

Postgraduate Diploma

Breastfeeding and Postpartum Care for Nurses





Postgraduate Diploma Breastfeeding and Postpartum Care for Nurses

Course Modality: Online

Duration: 6 months.

Certificate: TECH Technological University

19 ECTS Credits

Teaching Hours: 475 hours.

Website: www.techtute.com/nursing/postgraduate-diploma/postgraduate-diploma-breastfeeding-postpartum-care-nurses

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01

Introduction

The Spanish Society of Gynecology and Obstetrics (SEGO) considers that the birth of a healthy child is not, although it may seem so, a casual event. It is the result of a great deal of care and attention given with generosity and professionalism by different professional categories. For this reason, the protocols for assistance during dilatation and expulsion must prioritize the safety and health of both the mother and the newborn. The ultimate goal is to ensure, throughout the delivery process, both the mother's and the newborn's well-being.





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The Postgraduate Diploma in Breastfeeding and Postpartum Care for Nurses contains the most complete and up to date scientific program on the market"

The Nursing Staff works in the care and attention of the pregnant woman ensuring basic care such as hygiene, comfort, psychological support and nutritional care, basic principles to ensure effective care. Thanks to the evolution of low-intervention childbirth advocated by the Ministry of Health and Social Policy, the different health professionals who work with the pregnant woman must provide adequate and effective care, reducing unnecessary interventions to a minimum and ensuring the privacy of the pregnant woman, as well as favoring newborn care such as cleaning, placing identification bracelets, etc., in close contact with the mother, favoring the maternal-filial bond.

The role of nursing in the evolution of the pregnant woman, the puerpera and her newborn is essential, provided by professionals dedicated directly to the care of the woman, as joint knowledge allows us to achieve care in favour of the recommendations on normal birth, as well as the latest standards developed in the Clinical Guide to Normal Birth published by the Ministry of Health and Social Policy this year.

This line of thought and action coincides with a strong change that has to take place in the relationship between health teams and the woman user, to move from a technical relationship to one in which the bioethical principle of autonomy and attention to the integrity of the person involved is prioritised. The aim is to comprehensively address the process that women face during childbirth and thus improve health outcomes for them and their babies.

The general purpose of this specialization course is to train nursing professionals to meet the health needs of people with scientific rigor and the highest professional level. This training was created in response to multiple needs in the hospital environment for all professionals, both for those recently incorporated and those who have been providing their professional services for some time and who require constant updating in this very specific area of practice.

This **Postgraduate Diploma in Breastfeeding and Postpartum Care for Nurses** contains the most complete and up to date scientific program on the market. Development of clinical cases presented by experts in the different areas of multidisciplinary knowledge.

- ◆ Development of clinical cases presented by experts in the different areas of multidisciplinary knowledge. 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.
- ◆ Updates on Breastfeeding and Postpartum Care.
- ◆ Algorithm-based interactive learning system for decision-making in the presented clinical situations.
- ◆ With a special emphasis on evidence-based nursing and research methodologies in Lactation and Puerperium.
- ◆ All of this will be complemented by theoretical lessons, questions to the Postgraduate Diploma, debate forums on controversial topics, and individual reflection assignments.
- ◆ Content that is accessible from any fixed or portable device with an Internet connection.



Increase your competencies in the approach to Breastfeeding and Postpartum Care for Nurses through this course"

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This Postgraduate Diploma may be the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Breastfeeding and Postpartum Care, you will obtain a Postgraduate Diploma from TECH Technological University"

Its teaching staff includes health professionals belonging to the field of obstetrics and gynecology nursing, who contribute their work experience to this training, as well as renowned specialists belonging to leading scientific societies.

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 program to train in real situations.

This program is designed around Problem Based Learning, whereby the student must try to solve the different professional practice situations that arise during the course. This will be done with the help of an innovative interactive video system developed by recognized experts in the field of obstetrics and gynecology nursing with extensive teaching experience.

Increase your confidence in decision making by updating your knowledge through this Postgraduate Diploma in Breastfeeding and Postpartum Care for Nurses.

Don't miss the opportunity to update your knowledge in Breastfeeding and Postpartum Care for Nurses to improve patient care.

