

# Postgraduate Certificate Postpartum Pelvic Floor for Nursing





## Postgraduate Certificate Postpartum Pelvic Floor 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/postpartum-pelvic-floor-nursing](http://www.techtute.com/us/nursing/postgraduate-certificate/postpartum-pelvic-floor-nursing)

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# 01

# Introduction

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

A unique program that stands out thanks to the quality of its contents and its excellent teaching staff.



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*We offer you the best teaching and latest educational technology so that you can expand your knowledge without any complications”*

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

The pelvic floor occupies an important place in the care provided by nursing professionals, especially in their consultation at the health center. It has a special relevance during the postpartum period, where women often perceive the consequences that pregnancy and vaginal childbirth have left on the perineum.

Although pathology monitoring related to the pelvic floor is carried out by specialist doctors (urologists and gynecologists) and also by physiotherapists, it is becoming increasingly common for nursing professionals to identify and begin to provide care for women who present with problems related to this area. In addition, within the health programs that nurses carry out in primary care, the promotion of care and prevention of pelvic floor injuries in women during pregnancy and the postpartum period should be included.

On the other hand, female genital mutilation will also be studied, since nursing professionals play a vital role as active members of the prevention network.

This program may be useful for students seeking an initial postgraduate specialization program, specifically in the care of studies, or for people who are developing their profession in this field and decide to catch up by studying a fully up and to-date program that includes all the new developments in force up to the date of its release and which, in addition, is committed to continuous updating to include all future developments.

It is, therefore, not just another qualification for your professional profile, rather, a real learning tool to approach the specialty topics in a modern, objective way and with the ability to make a judgment based on today's most cutting-edge literature.

This **Postgraduate Certificate in Postpartum Pelvic Floor for Nursing** 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 Postpartum Pelvic Floor 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 self-assessment can be used to improve learning
- ♦ A special emphasis on innovative methodologies in the field of postpartum care
- ♦ 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



*Combine your studies with your professional work while increasing your knowledge in the field of postpartum care thanks to this 100% online program"*

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*This Postgraduate Certificate is the best investment you can make when selecting a refresher program, for two reasons: in addition to updating your knowledge in Postpartum Pelvic Floor for Nursing, you will obtain a qualification from TECH Technological University”*

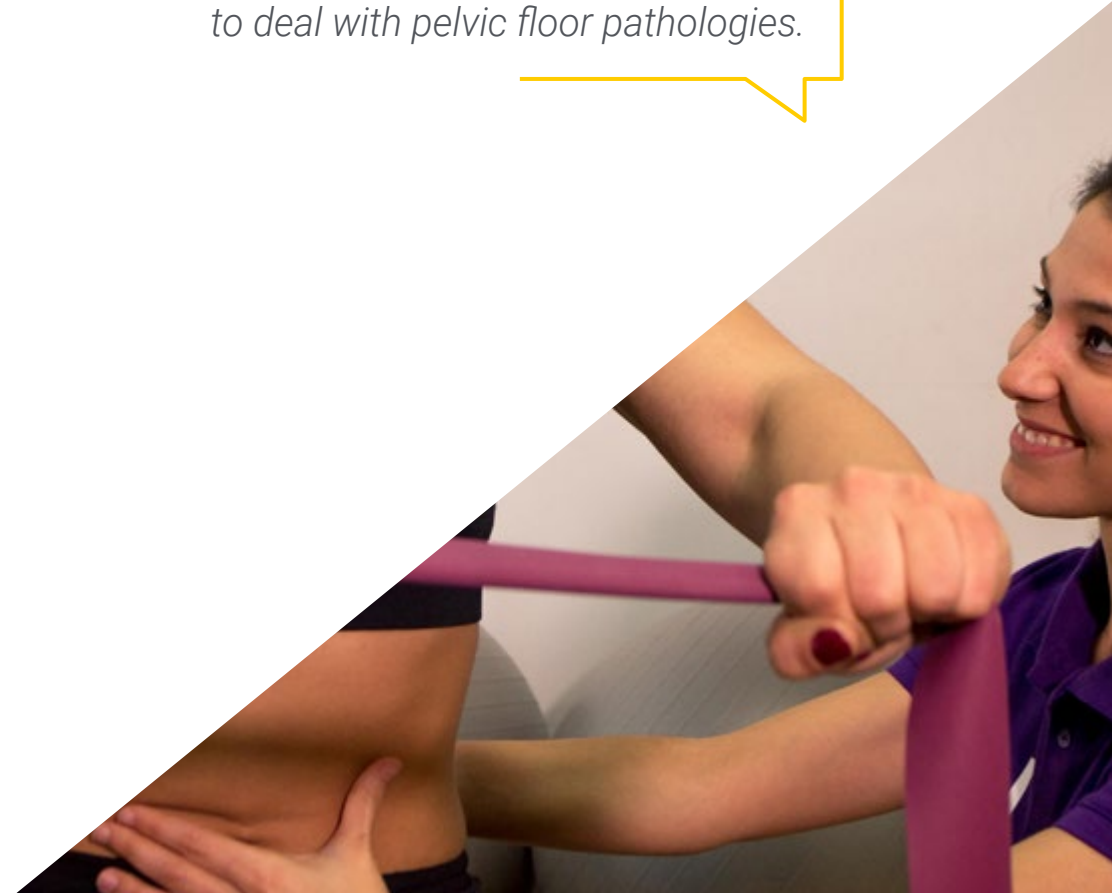
The teaching staff includes professionals from the field of Postpartum Nursing, that contribute their work experience to this program, as well as renowned specialists from leading societies and prestigious universities.

