

Postgraduate Certificate  
Natural Childbirth  
Preparation for Midwives





## Postgraduate Certificate Natural Childbirth Preparation for Midwives

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

Website: [www.techtute.com/us/nursing/postgraduate-certificate/natural-childbirth-preparation-midwives](http://www.techtute.com/us/nursing/postgraduate-certificate/natural-childbirth-preparation-midwives)

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# 01

# Introduction

Before assisting a natural childbirth, Midwives must have a solid preparation in terms of knowledge related to the care of the mother and newborn. This includes a thorough understanding of the anatomy and physiology of pregnancy, as well as the different stages of labor and pain management techniques. These aspects are constantly advancing, so professionals must also have a continuous update on the latest developments in this sector, and that is precisely what this program offers. Thanks to a syllabus that is developed 100% online, the student will receive a complete training in this field and will have greater control over their time.





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*Develop a solid emotional and technical preparation to face any situation in childbirth, standing out as a reliable and trained professional with this complete TECH Postgraduate Certificate "*

In a constantly evolving field, it is crucial for maternity and obstetrics professionals to stay current in order to provide the best care for mothers and their families. It is therefore essential that these professionals are up-to-date and have the most current knowledge on the application of the medical practices most commonly used in this field.

For this reason, this program offers professionals the opportunity to update their knowledge in an area of growing demand. Therefore, the most recent advances in anatomy and physiology of pregnancy, relaxation and breathing techniques, prenatal exercises, specific nutrition during pregnancy and other key areas are essential to provide quality and personalized care.

In this sense, the Postgraduate Certificate in Natural Childbirth Preparation for Midwives is presented as an ideal option for those professionals who wish to deepen in the techniques and protocols that are currently implemented in this area, through the study of an academic itinerary that is structured with a broad approach to learning.

Likewise, they will have a team of professors made up of the best specialists in this field, who will provide them with the current panorama of this profession with the objective of broadening their vision of the challenges faced within this professional field and the effective way to do it.

Students will have the opportunity to complete the program 100% online thanks to the innovative *Relearning* method, which will provide them with the flexibility to learn anywhere and at any time of the day they wish. Additionally, they will have constant access to high quality multimedia resources, which will allow them to understand the topics in a clear and effective way. They will also analyze case studies that will give them the possibility to improve their problem-solving skills in real-life situations.

This **Postgraduate Certificate in Natural Childbirth Preparation 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 Natural Childbirth Preparation 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
- ◆ The practical exercises where the self-evaluation 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



*Receiving a quality education from the comfort of your home is possible thanks to TECH's innovative learning methodology"*

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*Learn about the latest innovations in the implementation of prenatal exercises that will prepare the mother physically before giving birth”*

*Immerse yourself in this program full of learning and multimedia resources focused on solidly training you in this field.*

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

The program's teaching staff includes professionals from the sector who bring to this program the experience of their work, in addition to recognized specialists from prestigious reference societies and universities.

Its multimedia content, developed with the latest educational technology, will allow the professional a situated and contextual learning, that is, a simulated environment that will provide an immersive training programmed to train 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 throughout the program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.



# 02 Objectives

The main objective of this Diploma is to provide the most updated knowledge to the Midwives who are in charge of Natural Childbirth Preparation, as well as to provide them with a solid overview of the current panorama of the methods used for this process. Additionally, this program is also intended to be an assertive tool to effectively train students through the study of multimedia resources that contain detailed definitions of this field.



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*Strengthen your communication skills with the objective of transmitting to the pregnant woman the correct execution of the processes that occur during labor”*



## 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 for 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
- ◆ Analyze the stages of labor and the techniques of pain management and relaxation.
- ◆ Develop skills in the development and monitoring of personalized birth plans
- ◆ Examine the importance of interdisciplinary collaboration in childbirth care
- ◆ Promote emotional preparation and support for women and their families during the birthing process





## Specific Objectives

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- ◆ Transmit to the pregnant woman the ability to understand changes in the maternal body and fetal development
- ◆ Examine in depth the different techniques in the stages of labor and delivery
- ◆ Analyze childbirth practices in ancestral cultures and their relevance today
- ◆ Deepen in prenatal exercises and physical preparation
- ◆ Identify nutrition needs during pregnancy
- ◆ Delve into the preferences in the elaboration of the birth plan
- ◆ Deepen in the emotional preparation for childbirth
- ◆ Learn the integration of the family in childbirth education and preparation

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*Deepen the stages of labor and acquire a complete understanding of its phases, providing comprehensive support to mothers in each of these crucial stages”*

03

# Course Management

With the firm purpose of offering an excellent education, TECH has selected the best experts in the field to design the syllabus that makes up this program. In this way, participants have the invaluable opportunity to learn based on their experience and achieve their professional goals. In this way, graduates will gain a practical and updated vision of the best in Natural Childbirth Preparation for Midwives so that they can integrate them into their professional practice.





