part of innovative models that offer patients better care and health guarantees. In this way, it has developed a professional approach focused on expanding the obstetric options available to mothers and their families when they are in vulnerable situations. An example of this is her direct collaboration with the Rankin Inlet Birth Center, the second largest city in the Nunavut Territory, and with the Ongomiizwi Indigenous Health and Healing Institute.

Dr. Thiessen has also led multidisciplinary research teams, spanning areas such as health policy, human resource planning and economics in the medical environment. In doing so, she has demonstrated a strong commitment to maternal and child welfare in different settings and communities.



## Dra. Thiessen, Kellie

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- ♦ Director of Midwifery for Midwives, University of British Columbia, Vancouver, Canada
- ♦ Director of the Midwifery Training Program at the University of Manitoba, Vancouver, Canada.
- ♦ Senior Specialist in Maternal Health and Obstetrics at the Institute for Global Public Health, University of Manitoba
- ♦ Research Associate at the Manitoba Children's Hospital Research Institute
- ♦ Collaborator with the Rankin Inlet Birth Centre, Nunavut Territory
- ♦ Collaborator with the Ongomiizwi Indigenous Institute of Health and Healing
- ♦ PhD in Applied Health Sciences, University of Manitoba, Canada
- ♦ Master of Science in Nursing and Midwifery Midwifery, Georgetown University, Canada
- ♦ Bachelor of Science in Nursing from Eastern Mennonite University, United States
- ♦ Member of:
  - ♦ Canadian Health Human Resources Network
  - ♦ American College of Nurse Midwives
  - ♦ Manitoba Association of Regulated Nurses
  - ♦ Manitoba Association of Midwives

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Management



### Dr. Rodríguez Díaz, Luciano

- Head of Studies of the Obstetric-Gynecological Nursing Teaching Unit (Midwife) of the University Hospital of Ceuta.
- Midwife Bellvitge University Hospital
- 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.
- Member: Institute of Ceuta Studies, Editorial Board of the European Journal of Health Research, Spanish Society of Emergencies, Institute of Ceuta Studies. University of Granada, Master in Gynecological Nursing. Cardenal Herrera University, Master in Obstetric Nursing. University Cardenal Herrera- Obstetric-Gynecological Nursing Specialist. University of Malaga, University Diploma in Nursing. University of Cadiz, Expert in community health promotion. UNED.



### **Dr. Vázquez Lara, Juana María**

- 061 Nurse of the Ceuta Health Management Area.
- PhD from the University of Granada
- Acting midwife in the delivery service. Bellvitge University Hospital
- Head of Studies of the Ceuta Midwifery Teaching Unit.
- Professor of 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), Costa del Sol Hospital, Marbella University School of Malaga
- University Diploma in Nursing "Salus Infirmorum" University School of Nursing, University of Cádiz

## Professors

### Ms. Andrés Núñez, Carmen Patricia

- ♦ Specialist in Obstetrics and Gynecology at the University Hospital of Ceuta.
- ♦ Specialist in Gynecology and Obstetrics. Quirónsalud Campo of Gibraltar Hospital
- ♦ INGESA Specialist Physician
- ♦ Gynecology Clinical Management Unit. San Cecilio University Hospital Granada
- ♦ Degree in Medicine and Surgery

### Ms. Carrasco Racero, María Mercedes

- ♦ Internship Coordinator at the University Center of Ronda
- ♦ Degree in Nursing

### Ms. De Dios Pérez, María Isabel

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

### Ms. Díaz Lozano, Paula

- ♦ Midwife in the Ceuta Health Area.
- ♦ Nurse Specialist in Obstetrics and Gynecology, University Hospital of Ceuta
- ♦ Teacher specialized in Obstetrics
- ♦ Diploma in Nursing, Faculty of Nursing and Physiotherapy of Cádiz

### Ms. Revidiego Pérez, María Dolores

- ♦ Nurse specialized in Gynecology and Obstetrics
- ♦ Specialized Care Midwife Campo de Gibraltar and Quirón Campo de Gibraltar
- ♦ Postgraduate Certificate in Nursing

### Ms. Gilart Cantizano, Patricia

- ♦ Midwife of Specialized Care in Campo de Gibraltar
- ♦ Midwife, Quirón Campo de Gibraltar Hospital
- ♦ Nurse Resident Intern Midwife Andalusian Health Service
- ♦ Critical care and emergency nurse Andalusian Health Service
- ♦ Postgraduate Certificate in Nursing
- ♦ University expert in community nutrition UNED.
- ♦ University expert in cardiovascular risks III. UNED.
- ♦ University Expert in Emergency Medicine. Complutense University of Madrid