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 specialization programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby professionals must try to solve the different professional practice situations that arise throughout the program. To this purpose, professionals will be assisted by an innovative interactive video system developed by renowned and experienced experts in Postpartum Pelvic Floor for Nursing.

*Learn with us and you will improve your patient care every day.*

*In order to provide quality care, nursing professionals must know the best way to deal with pelvic floor pathologies.*



02

# Objectives

This Postgraduate Certificate in Postpartum Pelvic Floor for Nursing is oriented to prepare nursing professionals for their daily work.





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



## General Objectives

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- ♦ Update and expand midwives' knowledge in the field of postpartum care in the hospital, health center and at home
- ♦ Obtain an integrated vision of the care required by women and their children during the postpartum period
- ♦ Understand the postpartum phase from a global and biopsychosocial point of view
- ♦ Facilitate the performance of midwives dedicated to women's and newborn care in the postpartum phase
- ♦ Help provide quality postpartum care based on scientific evidence
- ♦ Contribute to midwives' decision-making process in difficult situations
- ♦ Have the tools to achieve a multidisciplinary management in postpartum nursing
- ♦ Acquire the professional competencies necessary to offer a quality and up-to-date healthcare practice
- ♦ Apply the knowledge obtained when solving problems that may arise in practical situations in healthcare





## Specific Objectives

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- ♦ Have an in-depth knowledge of the different structures that form the pelvic floor
- ♦ Identify perineal trauma as a result of childbirth
- ♦ Get up to date on the care required for perineal trauma
- ♦ Recognize and initiate an early treatment of pathologies
- ♦ Identify situations that require referral to other professionals
- ♦ Update knowledge regarding short- and long-term complications of perineal trauma
- ♦ Be aware of the current context in Spain with regard to female genital mutilation
- ♦ Know the different types of female genital mutilation
- ♦ Identify those women who have been victims of genital mutilation
- ♦ Improve the actions to be taken by nursing professionals when faced with a situation of female genital mutilation in the hospital or at the doctors



*Update your knowledge through this program in Postpartum Pelvic Floor for Nursing"*

03

# Course Management

The program includes in its teaching staff reference experts in childbirth, who pour their work experience into this program. 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 in H.G.U. Gregorio Marañón General University Hospital, Madrid. Specialized in high-risk pregnancy and childbirth
- Diploma in Nursing from the Autonomous University of Madrid
- Red Cross Nursing School
- Nursing Specialist in Obstetrics and Gynecology
- Professor in the Nursing Teaching Unit specializing in Obstetrics and Gynecology at H. G. U. Gregorio Marañón
- Teaching collaborator at H. G. U. 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 at the University of Zaragoza
- Specialty in Obstetric-Gynecological Nursing (Midwife) at the Midwifery Teaching Unit of Catalonia, University of Barcelona.
- Postgraduate degree in sexual health Educational and community intervention University of Lérida Foundation
- Collaborating professor of the Midwifery Resident Teaching Unit of the University Hospital Gregorio Marañón as an expert in the area of maternal and newborn nursing
- Midwife in Primary Care in Barcelona. Catalan Institute of Health
- Midwife at the Hospital Universitario Clínic de Barcelona
- Obstetrical-Gynecological Specialty at the Germans Trias i Pujol Hospital in Badalona as a Midwife Resident
- Nurse in the postpartum ward at the Miguel Servet University Hospital in Zaragoza

