

Postgraduate Certificate

Natural Childbirth at Home for Nursing





## Postgraduate Certificate Natural Childbirth at Homefor Nursing

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

Website: [www.techtitute.com/us/nursing/postgraduate-certificate/natural-childbirth-home-nursing](http://www.techtitute.com/us/nursing/postgraduate-certificate/natural-childbirth-home-nursing)

# Índice

01

Introduction

---

*pág. 4*

02

Objectives

---

*pág. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

---

*p. 28*

# 01

# Introduction

Home Natural Birth has become a popular option for women seeking a comfortable and welcoming environment for childbirth. Additionally, this practice has been shown to have various benefits, providing personalized and effective care from the outset. It is important for nursing professionals to be familiar with this procedure to provide accurate information and support to women choosing this option. This way, TECH has created the following qualification with the aim of providing the most up-to-date and rigorous tools to health personnel. Over the next few weeks, nurses will be trained to carry out effective home births, prioritizing physiological aspects and patient care.



“

*The online format of this program  
allows you to balance your daily routine  
with the acquisition of new knowledge”*

Due to the comfort and coziness that a home environment can provide, mothers have preferred Home Natural Birth over other options. This practice offers different benefits and reduces infectious complications, as well as institutional procedures and cumbersome processes required inside a clinic or hospital. Therefore, responsible professionals must have extensive knowledge of each step, prioritizing team management and organization to provide security to the mother and her baby.

This has motivated TECH to launch the following 100% online qualification to the market. It will present updated and rigorous information on the process of Natural Home Birth, delving into aspects such as safety, management, support, and healthcare. All this academic compilation will be presented through audiovisual resources, supplementary readings, and practical exercises proposed with the Relearning methodology.

Additionally, being a virtual program, there will be no need to travel to on-site centers. Unlike that, professionals can adjust their course load to their schedules and times, allowing them to balance their daily routine with the acquisition of new knowledge. It also involves the participation of experts and specialists, resulting in a more immersive experience.

This **Postgraduate Certificate in Natural Childbirth at Home for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Natural Childbirth at home for Nursing
- ♦ 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 the self-assessment process can be carried out 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



*You will face real and simulated cases, gaining an immersive and more beneficial experience”*



“

*Once you complete this qualification, you will be ready to handle special situations, as well as hospital transfers and home obstetric emergencies”*

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

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*To undertake this training, all you need is a device with an internet connection.*

*You will delve into the benefits that water offers during the home birth process.*



# 02 Objectives

The design of this program has been carefully crafted to bring together the most up-to-date academic content in the field along with an impactful methodology that facilitates the acquisition of new knowledge and skills. Therefore, TECH ensures that, upon completion of this Postgraduate Certificate, the graduate will have updated their knowledge in the process and management of Natural Home Birth. All of this is delivered through a high-impact informational package, enriched with audiovisual resources, complementary readings, and practical exercises developed with the Relearning methodology.





“

*Stay up-to-date with the latest information on postpartum care and support”*



## General Objectives

---

- ♦ Acquire fundamental knowledge about the physiology of Natural Childbirth, ancient cultural practices, and the emotional needs of women during childbirth, as well as the implications of medical interventions
- ♦ Acquire essential skills and knowledge for the care of pregnant women and their fetuses, including promoting healthy pregnancies and identifying potential complications
- ♦ Acquire fundamental knowledge and skills in the diagnosis, management, and prevention of childbirth emergencies, with a focus on interprofessional collaboration and patient rights advocacy
- ♦ Acquire fundamental knowledge and skills in the assessment, diagnosis, and management of neonatal emergencies, with an emphasis on early problem recognition and the application of appropriate interventions
- ♦ Emphasize fundamental knowledge about the neuroscience of pregnancy, motherhood, and perinatal care, as well as the scientific evidence related to Natural Childbirth and evidence-based care practices
- ♦ Acquire fundamental knowledge about home births, including team management and organization, pregnancy, childbirth, and postpartum preparation and support, as well as the identification and management of special situations and home obstetric emergencies
- ♦ Acquire fundamental knowledge about Natural Childbirth units, such as birthing centers and hospital units, and develop skills to assess, plan, and manage these environments, ensuring a high level of care and satisfaction for women and their families
- ♦ Acquire fundamental knowledge and practical skills in newborn care, as well as the ability to provide comprehensive and safe care in this critical stage of life and collaborate with other health professionals and families to ensure the well-being of the newborn
- ♦ Acquire knowledge about the physical and emotional needs of the mother during the perinatal period
- ♦ Develop skills to provide emotional support and comprehensive care to the mother during the postpartum period, including difficult and emotionally intense situations
- ♦ Promote the prevention and care of maternal mental health during the perinatal period, including the detection and treatment of mood disorders and addressing obstetric trauma and obstetric violence
- ♦ Analyze the stages of labor and pain management and relaxation techniques
- ♦ Develop skills in creating and monitoring personalized birth plans
- ♦ Examine the importance of interdisciplinary collaboration in childbirth care
- ♦ Promote emotional preparation and support for women and their families during the childbirth process
- ♦ Acquire skills to identify and manage high-risk situations in pregnancy and childbirth



