

# Postgraduate Certificate

## Breastfeeding Update for Nursing



## Postgraduate Certificate Breastfeeding Update for Nursing

- » Modality: Online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nursing/postgraduate-certificate/breastfeeding-update-nursing](http://www.techtute.com/us/nursing/postgraduate-certificate/breastfeeding-update-nursing)

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01

# Introduction

Nurses are one of the fundamental supports for the mother in breastfeeding. An extremely important intervention that requires constant and intensive updating in order to be able to intervene successfully in the different situations that arise. In this course we offer you a complete update, with the most complete knowledge in this field of work.



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*We offer you a course of high interest for nurses, with the most up-to-date knowledge in an intensive high training course"*

Breastfeeding provides significantly better protection than artificial breastfeeding against diarrheal diseases and respiratory infections, the main causes of mortality in low-income populations. In 1993, WHO estimated that 1.5 million infant deaths could be prevented each year through effective breastfeeding. In addition, formula milk is not only expensive, but can be a risk factor for malnutrition, as some mothers may be tempted to dilute it or switch prematurely to other ways of feeding. On the other hand, in some high-income countries many mothers stop breastfeeding earlier than they wish; although about 80% of mothers decide to breastfeed when they give birth, only 36% continue six months after delivery. Many mothers stop breastfeeding because they have a mistaken perception that their milk does not nourish their newborn, they lose confidence in themselves and that they are producing enough milk for their child to be properly nourished.

In the last three decades, the low incidence and duration of breastfeeding have been recognized as a public health problem.

The European Action Plan for the protection, promotion and support of breastfeeding recognizes breastfeeding as a public health priority. Society suffers from the detriments of non-breastfeeding, since artificial breastfeeding means an increase in health care costs due to the greater disease associated with non-breastfeeding; the mother has a greater risk of postpartum hemorrhage, spinal and hip fracture after menopause, rheumatoid arthritis, uterine, breast and ovarian cancer, hypertension, anxiety and depression. The increased disease of non-breastfed infants and their mothers leads to an increase in absenteeism from work, and companies are also suffering from these effects. Breastfed children cause less expenses to their families, to society in medicines and use of health services and cause fewer losses due to absenteeism from work, and we must not forget that it saves natural resources, does not pollute the environment and does not need to spend on manufacturing, packaging or transportation.

This **Postgraduate Certificate in Breastfeeding Update for Nursing** 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 Breastfeeding Update.
- ♦ 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 practice.
- ♦ New developments in Breastfeeding Update.
- ♦ Practical exercises where self-assessment can be used to improve learning.
- ♦ Its emphasis on innovative methodologies in Breastfeeding Update.
- ♦ 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



*With the quality of an educational program based on scientific evidence that will help you grow in your profession"*



“

*This Postgraduate Certificate is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Breastfeeding Update, you will obtain a certificate from TECH - Technological University"*

The teaching staff includes medical professionals 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 an immersive training experience designed to train for real-life situations.

This program is designed around Problem Based Learning, where the medical professional must try to solve the different professional practice situations that arise during the course. For this purpose, the specialist will be assisted by an innovative interactive video system created by renowned and experienced experts in the field of Breastfeeding Update.

*An intensive and effective program that will allow you to quickly and safely learn the latest advances in breastfeeding.*

*Take a step forward in your training as a nurse, with the support of a top international educational institution.*



# 02 Objectives

The main objective of the program is the development of theoretical-practical learning, so that the nursing professional can master in a practical and rigorous way the Breastfeeding Update.





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*This course is created for the nursing professional, in order to provide the most complete knowledge in Breastfeeding Update, with the use of the latest educational technology"*



## General Objectives

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- Update knowledge in Breastfeeding.
- Promote work strategies based on a comprehensive approach to care for breastfeeding-conscious mothers as a reference model for achieving excellence in care.
- Encourage the acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online simulation workshops and/or specific training



*Take the step to get up to date on the latest developments in Breastfeeding Update.*





### Specific Objectives

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- ♦ Update knowledge about of Breastfeeding.
- ♦ Describe the anatomy of the lactating breast.
- ♦ Define the characteristics of a milk bank.
- ♦ Conduct a review of the current global epidemiology of breastfeeding.
- ♦ Explain erroneous beliefs about breastfeeding.