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*From the hand of the best professionals in this field you will receive a complete update on the latest developments in Natural Childbirth Preparation"*

## Management



### Dr. Santos Leal, Emilio

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



# 04

## Structure and Content

The syllabus of this program has been carefully designed by experts in Natural Childbirth, giving professionals the opportunity to update and deepen their knowledge of the most cutting-edge topics in the current academic panorama. Therefore, participants will be immersed in natural childbirth in the human species and in ancestral cultures, understanding the emotional needs of women during childbirth and acquiring a comprehensive understanding of hormones and their function. This program is delivered through a 100% online training based on Relearning TECH's most effective methodology by providing a dynamic and interactive learning experience.





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*Master the most updated breathing and relaxation techniques during childbirth, in order to show the mother how to perform them"*

## Module 1. Delivery Preparation

- 1.1. Pregnancy Anatomy and Physiology
  - 1.1.1. Changes in the Maternal Body
  - 1.1.2. Fetal Development
  - 1.1.3. Hormonal Process
  - 1.1.4. Preparation for Labor
- 1.2. Stages of Labor
  - 1.2.1. First Stage: Dilatation
  - 1.2.2. Second Stage: Expulsion
  - 1.2.3. Third Stage: Childbirth
  - 1.2.4. Fourth Stage: Recovery
- 1.3. Relaxation and Breathing Techniques
  - 1.3.1. Deep and Controlled Breathing
  - 1.3.2. Visualization Techniques
  - 1.3.3. Massage and Muscle Relaxation Techniques
  - 1.3.4. Mindfulness and Meditation
- 1.4. Prenatal Exercises and Physical Preparation
  - 1.4.1. Muscle Strengthening
  - 1.4.2. Flexibility and Mobility
  - 1.4.3. Specific Exercises for Childbirth
  - 1.4.4. General Physical Activity Recommendations
- 1.5. Nutrition During Pregnancy
  - 1.5.1. Specific Nutritional Needs
  - 1.5.2. Recommended and Non-Recommended Foods
  - 1.5.3. Weight Control
  - 1.5.4. Vitamin and Mineral Supplements
- 1.6. Elaboration of the Birth Plan
  - 1.6.1. Personal Preferences
  - 1.6.2. Methods of Pain Relief
  - 1.6.3. Delivery Positions
  - 1.6.4. Contingency Plans



- 1.7. Interdisciplinary Collaboration in Childbirth Care
  - 1.7.1. Role of Each Professional in Childbirth Care
  - 1.7.2. Development of Clinical Skills in Childbirth Care
  - 1.7.3. Delivery Care in Interdisciplinary Teams
  - 1.7.4. Leadership Skills in Obstetric Care
- 1.8. Emotional Preparation For Childbirth
  - 1.8.1. Managing Fear and Anxiety
  - 1.8.2. Emotional Support from Partner and Family
  - 1.8.3. Coping Techniques
  - 1.8.4. Emotional Connection With the Baby
- 1.9. Preparation for Childbirth in High-Risk Patients
  - 1.9.1. Identification and Management of Risk Factors
  - 1.9.2. Planning and Medical Follow Up
  - 1.9.3. Interventions and Specific Care
  - 1.9.4. Emotional Support and Additional Resources
- 1.10. Integration of the Family in Childbirth Education and Preparation For Childbirth
  - 1.10.1. Inclusion of the Partner and Other Family Members
  - 1.10.2. Prenatal Courses and Joint Educational Activities
  - 1.10.3. Preparation for Emotional and Practical Support
  - 1.10.4. Postpartum Adjustment and Family Roles



*The Relearning methodology will be your best ally in the course of this program, which will generate an incredible educational experience"*