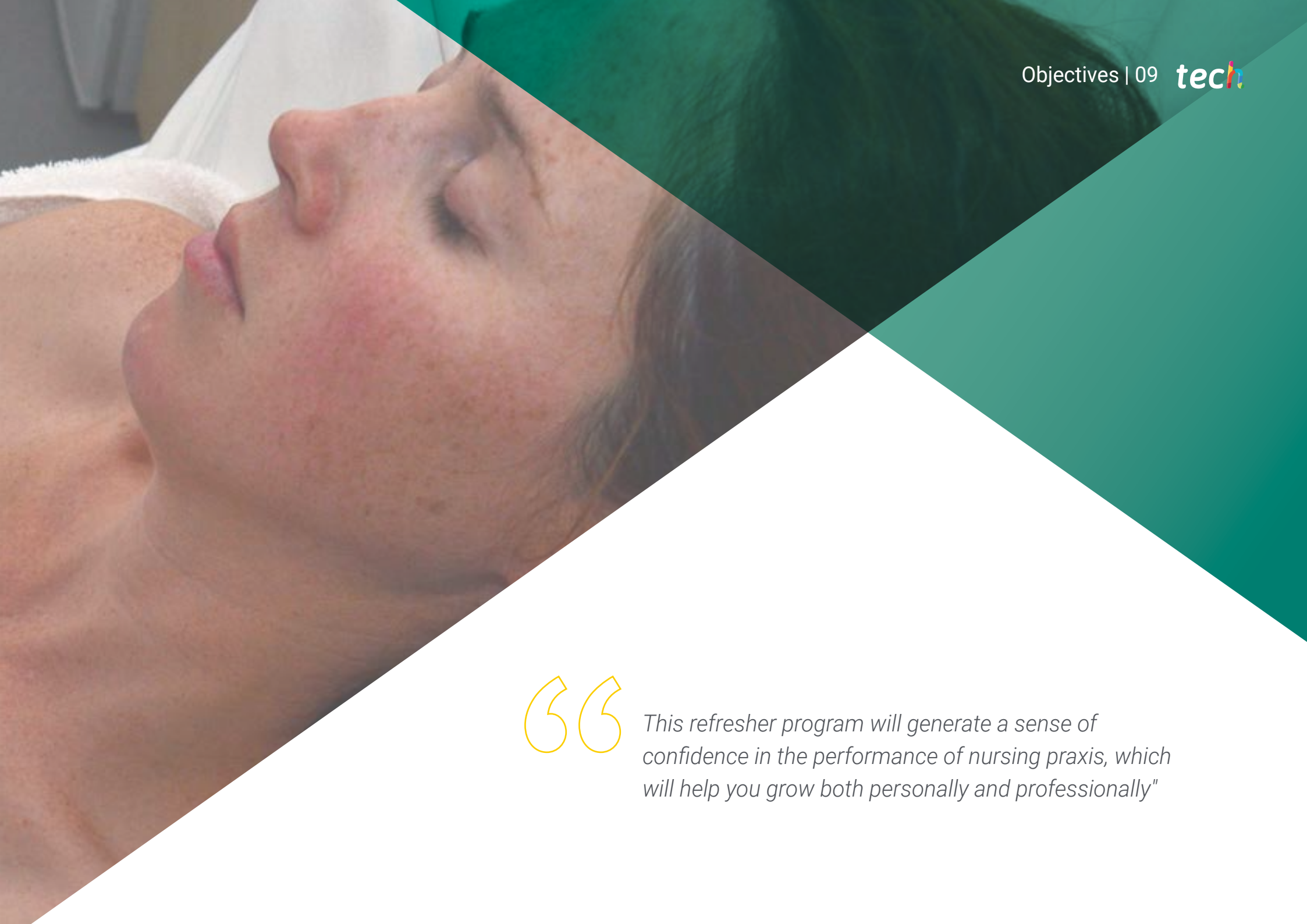


02

Objectives

The main objective of the course is the development of theoretical and practical learning, so that the nurse can master in a practical and rigorous way the study of Lactation and Care in the Puerperium.





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This refresher program will generate a sense of confidence in the performance of nursing praxis, which will help you grow both personally and professionally”



General Objectives

- Acquire knowledge in specific obstetric care.
- Promote work strategies based on a comprehensive approach to the patient as a standard model for achieving excellent care.
- To favour the acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through specific training.
- Encourage professional stimulus through continuing education and research.