### Ms. Llinás Prieto, Lucía

- ♦ Nurse in Specialized Care
- ♦ Postgraduate Certificate in Nursing

### Ms. Mérida Téllez, Juanma

- ♦ Midwife at the Hospital Costa del Sol in Marbella
- ♦ Postgraduate Certificate in Nursing

### D. Muñoz Vela, Francisco Javier

- ♦ Nursing internship coordinator at the Maternity and Infant Care Center of Málaga
- ♦ Midwife Carlos Haya Regional University Hospital
- ♦ Midwife San Antonio Park Hospital
- ♦ Midwife in Specialized Care at the Maternal-Children's Hospital of Malaga
- ♦ Associate Professor Faculty of Nursing. University of Malaga
- ♦ Diploma in Nursing. University of Malaga

**Mr. Márquez Díaz, Antonio**

- ♦ Midwife, El Angel Hospital HLA Group
- ♦ Midwife, Vithas
- ♦ Intern Resident Nursing Plan Tutor
- ♦ OPOSALUD Tutor
- ♦ University Diploma in Emergency Nursing, El Ángel Hospital
- ♦ Nursing University Diploma in ICU Pediatrics and Neonatal Unit of El Ángel Hospital
- ♦ Resident Midwife, Andalusian Regional Government
- ♦ Midwife Costa del Sol de Marbella Hospital
- ♦ Midwife Quirón Campo de Gibraltar Hospital
- ♦ Official Master in Health Economics, Health Management and Rational Use of Medicines. University of Malaga
- ♦ Official Master's Degree in New Trends in Health Sciences Research. University of Malaga
- ♦ Master's Degree in Public Health. University of Almeria
- ♦ Master's Degree in Nurse Prescription and Pharmacotherapeutic Monitoring. University of Valencia
- ♦ Master's Degree in Pharmacotherapy, University of Valencia
- ♦ Diploma in Nursing. University of Malaga

**Ms. Palomo Gómez, Rocío**

- ♦ Nurse specialized in Gynecology and Obstetrics
- ♦ Ceuta Specialized Care Midwife
- ♦ Postgraduate Certificate in Nursing

**Ms. Rivero Gutiérrez, Carmen**

- ♦ Midwife. Primary Care in the Ceuta Health Area.
- ♦ Postgraduate Certificate in Nursing

**Mr. Rodríguez Díaz, David**

- ♦ Nurse at Nuestra Señora de Candelaria University Hospital
- ♦ Diploma in Nursing

**Mr. Vázquez Lara, Francisco José**

- ♦ Specialist in Biological Sciences
- ♦ Degree in Biological Sciences

**Ms. Vázquez Lara, María Dolores**

- ♦ Nurse specialized in primary care of pregnant women.
- ♦ Postgraduate Certificate in Nursing

**Ms. Mérida Yáñez, Beatriz**

- ♦ Nurse Practitioner in Gynecological Care
- ♦ Midwife of the Andalusian Health Service
- ♦ Midwife of the Vithas Hospital
- ♦ Midwife of the Murcia Health Service
- ♦ Teacher
- ♦ Member of the scientific committee of the First International Congress of Research and Innovation in Nursing and Physiotherapy of Ceuta and Melilla
- ♦ Member of the Scientific Committee. National Sanitary Magazine
- ♦ Doctor in Health Sciences
- ♦ Postgraduate Certificate in Nursing

04

# Structure and Content

The structure of the contents has been designed by a team of professionals from the best hospitals and universities in the country, who are aware of the relevance of up-to-date training in order to intervene in the prevention, care and monitoring of obstetric health in our patients, and are committed to quality teaching through new educational technologies.