03

# Course Management

The program includes in its teaching staff specialists of reference in Breastfeeding Update for Nursing, who bring to this training the experience of their work. In addition, other specialists of recognized prestige participate in its design and elaboration, completing the program in an interdisciplinary manner.





*Learn from leading professionals the latest  
Breastfeeding Update for Nursing"*

## Guest Director



### Aguilar Ortega, Juana María

- ♦ Specialist Nursing Qualification in Pediatric Nursing from the Ministry of Culture, Education and Sports - 2016
- ♦ Master's Degree in Gender and Public Health, Rey Juan Carlos University - 2015
- ♦ Graduate in Nursing from Complutense University of Madrid - Spain
- ♦ Breastfeeding Nurse Coordinator at Hospital 12 de Octubre 2008 - currently
- ♦ Clinical practice tutor of Family and Community EIR Madrid. Since 2011 - currently
- ♦ Breastfeeding Nurse Coordinator at Hospital 12 de Octubre 2008

## Management



### Dr. Vázquez Lara, Juana María

- ♦ Diploma in Nursing
- ♦ PhD from the University of Granada
- ♦ Nurse of the 061 of Ceuta
- ♦ Midwife in the Ceuta Health Area.
- ♦ Head of Studies of the Ceuta Midwifery Teaching Unit.
- ♦ Professor of the Ceuta Midwifery Teaching Unit
- ♦ Coordinator of SEEUE obstetric-gynecologic emergencies group.



**Dr. Rodríguez Díaz, Luciano**

- ♦ Diploma in Nursing
- ♦ PhD from the University of Granada
- ♦ Midwife at the University Hospital of Ceuta
- ♦ Lecturer at the University Centre of Nursing of Ronda
- ♦ Lecturer in the Ceuta Midwifery Teaching Unit
- ♦ SEEUE obstetric-gynecologic emergencies group member.
- ♦ Responsible for Perinatal Health: Reproductive Sexual Health and Normal Childbirth of Ingesa.
- ♦ Member of the Clinical Commission for Research and Continuing Education of the University Hospital of Ceuta.
- ♦ Full member of the Institute of Ceuta Studies.
- ♦ Member of the Editorial Board of the European Journal of Health Research.
- ♦ Website: [www.doctorluciano.es](http://www.doctorluciano.es)