Seize the opportunity and take the step to get up to date on the latest developments in Breastfeeding and Postpartum Care"





Specific Objectives by Modules

- ◆ Involve the woman in decision-making throughout the process.
- ◆ Facilitate companion access at all times.
- ◆ Compliance with Decree 101/95, which determines the rights of parents and children in the healthcare environment during the birth process.
- ◆ Favouring a climate of trust, security, and intimacy, respecting the privacy, dignity and confidentiality of women.
- ◆ Promotion of Breastfeeding.
- ◆ Helping mothers initiate breastfeeding.
- ◆ Provide a place where the parturient woman can comfortably breastfeed her child.

03

Course Management

This program includes in its teaching staff health professionals of recognized prestige, who belong to the field of obstetric-gynecological nursing and who bring to this training the experience of their work.

Also participating in its design and preparation are renowned specialists who are members of prestigious national and international scientific societies.





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Learn from leading professionals the latest advances in Breastfeeding and Postpartum Care for Nurses”

Management



Dr. Rodríguez Díaz, Luciano

- ◆ Matron. University Hospital of Ceuta
- ◆ Lecturer at the University Centre of Nursing of Ronda
- ◆ Lecturer in the Ceuta Midwifery Teaching Unit
- ◆ Member of the Obstetric and Gynecologic Emergency Group of the SEEUE.
- ◆ 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.
- ◆ Doctor from the University of Granada



Dr. Vázquez Lara, Juana María

- ◆ Nurse of the 061 of Ceuta
- ◆ Ceuta Health Area Matron
- ◆ Head of Studies of the Ceuta Midwifery Teaching Unit.
- ◆ Professor of the Ceuta Midwifery Teaching Unit
- ◆ Coordinator of the Obstetrics and Gynecology Emergency Group of the SEEUE.
- ◆ PhD from the University of Granada

Professors

Dra. Andrés Núñez, Carmen Patricia

- ♦ Specialist in Obstetrics and Gynecology at the University Hospital of Ceuta.

Dra. Carrasco Racero, María Mercedes

- ♦ Nurse and Internship Coordinator at the University Center of Ronda.

Mrs. De Dios Pérez, María Isabel

- ♦ Midwife at the Zaragoza University Hospital

Dra. Díaz Lozano, Paula

- ♦ Midwife at the Ceuta University Hospital

Dra. Gilart Cantizano, Patricia

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

Dra. Llinás Prieto, Lucía

- ♦ Nurse in Specialized Care Cadiz

Dr. Márquez Díaz, Antonio

- ♦ Midwife at Hospital Costa del Sol de Marbella and Hospital Quirón Campo de Gibraltar