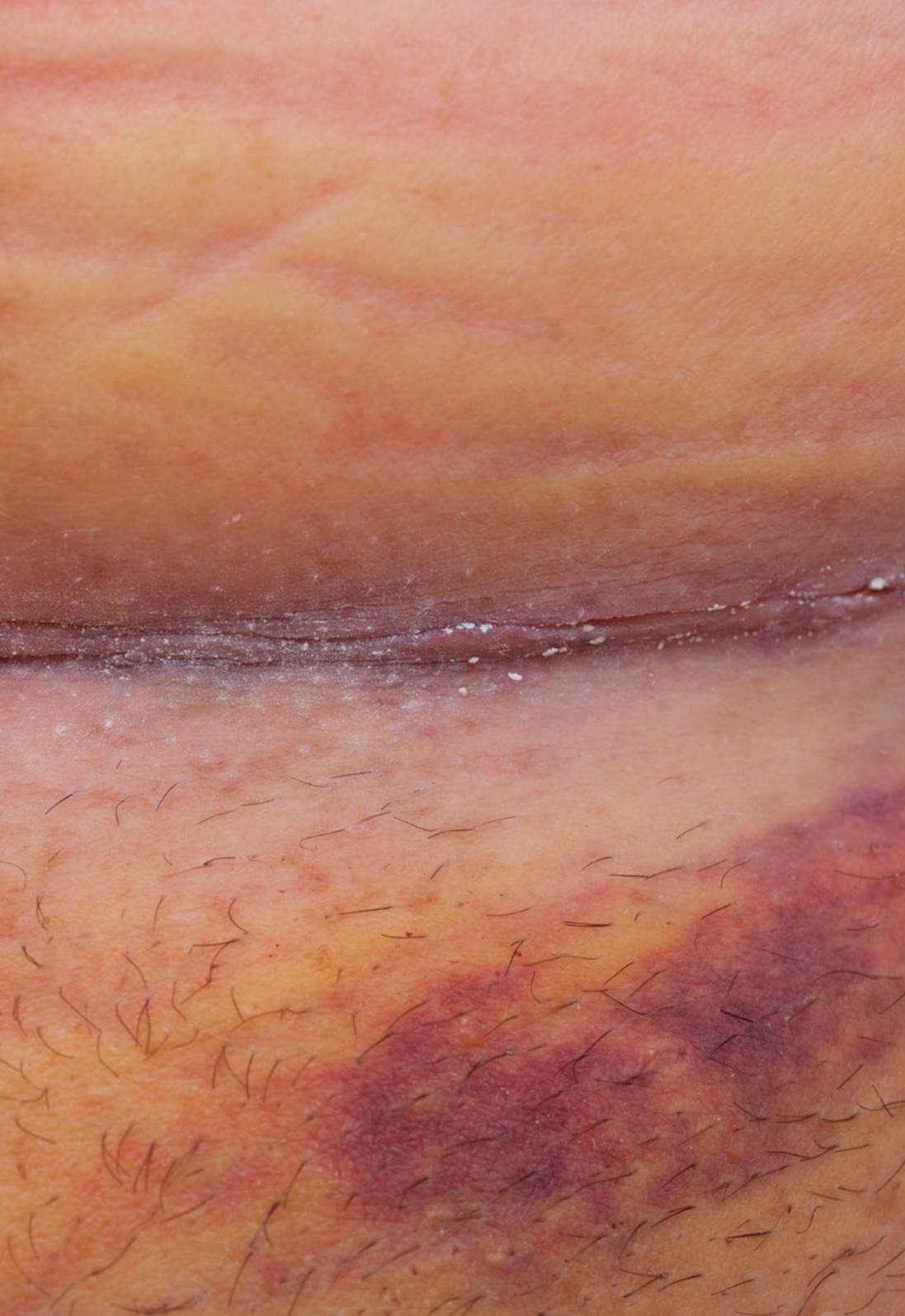
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*This Professional Master's Degree is designed to help you up-to-date your knowledge of Precision Oncology:*

## Module 1. Post-Partum Care for Midwives

- 1.1. Assistance of the Midwife and Care of the Woman During Post-Partum Period
  - 1.1.1. Puerperium, Adaptations and Modifications
  - 1.1.2. Postpartum Care and Assistance
  - 1.1.3. General Examination.
  - 1.1.4. Identification of Problems and Their Prevention
  - 1.1.5. Discharge Counselling
- 1.2. Psychosocial Aspects in the Puerperium
  - 1.2.1. Psychosocial Adaptation of the Puerpera
  - 1.2.2. Psychological Changes
  - 1.2.3. Assessment of the Emotional State: Detection of Postpartum Depression
  - 1.2.4. Mother/Partner/Newborn Relationship Bonds
  - 1.2.5. Family Adaptation
- 1.3. Pharmaceuticals in Puerperium
  - 1.3.1. Pharmaceuticals in Puerperium
  - 1.3.2. Use and Management of Pharmaceuticals in Postpartum. Indications, Pharmaceutical Interaction, and Dosage
- 1.4. Home Care by the Midwife During the Puerperium
  - 1.4.1. Characteristics of Home Care of the Mother and the Newborn During the Puerperium
  - 1.4.2. Home Care of the Mother and the Newborn during the Postpartum Period
- 1.5. Midwife Care in Postpartum Period
  - 1.5.1. Postpartum Program
  - 1.5.2. Counseling and Health Education for the Mother-Child Pair.
  - 1.5.3. Maternal Recovery. Postpartum Groups
  - 1.5.4. Physical Exercises During Postpartum
  - 1.5.5. Pelvic floor recovery