**Coordination****Alcolea Flores, Silvia**

- ♦ Midwife Ceuta University Hospital

**Fernández, Francisco Javier**

- ♦ Midwife Hospiten Hospital Estepona

**Gilart Cantizano, Patricia**

- ♦ Midwife Quirón Campo de Gibraltar Hospital

**Gómez Losada, Patricia**

- ♦ Midwife Quirón Campo de Gibraltar Hospital

**Mérida Yáñez, Beatriz**

- ♦ Midwife Granada Hospital

**Mohamed Mohamed, Dina**

- ♦ Midwife Ceuta University Hospital

**Palomo Gómez, Rocío**

- ♦ Midwife Ceuta University Hospital

**Rodríguez Díaz, David**

- ♦ Nurse at La Candelaria Hospital in Tenerife

**Vázquez Lara, Francisco José**

- ♦ Degree in Biology

**Vázquez Lara, María Dolores**

- ♦ Campo de Gibraltar Health Area Nurse

## Professors

### **Armijo Navarro, Elena**

- ♦ Midwife San Sebastián Hospital

### **Carrasco Guerrero, Manuel**

- ♦ Midwife Ceuta University Hospital

### **De Dios Pérez, María Isabel**

- ♦ Midwife Ceuta University Hospital

### **Molina Castillo, María De la Cabeza**

- ♦ Midwife Ceuta University Hospital

### **Del Pozo Álvarez, Lidia**

- ♦ Midwife Ceuta University Hospital

### **Díaz Lozano, Paula**

- ♦ Midwife Ceuta University Hospital

### **Gómez González, Irene**

- ♦ Midwife Ceuta University Hospital

### **Hachero Rodríguez, Carmen María**

- ♦ Midwife Zaragoza Hospital

### **Martín Ansede, Esperanza**

- ♦ Pediatric Nurse University Hospital of Ceuta





**Martínez Picón, Claudia**

- ♦ Midwife Ceuta University Hospital

**Miquelajáuregui Espinosa, Araceli**

- ♦ Midwife Ceuta University Hospital

**Ortega del Valle, Silvia**

- ♦ Midwife Ceuta University Hospital

**Revidiego Pérez, María Dolores**

- ♦ Specialized Care Midwife Campo de Gibraltar and Quirón Campo de Gibraltar

**Rojas Carmona, Belén**

- ♦ Midwife Ceuta University Hospital

04

# Structure and Content

The structure of the contents has been designed by a team of professionals from the best educational institutions and universities in the country, who are aware of the relevance of up-to-date, innovative training and are committed to quality teaching using new educational technologies.





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*A comprehensive teaching program, structured in well-developed teaching units, oriented towards efficient and swift learning that is compatible with your personal and professional life"*

## Module 1. Breastfeeding Update

- 1.1. Breastfeeding Today and Throughout History
  - 1.1.1. Evolution of the Concept of Breastfeeding
  - 1.1.2. Breastfeeding Concepts
- 1.2. History of Breastfeeding
  - 1.2.1. Natural History of Breastfeeding
  - 1.2.2. Historical Development of The Importance of Breastfeeding
- 1.3. False Myths
  - 1.3.1. Misconceptions About Breastfeeding
  - 1.3.2. Correct Beliefs About Breastfeeding
- 1.4. Care Strategy for Normal Childbirth
  - 1.4.1. Encouraging Breastfeeding after Childbirth
  - 1.4.2. Benefits of Breastfeeding in Childbirth
- 1.5. Epidemiology
  - 1.5.1. Epidemiological Course of Breastfeeding Development
  - 1.5.2. Social Evolution of Breastfeeding
- 1.6. Human Milk Banks
  - 1.6.1. Milk Bank Concept
  - 1.6.2. Characteristics of a Milk Bank
- 1.7. Counseling and Support for Women Who Do Not Wish to Breastfeed
  - 1.7.1. Health Education for Women Do Not Wish to Breastfeed
  - 1.7.2. Specific Information on Care for Non Lactating Women
- 1.8. Womens Rights During Breastfeeding
  - 1.8.1. The Immediate Rights of the Infant
  - 1.8.2. Social Benefits in Breastfeeding Women
- 1.9. Paternal Involvement in Breastfeeding
  - 1.9.1. The Father as a Supporting Figure in Breastfeeding
  - 1.9.2. The father as a Breastfeeding Consultant
- 1.10. Protection of Breastfeeding Worldwide: WHO Recommendations
  - 1.10.1. WHO Recommendations
  - 1.10.2. Global Protection in Breastfeeding





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

# 05 Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



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*TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”*

