

Postgraduate Certificate

Pelvic Floor in the Puerperium for Midwives





Postgraduate Certificate Pelvic Floor in the Puerperium 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/pelvic-floor-puerperium-midwives

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01

Introduction

The pelvic floor occupies an important place in the midwife's care work, especially in their consultation at the health center. It has a special relevance at the time of the puerperium, where the woman, often, perceives the consequences that pregnancy and vaginal delivery have left on the perineum.





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Provide quality care, the midwife must know the best way to deal with pelvic floor pathologies"

This course will provide an in-depth review of the anatomy of the female perineum and will study in detail all the ailments that may appear in the short, medium and long term as a result of the alteration of some of the structures of the perineum. This subject will be approached both from the perspective of prevention and treatment, with emphasis on pelvic floor rehabilitation.

This training will cover in detail the management of perineal trauma in the pregnant woman, since it is also one of the main reasons for women to consult the midwife in primary care and the midwife in the emergency department of hospitals.

Although the follow-up of pathologies related to the pelvic floor is carried out by specialist doctors (urologists and gynecologists) and also by physiotherapists, it is becoming increasingly common for the midwife to identify and begin to provide care for women who come to the health center with problems related to the pelvic floor. In addition, the health programs that midwives carry out in primary care should include the promotion of care and prevention of pelvic floor injuries in women during pregnancy and the puerperium.

The midwife is the health professional in charge of providing comprehensive care for women's sexual, reproductive and maternal health. It is often a woman's gateway to the health system, both from the preconception consultation and pregnancy follow-up.

On the other hand, female genital mutilation will also be studied, as the midwife plays a vital role as an active member of the prevention network.

This **Postgraduate Certificate in Pelvic Floor in the Puerperium for Midwives** contains the most complete and up-to-date scientific program on the market. The most important features of the program include:

- ♦ The development of case studies presented by experts in Pelvic Floor in the Puerperium for Midwives.
- ♦ The graphic, schematic, and eminently practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Special emphasis on innovative methodologies in the Puerperium
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Access to content from any fixed or portable device with an Internet connection.



Don't miss the opportunity to study at the Spanish-speaking private online university"

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This Postgraduate Certificate is the best investment you can make in the selection of up-to-date program for two reasons: in addition to updating your knowledge in Pelvic Floor in the Puerperium for Midwives, you will obtain a Postgraduate Certificate from TECH Technological University”

The teaching staff includes professionals from the field Puerperium, who bring their experience to this training 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 training programmed to train in real situations.

This program is designed around Problem-Based Learning, whereby the specialist must try to solve the different professional practice situations that arise during the academic year. For this, the professional will be assisted by an innovative system of interactive videos made by recognized experts, with great experience in Pelvic Floor in the Puerperium for Midwives.

We offer you the best teaching methodology and the latest educational technology so that you can expand your training without complications.

Combine your studies with your professional work while increasing your knowledge in the field of puerperium thanks to this 100% online Postgraduate Certificate.



02

Objectives

The Postgraduate Certificate in Pelvic Floor in the Puerperium for Midwives is oriented to train midwives for their daily work.





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If you want to specialize in the postpartum period, this is the best option to learn about the latest advances in the field”



General Objectives

- ♦ Update and expand the midwife's knowledge in the field of postpartum care in the hospital, in the health center and at home
- ♦ Obtain an integrated vision of the care required by women and their children during the Puerperium.
- ♦ Understand the puerperium phase from a global and biopsychosocial point of view
- ♦ Facilitate the performance of the midwife dedicated to the care of the woman and the newborn in the postpartum phase
- ♦ Help provide quality postpartum care based on scientific evidence
- ♦ Contribute to the midwife's decision making in situations that deviate from normality
- ♦ Have the tools to achieve a multidisciplinary management in the puerperium
- ♦ Acquire the professional competencies necessary to offer a quality and updated healthcare practice
- ♦ Apply the knowledge obtained to solve problems that may arise in health care practice