## Specific Objectives

---

- ♦ Thoroughly analyze the scientific evidence, history, and anthropology of home birth and delivery, considering the importance of preventing obstetric violence
- ♦ Analyze how to manage and organize the team, as well as select and use the necessary materials for home birth
- ♦ Analyze how to provide appropriate follow-up and support during pregnancy, including creating medical history and identifying difficulties and deviations from normality
- ♦ Examine assistance and support during labor at home, using non-pharmacological resources to alleviate pain and address deviations from normality
- ♦ Assist with birth, placenta detachment, and exit, and managing dystocia and other potential complications
- ♦ In-depth analysis of the physiology of water birth, examining the safety of this type of home birth
- ♦ Identify special situations, arranging hospital transfers, and managing obstetric emergencies in the home environment
- ♦ Examine appropriate follow-up and support during the postpartum period, both physically and emotionally, for both the mother and the baby
- ♦ Analyze mental health during the postpartum period, including breastfeeding, perinatal death, and post-traumatic stress
- ♦ Develop knowledge in research and examining strategies for pelvic floor care during and after childbirth



03

# Course Management

One of TECH's priorities in designing its programs is the formation of a teaching staff that provides knowledge and experience. Therefore, for this Postgraduate Diploma, it has selected outstanding professionals in home natural childbirth, who, in addition to excelling in their clinical work, have contributed the results of their practical experience to the study materials, giving the program added value and exclusive information.





“

*A top-notch faculty committed  
to your professional updating”*



## Management



### **Dr. Santos Leal, Emilio**

- Medical Director of the International Medical Technology Center
- Specialist Doctor at Fundación Alcorcón University Hospital
- Doctor Specialist at the General University Hospital Consortium of Valencia
- Specialist at Pius Hospital in Valls
- Medical Specialist at Perpetuo Socorro Clinic
- Specialization in Gynecology and Obstetrics from San Carlos Clinical Hospital
- Graduate in Medicine and Surgery from the University of Cantabria



# 04

## Structure and Content

To ensure rigorous training focused on the current requirements and demands of the job market, TECH has selected the most updated topics of interest in the field and has decided to present them through the Relearning methodology. This way, nursing professionals will confront real and simulated cases, acquiring new skills and abilities to enhance their professional profile. Additionally, they will have downloadable audiovisual content and additional support material.







“

*A qualification where you will not have to attend in-person centers or take group classes”*

## Module 1. Home Birth

- 1.1. Birth and Delivery at Home
  - 1.1.1. Scientific Evidence of Home Birth
  - 1.1.2. History and Anthropology of Home Birth
  - 1.1.3. Obstetric Violence
  - 1.1.4. Knowing How to Support
- 1.2. Team Management and Organization
  - 1.2.1. Team Management and Organization
  - 1.2.2. Materials Required for Home Birth
  - 1.2.3. Information about Attendance: Selection-Exclusion Criteria
  - 1.2.4. Birth Record
- 1.3. Pregnancy Monitoring and Support
  - 1.3.1. Development of the Clinical History
  - 1.3.2. Most Common Pregnancy Difficulties and Deviations from Normality: Therapeutic Resources
  - 1.3.3. Birth Preparation: An Opportunity for Growth and Empowerment
  - 1.3.4. Home Visits
- 1.4. Assisting with Dilation
  - 1.4.1. Interpretation of Signs and Symptoms of Labor: When to Go to the Home
  - 1.4.2. How We Support Dilation at Home
  - 1.4.3. Non-pharmacological Resources for Pain Relief
  - 1.4.4. Deviations from Normality and Therapeutic Resources during Dilation
- 1.5. Support for Birth, Placental Detachment, and Delivery
  - 1.5.1. Descent and Delivery of the Baby (Expulsion)
  - 1.5.2. Dystocia and Resolutions
  - 1.5.3. Welcoming the Baby, Clamping the Umbilical Cord, and Initial Assessment
  - 1.5.4. Physiology, Deviations from Normality, and Resolutions of Placental Delivery
- 1.6. Dilation and Birth in Water
  - 1.6.1. Physiology of the Woman and the Baby for Water-Based Support
  - 1.6.2. Necessary Materials for Water Birth
  - 1.6.3. Procedures and Assistance Practices in Water Birth
  - 1.6.4. Safety and Precautions in Water Birth