Dra. Mérida Téllez, Juanma

- ♦ Midwife Costa del Sol de Marbella Hospital

Mrs. Mérida Yáñez, Beatriz

- ♦ Dr. Primary Care Midwife Extremadura

Dr. Muñoz Vela, Francisco Javier

- ♦ Midwife in Specialized Care at the Maternal-Children's Hospital of Malaga

Dra. Palomo Gómez, Rocío

- ♦ Ceuta Specialized Care Midwife

Dra. Revidiego Pérez, María Dolores

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

Dra. Rivero Gutiérrez, Carmen

- ♦ Ceuta Specialized Care Midwife

Dr. Rodríguez Díaz, David

- ♦ Nurse at Nuestra Señora de Candelaria University Hospital

Dr. Vázquez Lara, Francisco José

- ♦ Degree in Biological Sciences

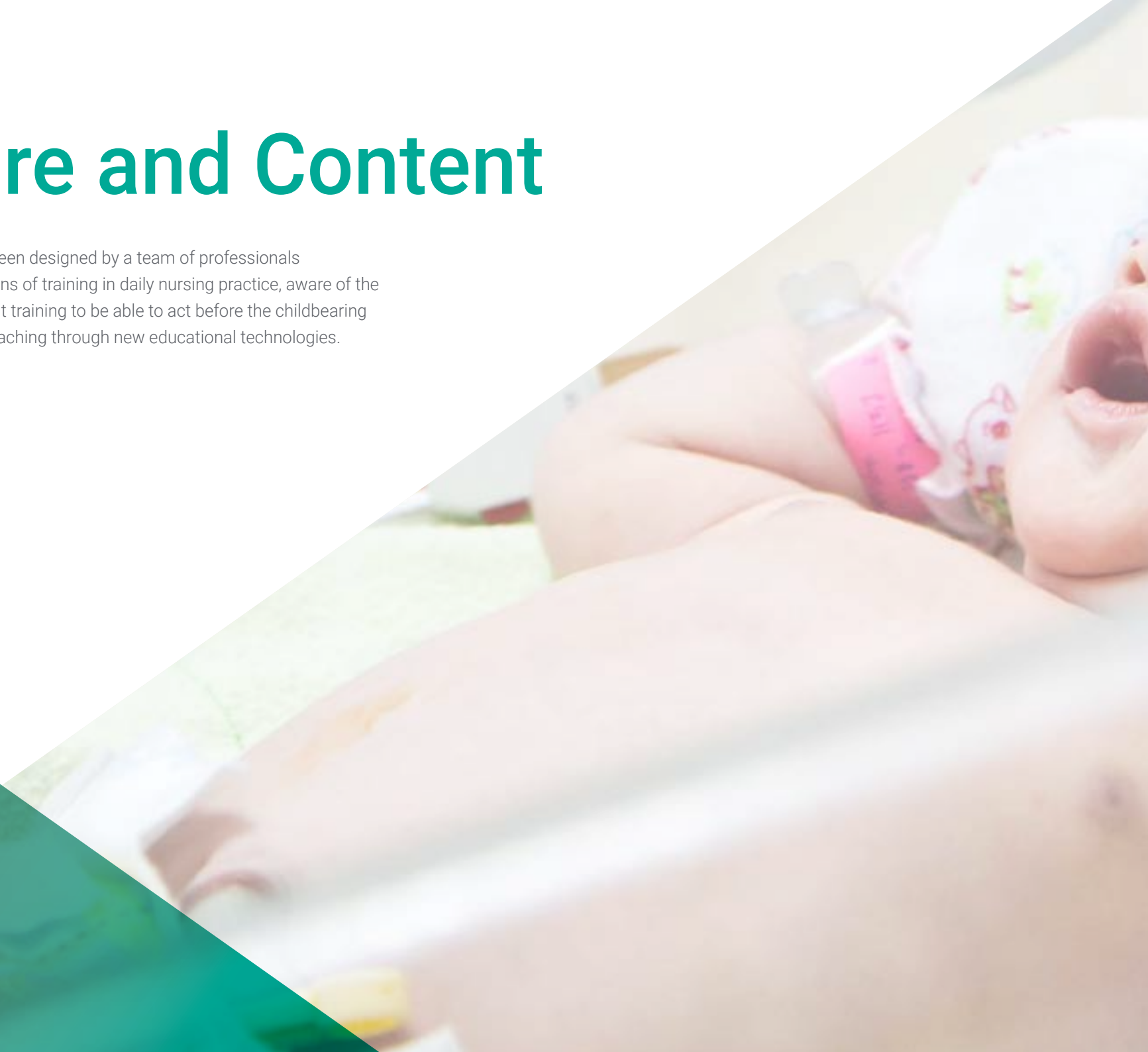
Dra. Vázquez Lara, María Dolores

- ♦ Campo de Gibraltar Primary Care Nurse

04

Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of training in daily nursing practice, aware of the relevance of the relevance of current training to be able to act before the childbearing patient and committed to quality teaching through new educational technologies.





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This Postgraduate Diploma in Breastfeeding and Postpartum Care for Nurses contains the most complete and up to date scientific program on the market”