Specific Objectives

- ♦ Know in depth the different structures that form the pelvic floor
- ♦ Identify perineal trauma as a result of childbirth
- ♦ Update on the care required for perineal injuries
- ♦ Recognize and initiate early management of pathologies
- ♦ Identify situations that require referral to other professionals
- ♦ Update knowledge regarding short- and long-term complications of perineal trauma
- ♦ Know the current context in Spain in reference to female genital mutilation
- ♦ Know the types of female genital mutilation
- ♦ Identify those women who have been victims of genital mutilation
- ♦ Improve the midwife's response to a situation of female genital mutilation in the hospital or in the doctor's office



Update your knowledge through the program "Pelvic Floor in the Puerperium for Midwives"

03

Course Management

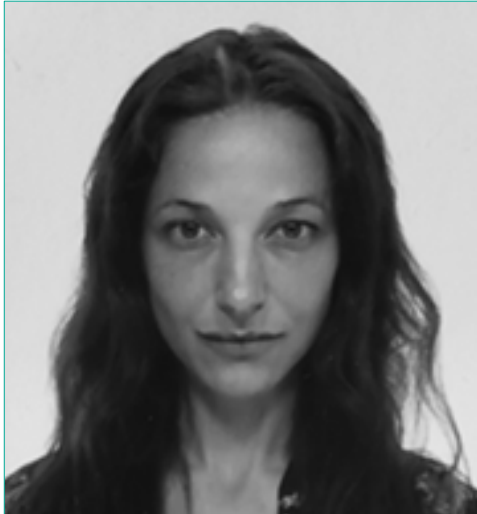
The program includes in its teaching staff reference experts in Puerperium, who bring to this training the experience of their work. Additionally, other recognized specialists participate in its design and preparation, which means that the program is developed in an interdisciplinary manner.



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We have an excellent team of professionals that will help you acquire the necessary skills to care for patients in the postpartum period"

Management



Ms. Grolimund Sánchez, Verónica

- ♦ Midwife at HGU Doctor Gregorio Marañón, Madrid Specialized in high-risk pregnancy and childbirth
- ♦ Diploma in Nursing from the Autonomous University of Madrid Red Cross School of Nursing
- ♦ Nurse Specialist in Obstetrics and Gynecology
- ♦ Professor in the Obstetrics and Gynecology Nursing Teaching Unit at HGU Gregorio Marañón since 2013
- ♦ Teaching collaborator at HGU Gregorio Marañón, tutoring and supervising EIR rotations in Family and Community Care
- ♦ Lecturer in the Practical Course on Obstetric Emergencies Obstetric Hemorrhage
- ♦ Nurse in special services such as emergency, URPA, ICU and neonatal ICU



Ms. Pallarés Jiménez, Noelia

- ♦ Midwife Gregorio Marañón University Hospital
- ♦ University Diploma in Nursing from the University of Zaragoza.
- ♦ Specialty in Obstetric-Gynecological Nursing (Midwife) at the Midwifery Teaching Unit of Catalonia, University of Barcelona
- ♦ Postgraduate in Sexual Health Educational and Community Intervention University of Lérida Foundation
- ♦ Collaborating professor at the Midwifery Resident Teaching Unit of the General University Hospital Gregorio Marañón as an expert in the area of maternal and newborn nursing
- ♦ Primary Care Midwife In Barcelona, Catalan Institute of Health
- ♦ Midwife at the University Hospital Clinic of Barcelona
- ♦ Obstetric-Gynecological Specialty at the Germans Trias i Pujol Hospital in Badalona as resident midwife
- ♦ Nurse in the puerperium ward at the Miguel Servet University Hospital in Zaragoza



Professors

Mr. Burgueño Antón, Adrián

- ◆ Specialist in Gynecology and Obstetrics. Supervisor in Maternal and Child Surgical Block at Hospital Universitario La Paz

Ms. García Rodríguez, Laura

- ◆ Matron Goya Health Center

Ms. Gutiérrez Munuera, Marta

- ◆ Midwife Infanta Leonor Hospital

Ms. Hernando Orejudo, Isabel

- ◆ Matron University Hospital Clínico San Carlos in Obstetric Emergency Units, Delivery Room, High Obstetric Risk, Fetal Physiopathology and Breastfeeding

