

Postgraduate Diploma

Problem Solving During Breastfeeding for Midwives





Postgraduate Diploma Problem Solving During Breastfeeding for Midwives

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

Website: www.techtute.com/in/nursing/postgraduate-diploma/postgraduate-diploma-problem-solving-during-breastfeeding-midwives

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01

Introduction

The development of this Postgraduate Diploma on breastfeeding arose from the initial idea of the World Health Organization, which recommended that newborns should be exclusively breastfed until 6 months of age, and thereafter and together with the initiation of complementary feeding, breastfeeding should be maintained until two years of age, or until the mother and/or child so desire.





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Take the opportunity to learn about the latest trends in Problem Solving During Breastfeeding For Midwives, and improve your nursing care dramatically”

Breastfeeding provides significantly better protection than artificial feeding against diarrheal diseases and respiratory infections in children, the main causes of mortality in low-income populations. In 1993, the 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 forms 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 Diploma in Problem Solving During Breastfeeding for Midwives** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Development of practical cases presented by experts in Breastfeeding in Midwives. 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
- ♦ News on Problem Solving During Breastfeeding for Midwives
- ♦ It contains practical exercises where the self-assessment process can be carried out to improve learning
- ♦ With special emphasis on innovative methodologies in Problem Solving During Breastfeeding for Midwives
- ♦ All of this will be complemented by 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



*Update your knowledge through the
Postgraduate Diploma in Breastfeeding
Problem Solving for Midwives"*

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This Postgraduate Diploma may be the best investment you can make in selecting a refresher program for two reasons: in addition to updating your knowledge in problem solving during breastfeeding for midwives, you will earn a Postgraduate Diploma from TECH Technological University"

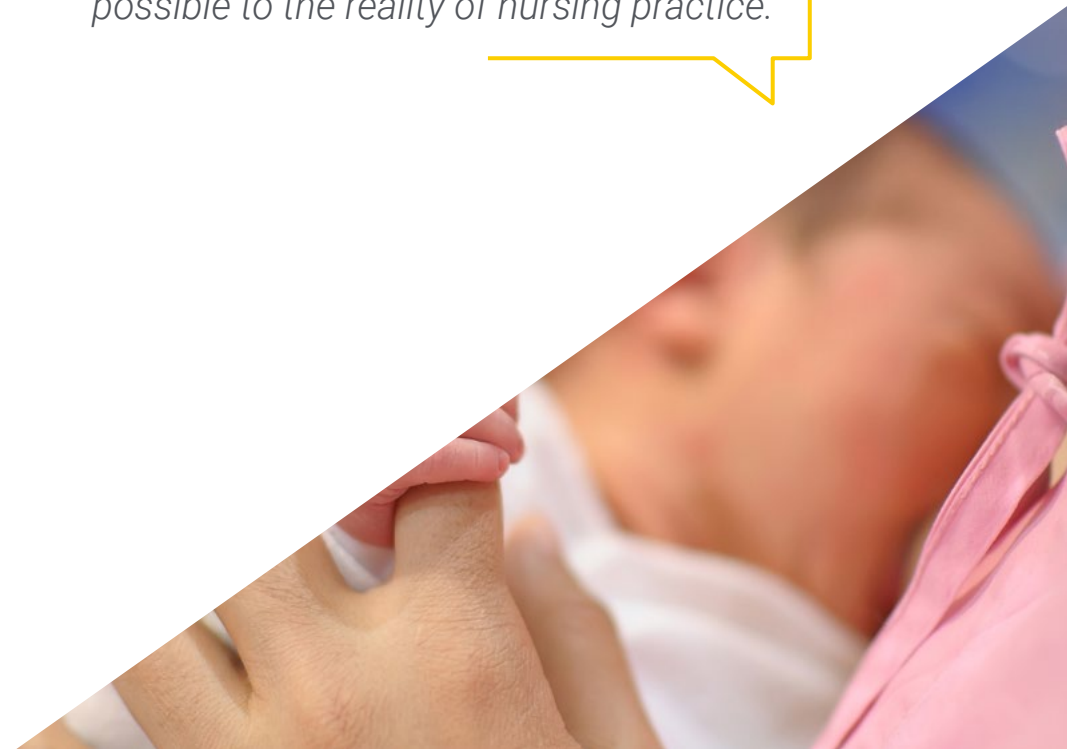
Includes in its teaching staff professionals from the field of Problem Solving During Breastfeeding for Midwives, who pour into this training the experience of their work, in addition to recognized specialists belonging to reference societies and universities of prestige.

Thanks to its multimedia content developed with the latest educational technology, they will allow the professional a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to prepare in real situations.

The design of this program is based on problem-based learning, whereby the teacher must try to solve the different professional practice situations that arise during the course. To do so, the student will be assisted by an innovative interactive video system developed by recognized experts in the field of Problem Solving in Breastfeeding for Midwives, with extensive teaching experience.

The Postgraduate Diploma offers training in simulated environments, which provides an immersive learning experience designed to train for real-life situations.

Includes clinical cases to bring the development of the program as close as possible to the reality of nursing practice.



02 Objectives

The Postgraduate Diploma on Problem Solving During Breastfeeding for Midwives, is oriented to facilitate the Midwives' counseling performance and care of all breastfeeding women.



