

# Postgraduate Certificate

## Maternal Needs after Natural Childbirth for Midwives





## Postgraduate Certificate Maternal Needs after Natural Childbirth for Midwives

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

Website: [www.techtitute.com/us/enfermeria/curso-universitario/maternal-needs-natural-childbirth-midwives](http://www.techtitute.com/us/enfermeria/curso-universitario/maternal-needs-natural-childbirth-midwives)

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# 01

# Introduction

Comprehensive care for the demands women have after childbirth is crucial for their physical and emotional recovery, as well as to ensure that they have a successful transition into motherhood. Therefore, it is important that health professionals, such as midwives, are trained to provide special assistance to mothers after childbirth. Because of this, this academic Postgraduate Certificate has been designed with a curriculum focused on providing an update on the most frequented clinical methods in the treatment of the mother's needs such as midwifery and postpartum contraception. All this will be developed 100% online, a benefit that will allow them to have greater control over their time.





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*You will access the most up-to-date Postgraduate Certificate in the digital academic landscape to help a mother through the painful process of losing a late-term pregnancy"*

Today, clinical advances in childbirth care have prompted a more complete attention to the needs of the mother, which has generated a growing demand for highly trained professionals and, as a result, the need for continuous updating on the part of midwives. It is vitally important for these professionals to keep up to date on the latest medical practices for the management of emotional or physical risk situations that may arise after childbirth, thus ensuring optimal and safe care for both mothers and their newborns.

For this reason, TECH has developed this Postgraduate Certificate with a broad curriculum with didactic content that explains in depth the biological and mental reactions that occur after childbirth, as well as the assistance to the primary needs of the mother. Likewise, the recovery of the pelvic floor and the most modern practices in the care of the after pains will be addressed. It should be noted that the syllabus has been developed by a teaching staff composed of the best specialists in this field, who will transfer years of professional experience into it.

Students will complete the Postgraduate Certificate 100% online thanks to the Relearning methodology, which provides greater flexibility and the ability to learn from wherever they are. In addition, they will have 24-hour access to multimedia resources that will enhance their understanding of the topics. They will also analyze case studies that simulate real-life situations, which will allow them to strengthen their problem-solving skills and increase their competence in practical environments.

This **Postgraduate Certificate in Maternal Needs after Natural Childbirth for Midwives** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Maternal Needs after Natural Childbirth 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
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ 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



*Get updated on the needs of the mother after natural childbirth with the most innovative contents that TECH offers you in this Postgraduate Certificate"*

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*You will have at your disposal a Virtual Campus available 24 hours a day and you will be able to download the material to consult it whenever you need it”*

The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its 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 education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*The Relearning methodology will allow you to consolidate and apply your knowledge effectively and efficiently.*

*With TECH, you will learn from wherever you are and at the time of day that best suits your schedule.*



# 02 Objectives

By completing this Postgraduate Certificate, the graduate will acquire essential knowledge and specialized skills to provide comprehensive care to parents during the postpartum period. By understanding the physical and emotional transformations that a mother goes through during the normal postpartum period, the professional will be able to identify and provide appropriate support during this crucial stage. This will allow them to effectively implement the most up-to-date tools in their professional practice, guaranteeing comprehensive care and quality attention to pregnant women and their babies. In addition, by choosing the most complete online program, the graduate will be able to consolidate their knowledge and stay updated in their professional field.







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*Become a better professional by determining the causes and risk factors of miscarriages and how to assist in the physical and emotional recovery of the pregnant woman"*



## General Objectives

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- ♦ Acquire fundamental knowledge about the physiology of Natural Childbirth, ancestral cultural practices and the emotional needs of women during childbirth, as well as the implications of medical interventions
- ♦ Acquire essential skills and knowledge in the care of pregnant women and their fetuses, including the promotion of healthy pregnancies and the identification of possible complications
- ♦ Acquire fundamental knowledge and skills in the diagnosis, management and prevention of emergencies in childbirth, with a focus on interprofessional collaboration and advocacy for patients' rights
- ♦ Acquire fundamental knowledge and skills in the assessment, diagnosis, and management of neonatal emergencies, with a focus on early recognition of problems and application of appropriate interventions
- ♦ Acquire knowledge of the physical and emotional needs of the mother in the perinatal period.
- ♦ Develop skills to provide comprehensive support and care for the mother during the postpartum period, including difficult and emotionally intense situations
- ♦ Promote prevention and care of maternal mental health in the perinatal period, including the detection and treatment of mood disorders and the management of obstetric trauma and obstetric violence





