

# Postgraduate Certificate

Natural Childbirth

Preparation for Nursing





# Índice



## Postgraduate Certificate Natural Childbirth Preparation for Nursing

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

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# Introduction

A proper preparation for Natural Birth can foster a positive and rewarding experience for mothers, having a lasting impact on both their emotional and physical health and making the process less invasive. This practice requires trained professionals with extensive knowledge and skills, which has driven TECH to create the following 100% online qualification where, for 6 weeks, it will present the latest advances and updates in the field. This way, this program becomes a unique training opportunity, in which, through audiovisual resources, complementary readings, and practical exercises, the graduate will expand their information on the preparation for Natural Birth.



“

*You will be able to balance your daily routine and clinical work with keeping your knowledge up-to-date”*

Although it is a natural process, this type of birth requires certain preparations to ensure a safe and comfortable experience for the mother and the newborn. Some of them include choosing the location, early preparation of a trained health team, and performing exercises moments before the start of the procedure.

In this sense, nursing staff must update their knowledge to carry out Natural Birth. Therefore, this qualification becomes the appropriate academic tool for professional updating. This way, over 6 weeks, the professional will delve into physiological aspects and other preparations that ensure the well-being and care of the patient and her baby.

All of this will be presented through an informative conglomerate with high-impact audiovisual resources, complementary readings, and practical exercises developed with the *Relearning* methodology, focused on presenting real and simulated cases for a more immersive experience, away from the current conventional model.

It is worth noting that the program is developed in a 100% online format, allowing the professional to adjust their schedules to their preferred times without having to attend in-person centers or take simultaneous classes. In addition, it has the participation of experts and specialists, who have deposited in the study material their years of experience and extensive knowledge.

This **Postgraduate Certificate in Natural Childbirth Preparation 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 Preparation 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

“Download the content of this program to your everyday device and review it as many times as you need”

“Stay up-to-date with the most effective and commonly used pain relief methods during Natural Birth”

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.

You will learn about the most widely used prenatal exercises and physical preparation exercises within the sector.

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# 02 Objetives

Within TECH's objectives when creating a program, there is the selection of academic topics that allow professionals to enhance their skills and abilities to achieve their career goals. Therefore, with the *Relearning* methodology, a practical process is guaranteed, developing activities based on real cases and simulations. In this way, professionals will be trained in a growing and ever-evolving sector, given the preference of mothers for Natural Childbirth.



You will delve into the anatomy and physiology of the mother, allowing you to identify her prenatal needs"



## 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

- Convey to pregnant women the ability to understand changes in the maternal body and fetal development
- Thoroughly examine different techniques in the stages of labor
- Deepen prenatal exercises and physical preparation
- Identify nutrition needs during pregnancy
- Deepen preferences in creating a birth plan
- Deepen emotional preparation for childbirth
- Deepen family involvement in education and childbirth preparation



*You will provide security to your patients, managing their fear and anxiety during natural childbirth"*

03

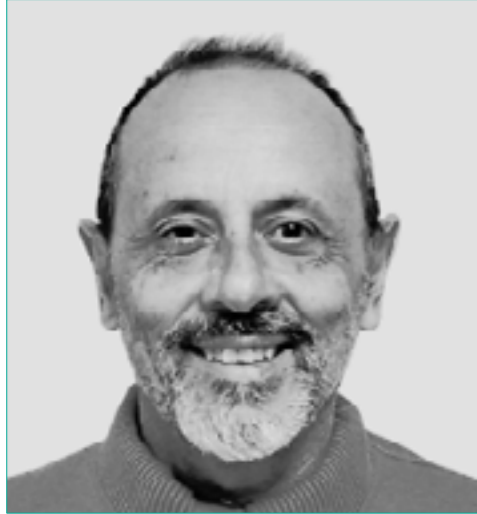
# Course Management

TECH has placed emphasis on selecting a highly qualified and experienced teaching team for its programs, such as the Postgraduate Certificate in Natural Childbirth Preparation for Nursing. The professionals chosen for this program are prominent figures in the health sector and have been selected for their extensive experience and expertise. Through practical and audiovisual resources, these experts will present graduates with the latest developments and updates, providing valuable and exclusive material for optimal internship.



*TECH has assembled a top-notch faculty with your professional needs and academic updating in mind"*

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

This Postgraduate Certificate has been specifically designed to meet the requirements for natural childbirth preparation. To achieve this, a comprehensive syllabus has been developed, including state-of-the-art audiovisual resources, complementary readings, and practical exercises based on the Relearning methodology. All of this is done with the objective of allowing graduates to acquire the necessary skills in a short period of only 6 weeks and delve into techniques and methods to enhance the mother's comfort during the process.