## The student: the priority of all TECH programs

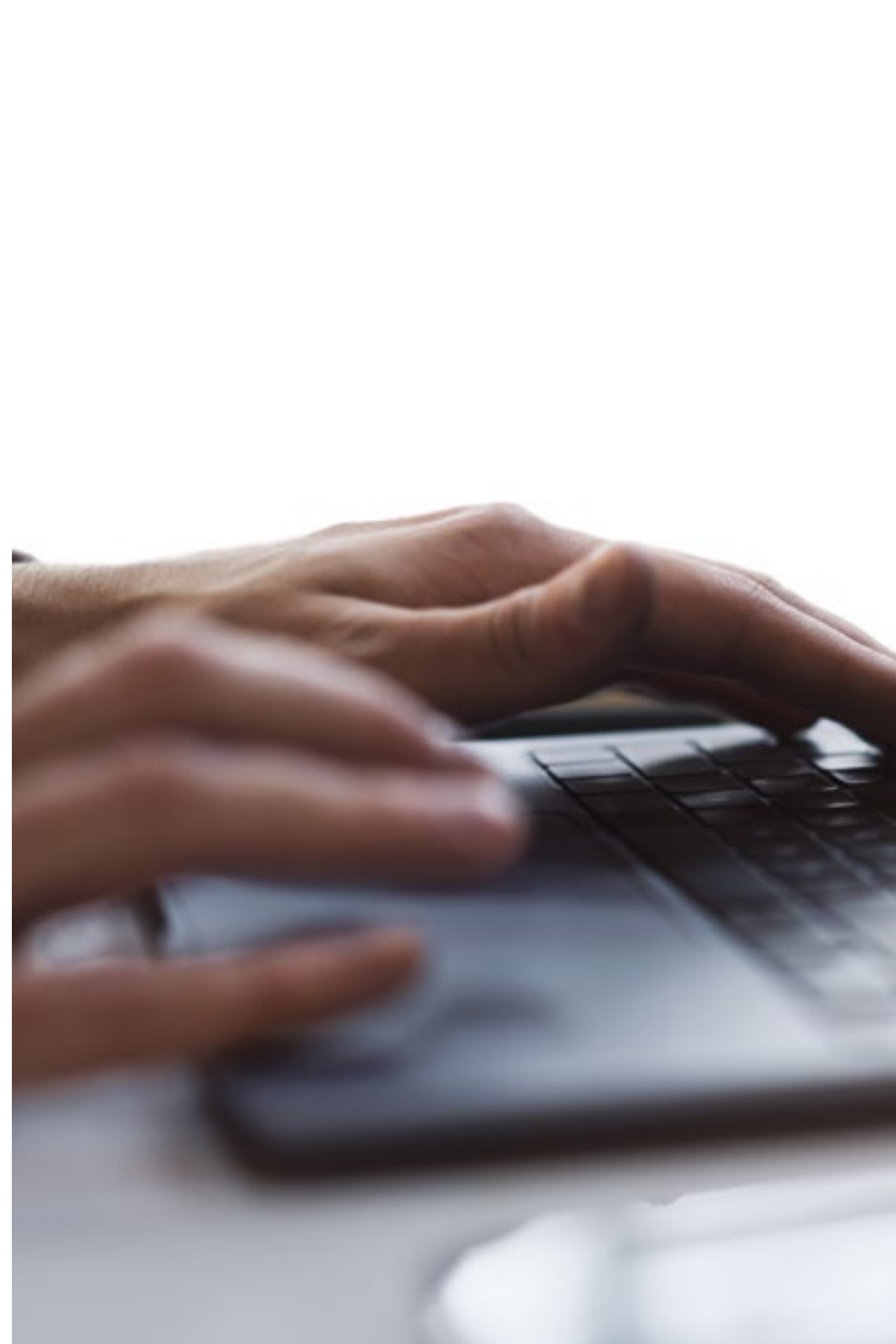
In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

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*At TECH you will NOT have live classes  
(which you might not be able to attend)”*





### The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want*”

## Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.





## Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

*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.*



## A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



*The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule”*

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

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
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.