## Specific Objectives

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- ◆ Examine in depth the immediate care and recovery of the pelvic floor
- ◆ Examine the causes and physiology of after pains
- ◆ Analyze pain management strategies and provide appropriate care
- ◆ Examine in depth the return of menses and factors influencing its recurrence
- ◆ Delve into the relationship between Menstruation and Lactation
- ◆ Identify contraceptive methods that are compatible with breastfeeding
- ◆ Identify the symptoms of Postpartum Depression, Postpartum Anxiety and Posttraumatic Stress Disorder
- ◆ Identify types and manifestations of obstetric violence



*This Postgraduate Certificate contains the most complete and up-to-date scientific program on the market”*

03

# Course Management

TECH's main objective is to offer high quality education and ensure immediate access to the most innovative knowledge in the market. For this reason, a thorough selection of the faculty of this Postgraduate Certificate has been carried out. In this way, participants will have the opportunity to acquire knowledge from the most qualified professionals in the field, who will share the latest clinical practices related to maternal care, as well as the most common situations and how to respond to them in an optimal way.





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*The best specialists pour into this degree all their knowledge to bring you up to date in psychological care and postpartum depression"*

## Management



### Dr. Santos Leal, Emilio

- Medical Director of the International Medical Technology Center
- Specialist Doctor at Fundación Alcorcón University Hospital
- Medical specialist at Consorcio University General Hospital of Valencia
- Medical specialist at Pius Hospital de Valls
- Medical specialist at Clínica Perpetuo Socorro
- Specialty in Gynecology and Obstetrics by Hospital Clínico San Carlos
- Degree in Medicine and Surgery from the University of Cantabria



# 04

## Structure and Content

The contents that are part of the curriculum of this Postgraduate Certificate have been elaborated by the greatest experts in the management of Natural Childbirth. In this way, the students will be able to study from multimedia resources the modern particularities of care for Mothers today, which include an integral assistance of the biological and psychological aspects that women present after giving birth.







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*TECH is a pioneer in the implementation of the Relearning methodology, so you will get a superior educational experience”*

## Module 1. Family Needs

- 1.1. Normal postpartum
  - 1.1.1. Emotional and Physical Changes
  - 1.1.2. Immediate care
  - 1.1.3. Breastfeeding
  - 1.1.4. Pelvic floor recovery
- 1.2. After pains
  - 1.2.1. Causes and physiology
  - 1.2.2. Pain management
  - 1.2.3. Duration and evolution
  - 1.2.4. Prevention and care
- 1.3. First menstruation
  - 1.3.1. Return of menses
  - 1.3.2. Factors that influence its reappearance
  - 1.3.3. Menstruation and lactation
  - 1.3.4. Changes in the menstrual cycle
- 1.4. Contraception in the postpartum period
  - 1.4.1. Contraceptive methods compatible with breast-feeding
  - 1.4.2. Initiation of postpartum contraception
  - 1.4.3. Emergency Contraception
  - 1.4.4. Counseling and education
- 1.5. Spontaneous and induced abortion
  - 1.5.1. Causes and Risk Factors
  - 1.5.2. Procedures and care
  - 1.5.3. Physical and emotional recovery
  - 1.5.4. Prevention and counseling
- 1.6. The empty cradle: the painful process of losing a late pregnancy
  - 1.6.1. Emotional impact and grief
  - 1.6.2. Support and companionship
  - 1.6.3. Recovery process
  - 1.6.4. Prevention and management of future pregnancies