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

# 05 Methodology

This program offers students a different way of learning. Our methodology follows a cyclical learning process: **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.





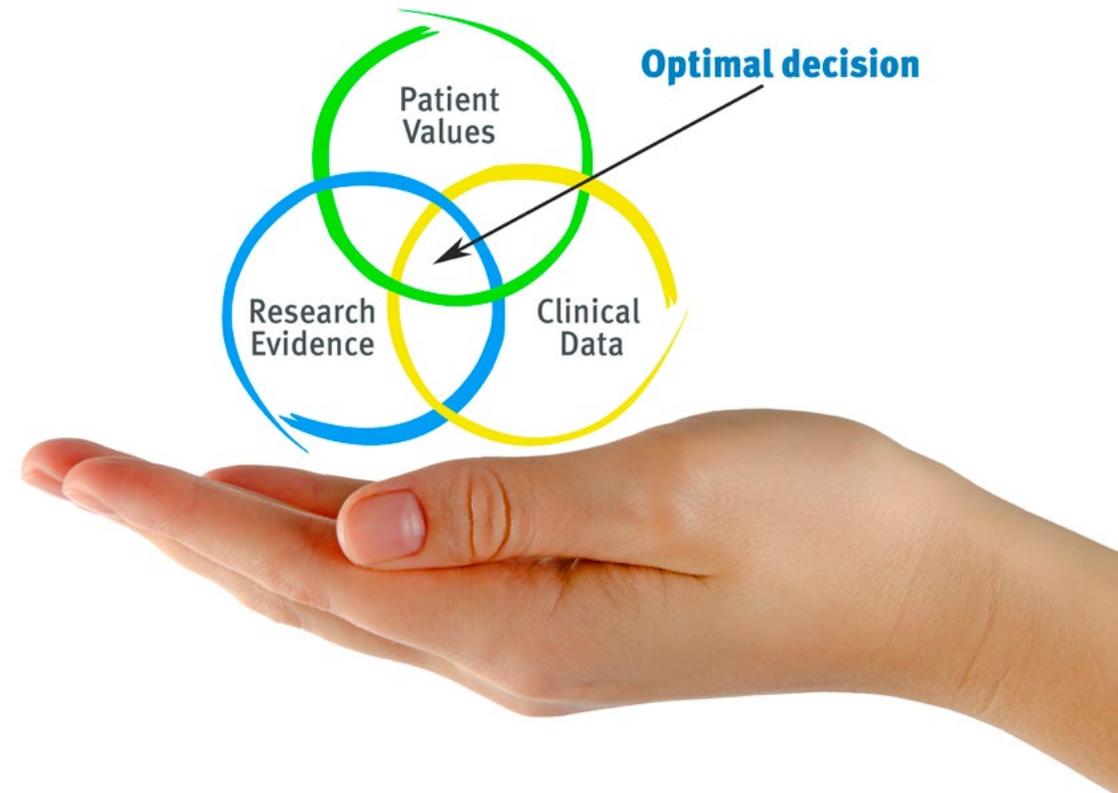
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”*

## 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

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*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 prepared more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. Our educational 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 adapted in 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