Module 1. Nursing Care in the Postpartum Period

- 1.1. Assistance and Care of the Woman in the Postpartum Period
 - 1.1.1. Puerperium, Adaptations and Modifications
 - 1.1.2. Postpartum Care and Assistance
 - 1.1.3. General Examination
 - 1.1.4. Identification of Problems and their Prevention
 - 1.1.5. Discharge Counseling
- 1.2. Psychosocial Aspects in the Puerperium
 - 1.2.1. Psychosocial Adaptation of the Puerpera
 - 1.2.2. Psychological Changes
 - 1.2.3. Assessment of the Emotional State: Detection of Postpartum Depression
 - 1.2.4. Mother/Partner/Newborn Relationship Bonds
 - 1.2.5. Family Adaptation
- 1.3. Pharmaceuticals in Postpartum
 - 1.3.1. Pharmaceuticals in Postpartum
 - 1.3.2. Use and Management of Pharmaceuticals in Postpartum. Indications, Pharmaceutical Interaction, and Dosage
- 1.4. Home Care in the Postpartum Period
 - 1.4.1. Characteristics of Home Care of the Mother and the Newborn during the Puerperium
 - 1.4.2. Home Care of the Mother and the Newborn during the Puerperium
- 1.5. Postpartum Care
 - 1.5.1. Postpartum Program
 - 1.5.2. Counseling and Health Education for the Mother-Child Pair
 - 1.5.3. Maternal Recovery. Postpartum Groups
 - 1.5.4. Physical Exercises during Postpartum
 - 1.5.5. Pelvic Floor Recovery

Module 2. Breastfeeding

- 2.1. Physiology
 - 2.1.1. Milk Secretion
 - 2.1.2. Physiology of Milk Secretion
 - 2.1.3. Inhibition of Milk Secretion



- 2.2. Breastfeeding
 - 2.2.1. Definition of Breastfeeding
 - 2.2.2. Breastfeeding Practices
 - 2.2.3. Breastfeeding Positions
 - 2.2.4. Manual Expression of Breast Milk
 - 2.2.5. Baby-friendly Hospital Initiative
 - 2.2.6. Advantages of Breastfeeding
 - 2.2.7. Breastfeeding Problems. Special Situations. Breastfeeding in Neonates with Health Problems
 - 2.2.8. Breastfeeding Support Groups (GALM)
- 2.3. Pharmaceuticals in Lactation
 - 2.3.1. Mechanisms of Action in the Mother and Fetus
 - 2.3.2. Use and Management of Pharmaceuticals in Lactation. Indications, Pharmaceutical Interaction, and Dosage

Module 3. Nursing Care in a Newborn

- 3.1. Adaptation to Extrauterine Life
 - 3.1.1. Definition of Newborn or Neonate
 - 3.1.2. Anatomophysiological Recollection of the Fetal Stage
 - 3.1.3. Changes after Birth
- 3.2. Assessment of the Neonate's Health Status
 - 3.2.1. Assessment of the Newborn's Health Status Apgar Test
 - 3.2.2. Assessment of Physical Characteristics
 - 3.2.3. Physical Examination of the Newborn
 - 3.2.4. Evaluation of Weight and Gestational Age
 - 3.2.5. Classification of Newborns According to Weight and Gestational Age
- 3.3. Immediate Care of the Newborn
 - 3.3.1. Introduction
 - 3.3.2. Immediate Care of the Newborn
 - 3.3.3. Immediate Care of the Newborn
 - 3.3.4. Neonatal Resuscitation: Levels
- 3.4. Anatomical and Physiological Characteristics of the Newborn
 - 3.4.1. Anatomical and Physiological Characteristics of the Newborn
 - 3.4.2. Thermal Regulation
 - 3.4.3. Respiratory System
 - 3.4.4. Circulatory System
 - 3.4.5. Digestive System
 - 3.4.6. Circulatory System
 - 3.4.7. Hormonal and Immune Changes
 - 3.4.8. Assessment of Neurological Status
- 3.5. General Care of the Newborn
 - 3.5.1. Care of the Newborn. General Care
 - 3.5.2. Hygiene, Temperature, Care of the Umbilical Cord
 - 3.5.3. Importance of Aseptic Measures in the Newborn
 - 3.5.4. History of the Newborn
 - 3.5.5. Physical Examination Vital Signs Control
 - 3.5.6. Somatometric Techniques
 - 3.5.7. Mother-child Interaction and Mother-Partner Relationship Bonding
- 3.6. Newborn Feeding
 - 3.6.1. Newborn Feeding
 - 3.6.2. Nutritional Needs of the Neonate
 - 3.6.3. Types of Lactation
 - 3.6.4. Artificial Breastfeeding. Concept. Formula Feeding
 - 3.6.5. Techniques of Artificial Lactation
- 3.7. Discharge Counseling
 - 3.7.1. Discharge Counseling. Importance of Parental Counseling at Newborn Discharge
 - 3.7.2. Screening Tests
 - 3.7.3. Signs of Health/ Disease
 - 3.7.4. Immunizations: Schedule
 - 3.7.5. Prevention of Neonatal Accidents
 - 3.7.6. Follow-up Program of the Healthy Child

05

Methodology

This training provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used 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 Re-learning, 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 clinical situation, what would you do? Throughout the program, you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is abundant 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 university program.



Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

Our University is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing 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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 175,000 nurses with unprecedented success, in all specialties regardless of from the workload. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

Re-learning 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 (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



In this program you will have access to the best educational material, prepared with you 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.

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.



Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current nursing procedures and techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



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 unique multimedia content presentation training system 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 training.





Expert-led case studies and case analysis

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through the development of attention and the resolution of different situations: a clear and direct way to achieve the highest degree of understanding.



Testing & Re-testing

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your 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 our future difficult decisions.



Quick Action Guides

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



06

Certificate

The **Postgraduate Diploma in Breastfeeding and Postpartum Care for Nurses** guarantees you, in addition to the most rigorous and up to date training, access to a Postgraduate Diploma issued by **TECH Technological University**.



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Successfully complete this specialization and receive your diploma without the hassle of travel or paperwork”

This **Postgraduate Diploma in Breastfeeding and Postpartum Care for Nurses** contains the most complete and up to date scientific program on the market.

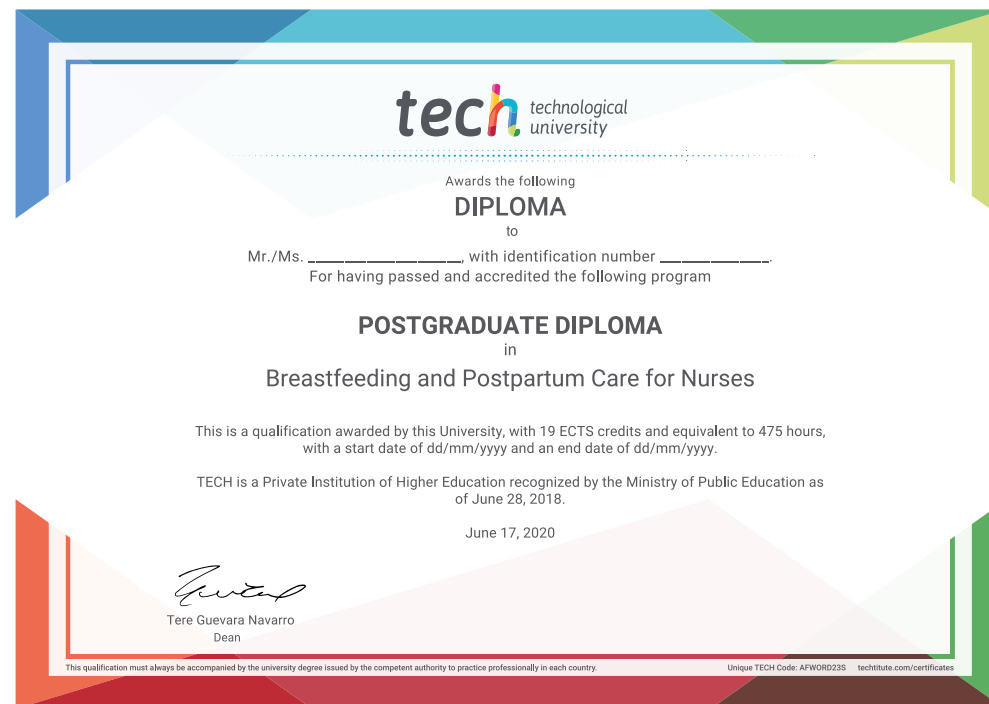
After the student has passed the evaluations, they will receive by mail with acknowledgement of receipt their corresponding **Postgraduate Diploma** issued by **TECH Technological University**.

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

Title: **Postgraduate Diploma Breastfeeding and Postpartum Care for Nurses**

ECTS: **19**

Official Number of Hours: **475 hours**.



*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



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Postgraduate Diploma

Breastfeeding and Postpartum
Care for Nurses