- 1.7. Psychological care after childbirth
  - 1.7.1. Identification of emotional problems
  - 1.7.2. Interventions and emotional support
  - 1.7.3. Support networks and available resources
  - 1.7.4. Strengthening of the Couple Relationship and the family
- 1.8. Perinatal mood disorders
  - 1.8.1. Postpartum Depression
  - 1.8.2. Postpartum anxiety
  - 1.8.3. Post-Traumatic Stress Disorder.
  - 1.8.4. Detection, prevention and treatment
- 1.9. Obstetric trauma
  - 1.9.1. Causes and Risk Factors
  - 1.9.2. Prevention and management of obstetric trauma
  - 1.9.3. Short and long term consequences
  - 1.9.4. Recovery support and resources
- 1.10. Obstetric violence
  - 1.10.1. Types and manifestations of obstetric violence
  - 1.10.2. Prevention and awareness
  - 1.10.3. Interdisciplinary approach and training of professionals

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*With this Postgraduate Certificate, you will master the contraceptive methods compatible with breastfeeding”*

# 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.





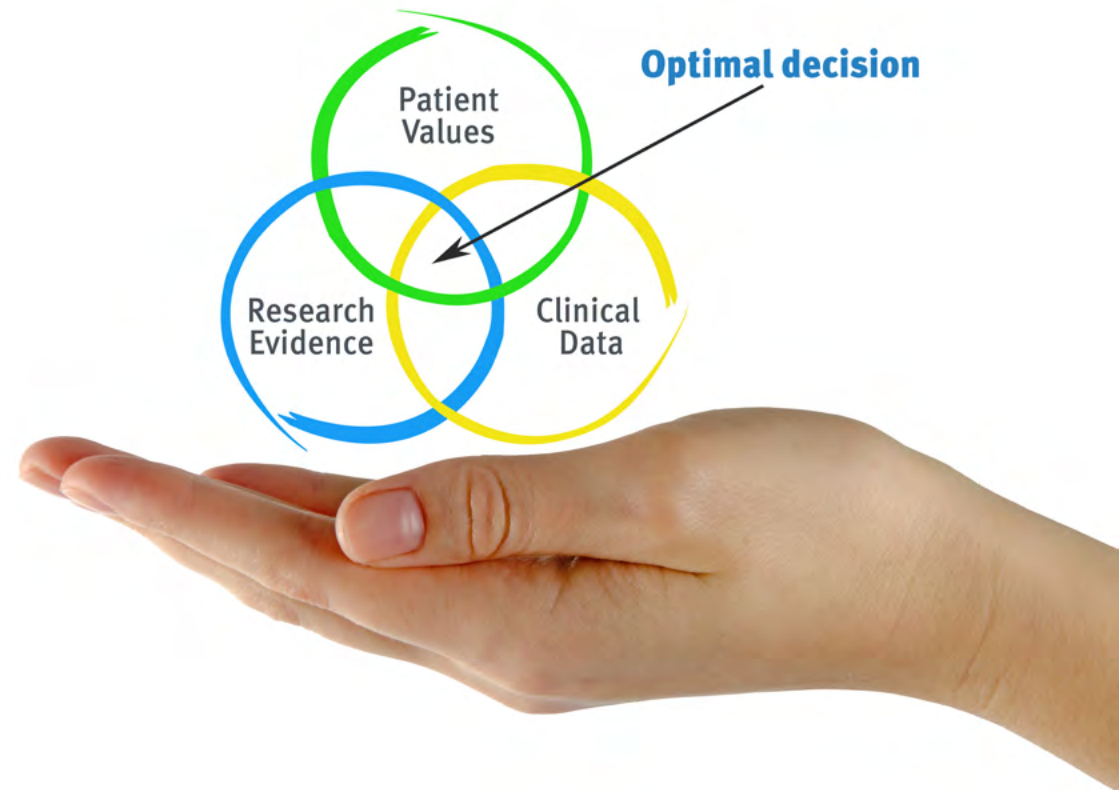
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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 Maternal Needs after Natural Childbirth for Midwives guarantees, in addition to the most rigorous and updated training, 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 Maternal Needs after Natural Childbirth 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.

Program: **Postgraduate Certificate in Maternal Needs after Natural Childbirth for Midwives**

Official N° 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.

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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