- 1.7. Special Situations, Hospital Transfer, and Home Obstetric Emergencies
  - 1.7.1. Special Situations: Streptococcus Agalactia Positive, PROM without Dynamics, Prolonged Pregnancy, Previous Cesarean Section
  - 1.7.2. Hospital Transfer Criteria: Transfer Protocol and Documentation
  - 1.7.3. Obstetric Emergencies: Hemorrhage, Umbilical Cord Prolapse, Neonatal Resuscitation, Breech Presentation, Unexpected Breech Presentation
  - 1.7.4. Handling Critical Situations and Decision-Making
- 1.8. Postpartum Monitoring and Support
  - 1.8.1 Home Monitoring of the Mother: Physical and Emotional Assessment
  - 1.8.2. Home Monitoring of the Baby: General Well-being Assessment, Negative Rh Factor, Metabolic Tests
  - 1.8.3. The Placenta and Microbiota
  - 1.8.4. Information on Administrative Procedures
- 1.9. Mental Health in the Puerperium
  - 1.9.1. Breastfeeding: Most Common Pathologies and Difficulties
  - 1.9.2. Perinatal Death and Post-Traumatic Stress
  - 1.9.3. Miscarriages and Detection of Mental Health Warning Signs for Referral
  - 1.9.4. Strategies for Supporting Emotions During the Postpartum Period
- 1.10. Research and Pelvic Floor Care
  - 1.10.1. Research Methodology and Information Sources
  - 1.10.2. The Pelvic Floor: Anatomy, Functions, and Dysfunctions
  - 1.10.3. Pelvic Floor Care During and After Childbirth



*You are just a click away from entering one of the best informative compendiums in the healthcare field"*

# 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.





“

*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. Gervas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, in an attempt to recreate the real conditions in professional nursing practice.



“

*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the 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 Natural Childbirth at Home for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.







“

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

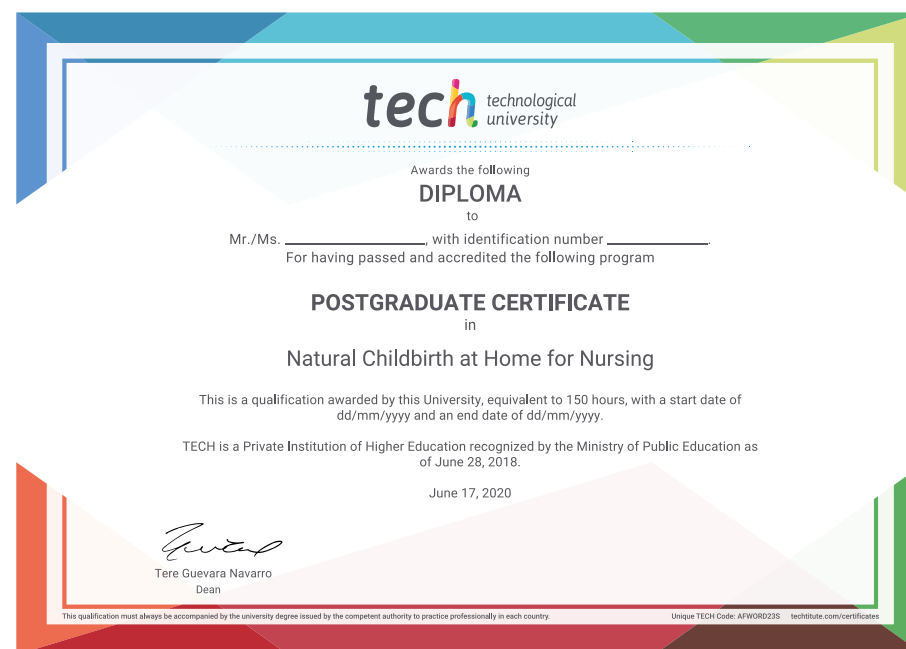
This **Postgraduate Certificate in Natural Childbirth at Home for Nursing** contains the most complete and up-to-date scientific on the market.

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 Natural Childbirth at Home for Nursing**

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  
virtual classroom



**Postgraduate Certificate**  
Natural Childbirth  
at Home for Nursing

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



# Postgraduate Certificate

## Natural Childbirth at Home for Nursing