Ms. López Collado, Irene

- ◆ Obstetric Gynecological Nurse

Ms. Matesanz Jete, Consuelo

- ◆ Midwife General Hospital of Segovia
- ◆ Nurse specialized in Obstetrics and Gynecology

Ms. Martín Jiménez, Beatriz

- ◆ Midwife in the delivery room and obstetric emergency services Getafe University Hospital

Ms. Ramírez Sánchez-Carnerero, Rosa María

- ◆ Matron Virgen de Altagracia de Manzanares Hospital

Ms. Sánchez Boza, Pilar

- ◆ Nurse specialized in Obstetrics and Gynecology

Ms. Triviño de la Cal, Cristina

- ◆ Specialist in Gynecology and Obstetrics. Yébenes Health Center, Madrid

04

Structure and Content

The structure of the contents has been designed by the best professionals in the Puerperium area, with a wide trajectory and recognized prestige in the profession, backed by the volume of cases reviewed, studied and diagnosed, and with a wide command of the new technologies applied to healthcare.



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This Postgraduate Certificate in Pelvic Floor in the Puerperium for Midwives contains the most complete and up-to-date scientific program on the market”

Module 1. Pelvic Floor

- 1.1. Anatomy of the Female Perineum Types of Perineal Trauma
- 1.2. Episiotomy.
 - 1.2.1. Definition
 - 1.2.2. Types of Episiotomy
 - 1.2.3. Indications for Performing Episiotomy
 - 1.2.4. WHO, SEGO and CPG Recommendations
- 1.3. Perineal Tears
 - 1.3.1. Definition and Types
 - 1.3.2. Risk Factors
 - 1.3.3. Prevention of Perineal Tears
- 1.4. Hematomas Midwifery Care after Perineal Repair
 - 1.4.1. Slight Tears (Types I and II)
 - 1.4.2. Severe Tears (Types III and IV)
 - 1.4.3. Episiotomy.
- 1.5. Complications of Short-Term Trauma to the Perineum
 - 1.5.1. Hemorrhages
 - 1.5.2. Infections
 - 1.5.3. Pain and Dyspareunia
- 1.6. Complications of Long-Term Trauma to the Perineum: Incontinence
 - 1.6.1. Urinary Incontinence
 - 1.6.2. Fecal Incontinence
 - 1.6.3. Gas Incontinence
- 1.7. Complications of Long-Term Trauma to the Perineum: Prolapse
 - 1.7.1. Definition and Classification of Genital Prolapse
 - 1.7.2. Risk Factors
 - 1.7.3. Medical and Surgical Treatment of Prolapses Pelvic Floor Rehabilitation





- 1.8. Conservative Treatment of Pelvic Floor Dysfunctions
 - 1.8.1. Manual Techniques
 - 1.8.2. Instrumental Techniques: Biofeedback and Electrostimulation and Other Instrumental Techniques
 - 1.8.3. Postural Re-education and abdominopelvic Training
- 1.9. Surgical Treatment of Pelvic Floor Dysfunctions
 - 1.9.1. Slings and Netting
 - 1.9.2. Colposuspensions
 - 1.9.3. Colporrhaphy and Perineorrhaphy
- 1.10. Female Genital Mutilation (FGM)
 - 1.10.1. Introduction and Social and Demographic Context of FGM Epidemiology
 - 1.10.2. Current Practice of FGM
 - 1.10.3. Types of MGF
 - 1.10.4. Consequences of the Practice of FGM on Women's Health
 - 1.10.5. FGM: Strategies for Prevention, Detection and Intervention by Midwives
 - 1.10.6. Legal Framework Regarding FGM



This training will allow you to advance in your career comfortably"

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 Pelvic Floor in the Puerperium for Midwives, in addition to the most rigorous and up-to-date training, access to a Postgraduate Certificate issued by TECH Technological University.



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Successfully complete this program and receive your diploma without travel or cumbersome paperwork”

This Postgraduate Certificate in Pelvic Floor in the Puerperium 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 through the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Pelvic Floor in the Puerperium 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
online training
development language
classroom



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