## Professors

### Mr. Burgueño Antón, Adrián

- ♦ Specialist in Gynecology and Obstetrics
- ♦ Supervisor in Maternal-Child Surgical Block at the University Hospital La Paz
- ♦ University Diploma in Nursing
- ♦ Master's Degree in Health Management
- ♦ Surgical Nurse: Obstetrics and gynaecology. La Paz University Hospital
- ♦ Nurse Specialist: Midwife La Paz University Hospital
- ♦ UAM Collaborating Professor
- ♦ Midwifery Resident Internship Tutor

### Ms. García Rodríguez, Laura

- ♦ Midwife in Fundación Jiménez Díaz Hospital
- ♦ Midwife at the Goya Health Center
- ♦ University Diploma in Nursing from E.U.E La Paz. Autonomous University of Madrid
- ♦ Expert in Emergency Nursing at FUDEN. Madrid
- ♦ Nurse specialist in Obstetrics and Gynecology at Hospital la Paz in Madrid. UD. Teacher in Madrid

### Ms. Gutiérrez Munuera, Marta

- ♦ Midwife. Infanta Leonor Hospital
- ♦ Diploma in Nursing from the Autonomous University of Madrid. Puerta De Hierro EUE Hospital
- ♦ Specialist in obstetrics and gynecology, Complejo Hospitalario Universitario of Albacete
- ♦ Midwife. Gregorio Marañón University Hospital
- ♦ Nurse at the Argüelles Specialty Center
- ♦ Nurse in hospitalization of traumatology and pneumology. Puerta De Hierro Hospital

### Ms. Hernando Orejudo, Isabel

- ♦ Midwife at the University Hospital San Carlos in Obstetric Emergency Units, Delivery Room, High Obstetric Risk, fetal physiopathology and breastfeeding.
- ♦ IRN in Obstetric-Gynecological Nursing Midwifery Teaching Unit of Madrid, Hospital of San Carlos
- ♦ Outpatient Nurse at the University Hospital La Paz
- ♦ University Diploma in Nursing (DUE) University School of Nursing Puerta de Hierro Autonomous University of Madrid
- ♦ Breastfeeding Consultant at the San Carlos Clinical Hospital
- ♦ Contributor in the implementation of the Obstetric Pain Guide at Hospital San Carlos
- ♦ Author of 'Protocolo de Atención al parto normal' en Hospital San Carlos

### Ms. López Collado, Irene

- ♦ Obstetric Gynecological Nurse

### Ms. Matesanz Jete, Consuelo

- ♦ Midwife. General Hospital of Segovia
- ♦ Midwife at Gregorio Marañón General University Hospital
- ♦ University Diploma in Nursing from the University of Alcalá, Spain
- ♦ Nurse specialized in Obstetrics and Gynecology
- ♦ Professional Master's Degree in Gender and Health, Rey Juan Carlos University
- ♦ Certified Naces Method Professional
- ♦ Teaching collaborator in the Ceuta Midwifery Teaching Unit. Gregorio Marañón

**Ms. Martín Jiménez, Beatriz**

- ♦ Midwife in the delivery room and emergency obstetrics services at H.U. de Getafe
- ♦ University Diploma in Nursing Universidad de Alcalá de Henares
- ♦ Specialist in Obstetric-Gynecological Nursing, Midwifery Teaching Unit UAM (HGU Gregorio Marañón)
- ♦ Nurse in the Neonatology and Flying Satellite Units in H.U. Infanta Leonor
- ♦ Midwife in the services of Delivery Room, Emergency OG and Obstetric High-Risk Hospitalization in H.G.U. Gregorio Marañón
- ♦ Teacher in postgraduate training Obstetrics and Gynecology Nurse Practitioners and Pediatrics Nurse Practitioners

**Ms. Ramírez Sánchez-Carnerero, Rosa María**

- ♦ Midwife at the Hospital Virgen de Altagracia de Manzanares
- ♦ University Diploma in Nursing (D.U.E. University School of Nursing of Ciudad Real. University of Castilla-La Mancha. (UCLM)
- ♦ Obstetric - Gynecological Nurses: Midwife. Catalonia Midwifery Teaching Unit
- ♦ Graduate in Social and Cultural Anthropology
- ♦ Master's Degree in Social and Health Research
- ♦ Resident midwife at the Midwifery Teaching Unit of Catalonia, Hospital Virgen de la Cinta, Tortosa
- ♦ Collaborating teacher at the midwifery teaching unit in Alcázar de San Juan (Ciudad Real)