# 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

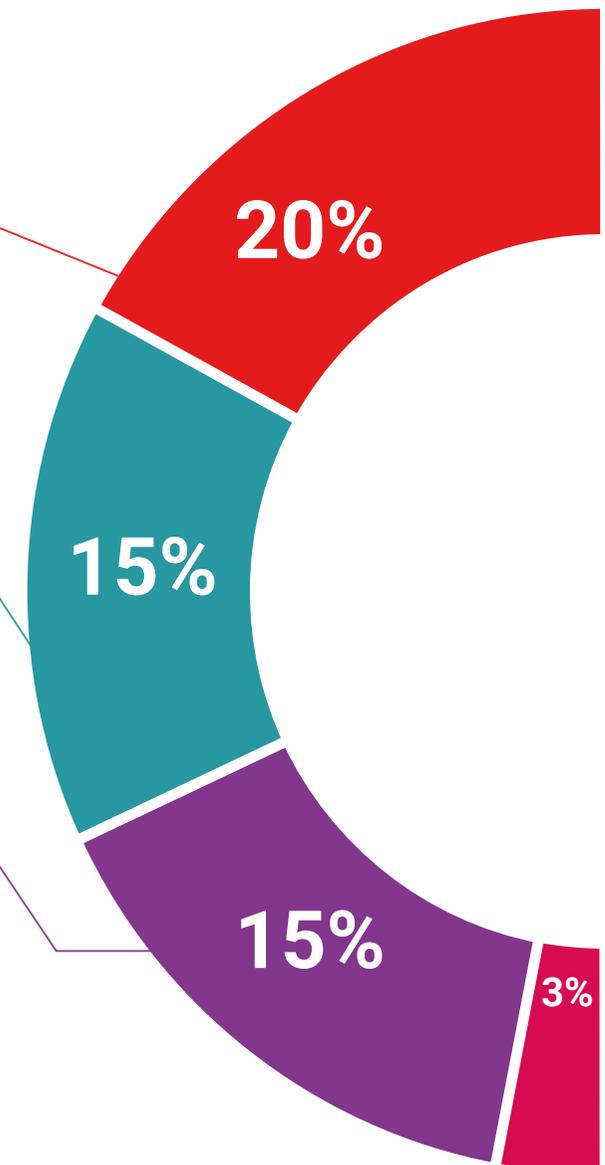
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

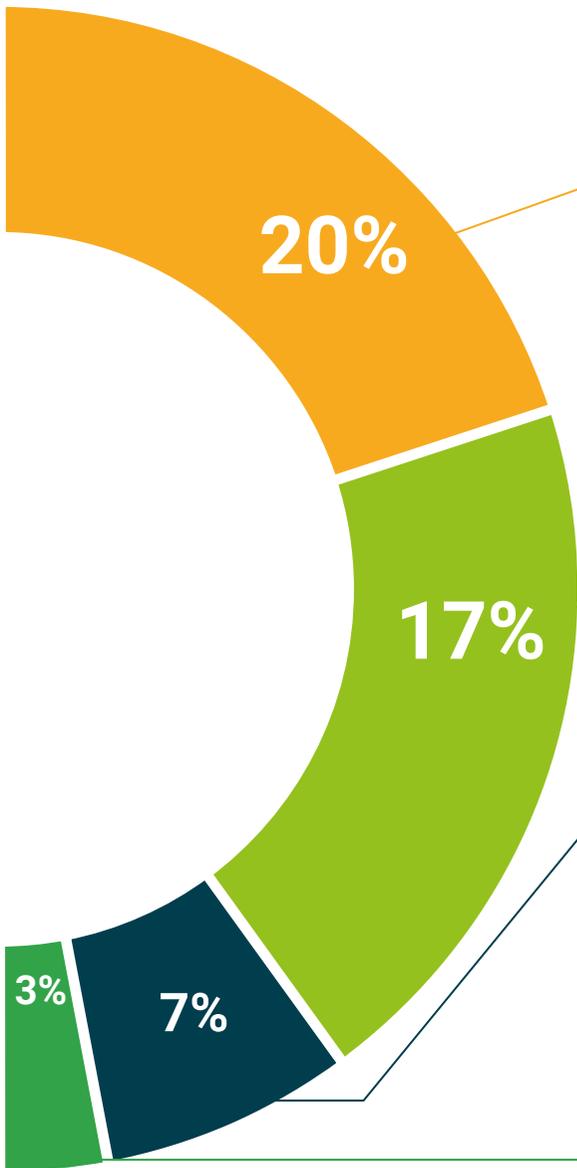
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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 Natural Childbirth Preparation 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 Natural Childbirth Preparation for Midwives** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Natural Childbirth Preparation 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.



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