“

*The most up-to-date syllabus in the market, presented through impactful audiovisual resources”*

Module 1. Delivery Preparation

- 1.1. Anatomy and physiology of pregnancy
  - 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: Delivery
  - 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. Massages 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 not recommended foods
  - 1.5.3. Weight Control
  - 1.5.4. Vitamin and mineral supplements
- 1.6. Birth plan development
  - 1.6.1. Personal preferences
  - 1.6.2. Pain Relief Methods
  - 1.6.3. Birth 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. Childbirth 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 the partner and family
  - 1.8.3. Coping techniques
  - 1.8.4. Emotional connection with the baby
- 1.9. Childbirth preparation for high-risk patients
  - 1.9.1. Identification and management of risk factors
  - 1.9.2. Medical planning and follow-up
  - 1.9.3. Specific interventions and care
  - 1.9.4. Emotional support and additional resources
- 1.10. Family involvement in childbirth education and preparation
  - 1.10.1. Inclusion of the partner and other family members
  - 1.10.2. Prenatal classes and joint educational activities
  - 1.10.3. Preparation for emotional and practical support
  - 1.10.4. Adaptation and family roles in the postpartum

“ You will face real and simulated cases, gaining an immersive and more beneficial 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.

“

*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.

“

*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.*

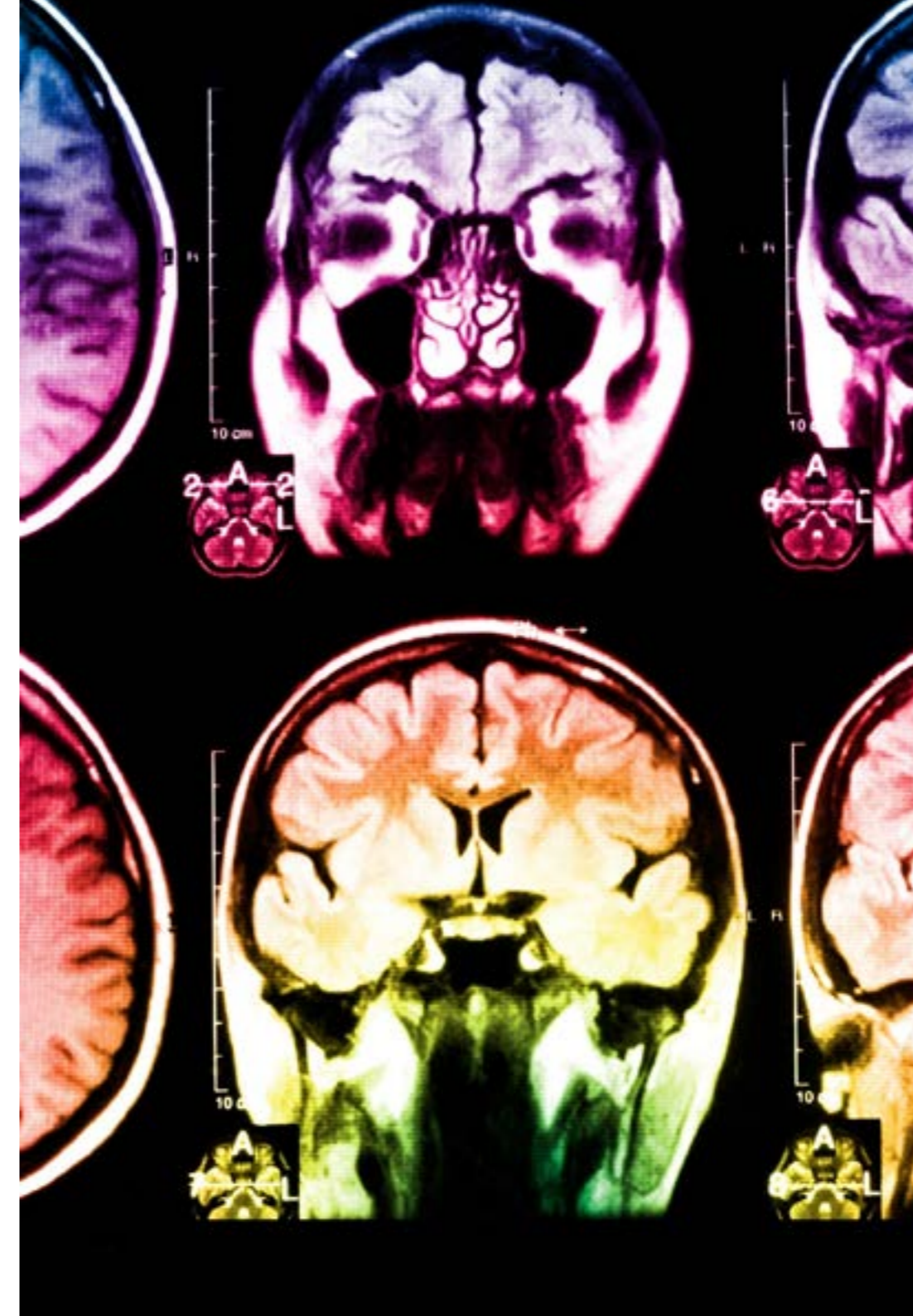
At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

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.