**Ms. Sánchez Boza, Pilar**

- ♦ Midwife at Gregorio Marañón University Hospital
- ♦ Diploma in Nursing from the Pontificia de Comillas University of Madrid
- ♦ Professional Master's Degree in Humanitarian Health Aid from the University of Alcalá de Alcalá de Henares
- ♦ Postgraduate Diploma in Emergencies and Emergencies accredited by the School of Health Sciences University Center attached to the Complutense University of Madrid
- ♦ Attending professor at Universidad Europea as a professor of the subject "Women's Care" and assistant professor in adult care II, child and adolescent care in the Nursing Degree
- ♦ Midwife in Mauritania with Rotary Club in humanitarian aid project
- ♦ Sex Coach at Fundación Sexpol (sex education talks), university centers (Universidad de Alcalá de Henares and Universidad Europea de Madrid) and health centers (Espronceda, Villablanca)
- ♦ Speaker at annual conferences against gender violence for SUMMA

**Ms. Triviño de la Cal, Cristina**

- ♦ Specialist in Obstetrics and Gynecology at Gregorio Marañón Hospital
- ♦ University Diploma in Nursing at Universidad Autónoma de Madrid, Madrid
- ♦ Lecturer at the I Conference for Midwives: approach and care in bereavement and loss in the life cycle of women, organized by FUDEN
- ♦ Teacher in the physiological childbirth workshop given to the Obstetrics team of the Hospital Universitario de Getafe
- ♦ Teacher in workshop accredited for professionals by the Laín Entralgo Agency in "Perinatal Bereavement Support" in hospitals in Madrid, Ávila, Salamanca, Segovia, Valladolid and Palma de Mallorca
- ♦ Teacher at the Gregorio Marañón and Salamanca Units

# 04

# Structure and Content

The structure of the contents has been designed by the best professionals in the postpartum sector, with extensive experience and recognized prestige in the profession, backed by the volume of reviewed, studied and diagnosed cases, and with extensive knowledge of new technologies applied to healthcare.



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

## Module 1. Pelvic Floor

- 1.1. Female Perineum Anatomy: Types of Perineal Trauma
- 1.2. Episiotomy
  - 1.2.1. Definition
  - 1.2.2. Types of Episiotomies
  - 1.2.3. Guidelines for Episiotomy Performance
  - 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 a 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. Short-Term Complications of Perineal Trauma
  - 1.5.1. Hemorrhages
  - 1.5.2. Infections
  - 1.5.3. Pain and Dyspareunia
- 1.6. Long-Term Complications of Perineal Trauma: Incontinence
  - 1.6.1. Urinary Incontinence
  - 1.6.2. Fecal Incontinence
  - 1.6.3. Gas Incontinence
- 1.7. Long-Term Complications of Perineal Trauma: Prolapse
  - 1.7.1. Definition and Classification of Genital Prolapse
  - 1.7.2. Risk Factors
  - 1.7.3. Medical and Surgical Treatment for Prolapses: Pelvic Floor Rehabilitation





- 1.8. Conservative Treatment for Pelvic Floor Dysfunction
  - 1.8.1. Manual Techniques
  - 1.8.2. Instrumental Techniques: Biofeedback and Electrostimulation, Among Others
  - 1.8.3. Postural Re-Education and Abdominal-Pelvic Training
- 1.9. Surgical Treatment for Pelvic Floor Dysfunction
  - 1.9.1. Slings and Meshes
  - 1.9.2. Colposuspension
  - 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 FGM Practice
  - 1.10.3. Types of FGM
  - 1.10.4. Consequences of FGM on Women's Health
  - 1.10.5. FGM: Strategies for Prevention, Detection and Midwifery Interventions
  - 1.10.6. Legal Framework Regarding FGM



*This program will  
allow you to advance  
comfortably in your career"*

# 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

This Postgraduate Certificate in Postpartum Pelvic Floor 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 Postpartum Pelvic Floor 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 Postpartum Pelvic Floor 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 Postpartum Pelvic Floor for Nursing

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

# Postgraduate Certificate Postpartum Pelvic Floor for Nursing