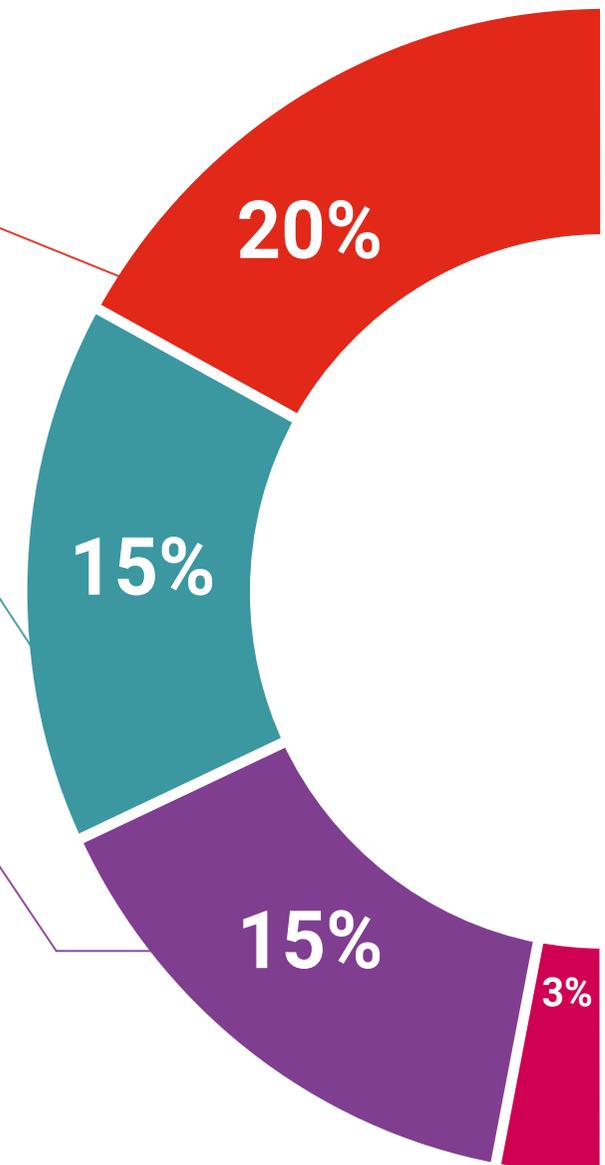
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

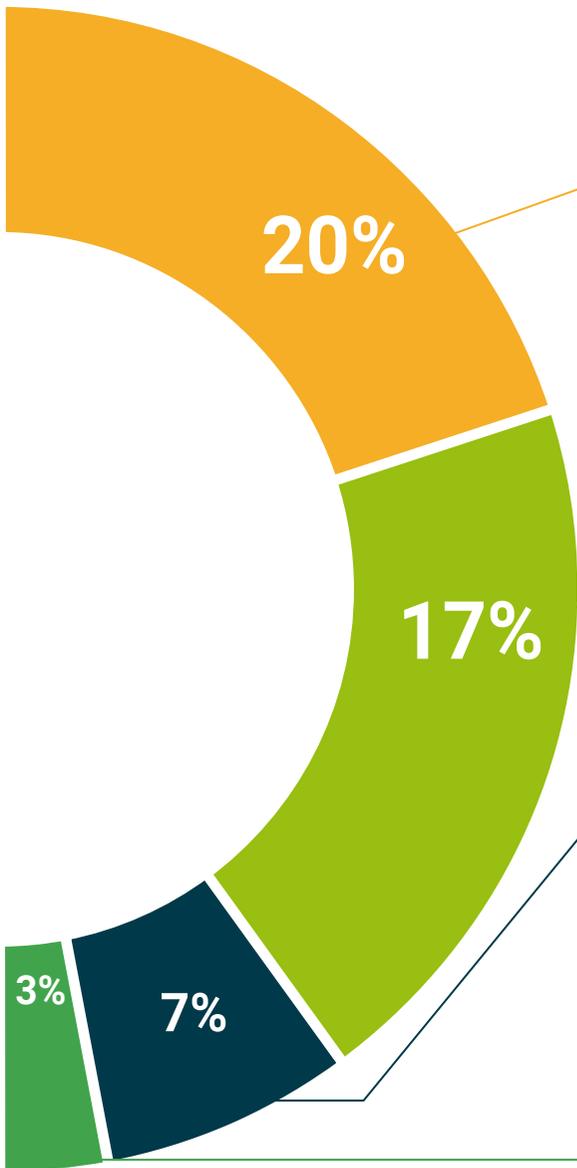
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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

The student's knowledge is periodically assessed and re-assessed throughout the program, through evaluative and self-evaluative activities and exercises: in this way, students can check how they are doing in terms of 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 Care of Women Postpartum care of 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 Care of Women in the postpartum period for Midwives contains the most complete and up-to-date scientific 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 Care of Women in the postpartum period for Midwives**

Official N° of Hours: **175 hours**.



\*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.



## Postgraduate Certificate

Care of Women in the  
postpartum period for  
Midwives

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

# Postgraduate Certificate

## Attention to Women in the Postpartum period for Midwives