### The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

*Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.*

*You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.*



As such, the best educational materials, thoroughly prepared, will be available in this program:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



#### Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



#### Interactive Summaries

We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

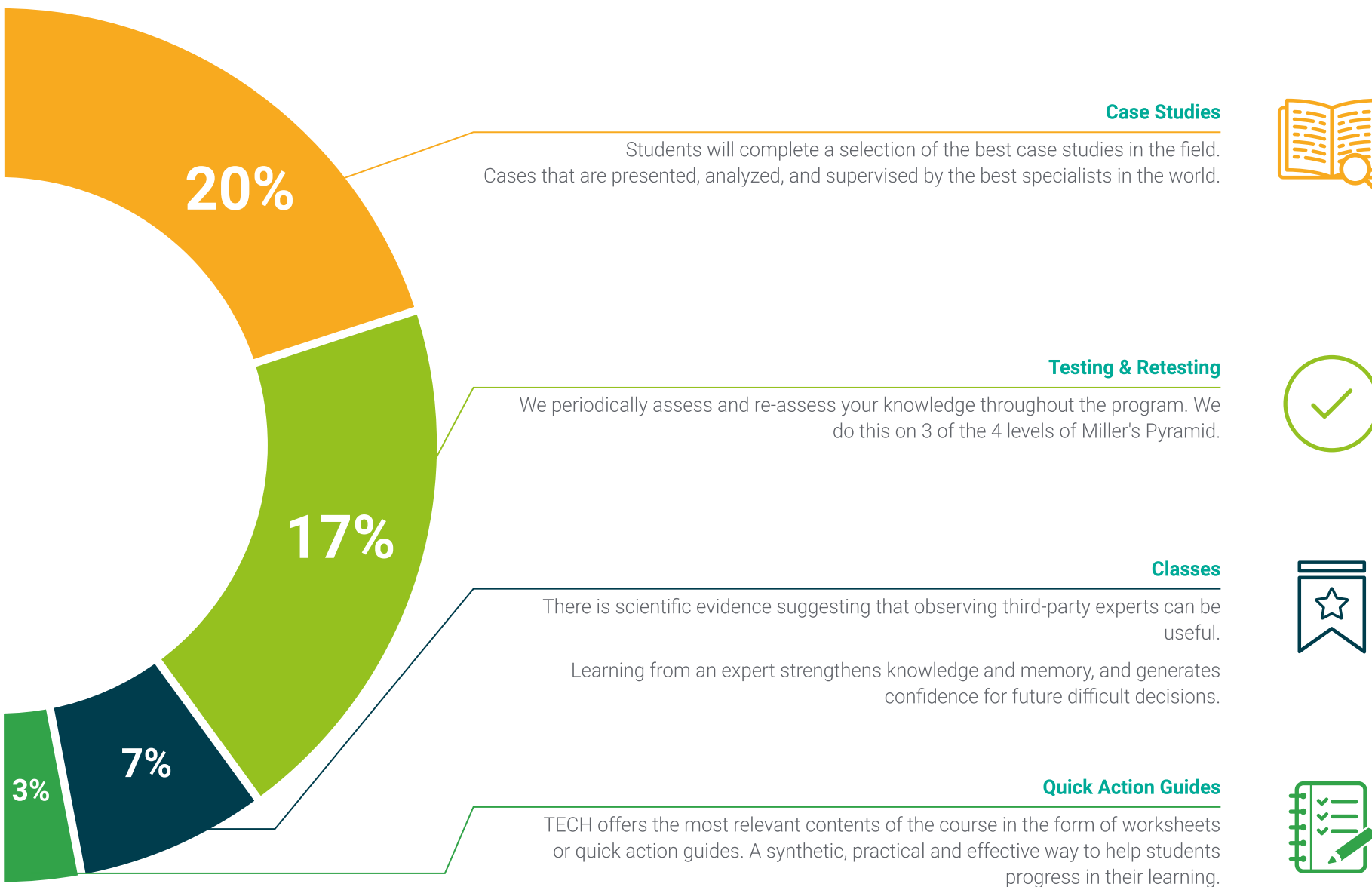
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.







# 06 Certificate

The Postgraduate Certificate in Breastfeeding Update for Nursing guarantees, in addition to the most rigorous and updated knowledge, access to a Postgraduate Certificate issued by TECH Global University





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*Successfully complete this training and receive your certificate without the hassle of travel or paperwork”*

This private qualification will allow you to obtain a **Postgraduate Certificate in Breastfeeding Update for Nursing** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Breastfeeding Update for Nursing**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**





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