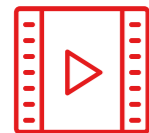
*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

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**

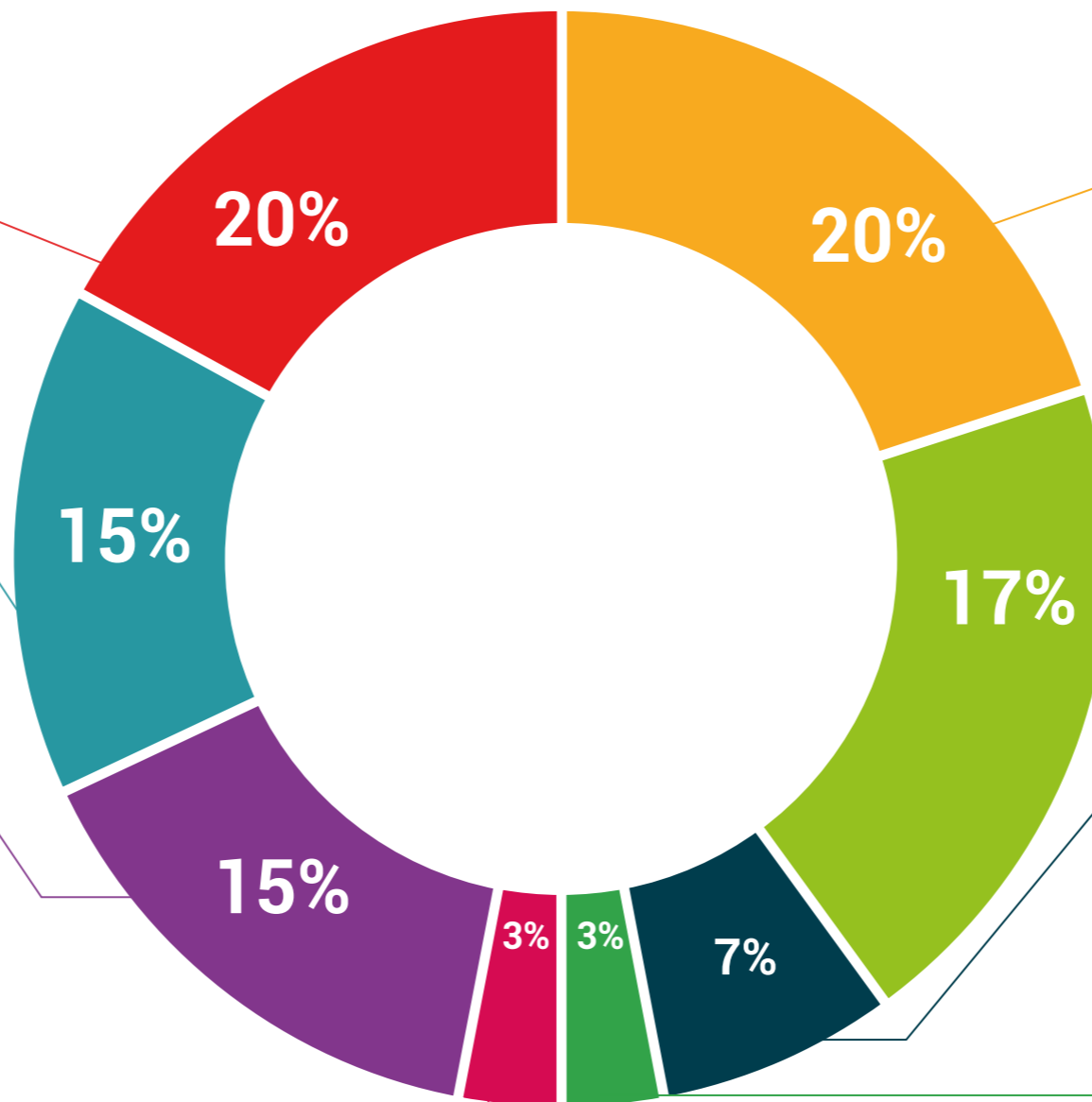
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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 Nursing 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 Nursing** 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 in Natural Childbirth Preparation 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



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