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This refresher program will generate a sense of confidence when practicing nursing, which will help you grow both personally and professionally”



General Objectives

- 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 education



Make the most of this opportunity and take the step to get up to date on the latest developments in Problem Solving During Breastfeeding for Midwives"





Specific Objectives

- ♦ Update knowledge about the Physiology 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
- ♦ Foster the proper development of the mother-child relationship, reducing the number of children who are assaulted, abandoned and who fail to progress without organic cause
- ♦ Encourage breastfeeding to achieve adequate growth and development, preventing future health problems
- ♦ Explain the benefits of breastfeeding for women's postpartum and long-term recovery
- ♦ Explain the different breastfeeding positions and their indications
- ♦ Detect bad latching positions of the baby that may alter the development of feeding
- ♦ Explain the benefits of physical activity during Breastfeeding
- ♦ Describe the main contraindications of breastfeeding
- ♦ Describe the rights of women during Breastfeeding
- ♦ Define strategies to counsel and accompany women who do not wish to breastfeed
- ♦ Explain erroneous beliefs about breastfeeding
- ♦ Describe paternal involvement in the breastfeeding process
- ♦ Promote active participation in the care of the RN and in the monitoring of its growth and development
- ♦ Train mothers in newborn care and in the resolution of common infant health problems
- ♦ Define those maternal pathologies that may contraindicate breastfeeding
- ♦ Provide information on nutrition for the breastfeeding mother
- ♦ Teach the steps to be followed to achieve successful exclusive breastfeeding
- ♦ Obtain knowledge about the transfer of drugs to breast milk in order to guide women in their doubts when taking medications
- ♦ Define appropriate treatment of breast and nipple associated complications
- ♦ Explain the different aids and devices that can be used to facilitate breastfeeding
- ♦ Explain other types of infant feeding and their substitution or combination with breastfeeding
- ♦ Explain the different bottle preparation techniques and their advantages and disadvantages
- ♦ Counsel the mother who works outside the home and wishes to continue breastfeeding

03

Course Management

This Postgraduate Certificate includes in its teaching staff health professionals of recognized prestige, who belong to the field of problem solving during breastfeeding for midwives and who pour into this training the experience of their work.

Additionally, renowned specialists, members of prestigious national and international scientific communities, are involved in designing and preparing the program.



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Learn from leading professionals, the latest advances in Problem Solving During Breastfeeding for Midwives"

Guest Director



Ms. Aguilar Ortega, Juana María

- ♦ Specialist Nursing Qualification in Pediatric Nursing from the Ministry of Culture, Education and Sports - 2016
- ♦ Professional 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

Co-Direction



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
- ♦ Teacher at the University Centre of Nursing of Ronda
- ♦ Teacher 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

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Professors

Ms. Armijo Navarro, Elena

- ♦ Midwife San Sebastián Hospital

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- ♦ Midwife. Bellvitge University Hospital

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- ♦ Midwife Ceuta University Hospital

Ms. Del Pozo Álvarez, Lidia

- ♦ Midwife Ceuta University Hospital

Ms. Díaz Lozano, Paula

- ♦ Midwife Ceuta University Hospital

Ms. Gómez González, Irene

- ♦ Midwife Ceuta University Hospital

Ms. Gerbeau, Bettina

- ♦ Pediatric Assistant
- ♦ Trainings in child psychomotor skills and infant massage
- ♦ "Breastfeeding, preparation for the consulting profession" course of 200 hours + 50 hours of practice in maternity and pediatric practice in Paris, 2006-2007
- ♦ Active member of the Breastfeeding Committee of the Hospital 12 de Octubre in Madrid
- ♦ Founder of the CALMA breastfeeding association in 1988 in Barcelona



Ms. Hachero Rodríguez, Carmen María

- ♦ Midwife Zaragoza Hospital

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- ♦ Pediatric nurse. Bellvitge University Hospital

Ms. Martínez Picón, Claudia

- ♦ Midwife Ceuta University Hospital

Ms. Martínez Hidalgo, Maria Victoria

- ♦ Specialist in Pediatric Nursing
- ♦ Master's Degree in Research Methodology in Health Care. Complutense University, Madrid. 2013
- ♦ Master in Quality Management ISO 9001:2008 and Internal Auditor. European Quality Formation. 2012
- ♦ Supervisor of Hemato-Oncology Units and Pediatric Day Hospital. Jiménez Díaz foundation 12 de Octubre. Since July 2012
- ♦ Neonatology Unit Nurse Assistant at the 12 de Octubre Hospital
- ♦ Neonatology Unit Nurse Responsible for Formation of the at the 12 de Octubre Hospital

Ms. Miquelajáuregui Espinosa, Araceli

- ♦ Midwife Ceuta University Hospital

Ms. Mohamed Mohamed, Dina

- ♦ Midwife. Bellvitge University Hospital

Ms. Ortega del Valle, Silvia

- ♦ Midwife Ceuta University Hospital

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- ♦ Midwife Quirón Campo de Gibraltar Hospital

Ms. Rojas Carmona, Belén

- ♦ Midwife Ceuta University Hospital

Ms. Santos Bermúdez de Castro, Mónica

- ♦ Pediatric nurse specialist via EIR (2018-2020)
- ♦ University Expert in Nursing in Out-of-Hospital Emergencies CEU Cardenal Herrera University (2015-2016)
- ♦ Nursing Degree San Pablo CEU University (2010-2014)
- ♦ Breastfeeding Nurse Coordinator at 12 de Octubre Hospital 2021
- ♦ Breastfeeding Nurse Coordinator at 12 de Octubre Hospital 2018 - 2020
- ♦ Neonatal and Pediatric ICU Nurse HM Puerta del Sur Hospital, Móstoles 2015 - 2017

04

Structure and Content

The structure of the contents has been designed by a team of professionals from the best educational centers, universities, and companies in the national territory, aware of the relevance of current specialization in order to intervene in the training and support of students, and committed to quality teaching through New Educational Technologies.



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This Postgraduate Diploma in Problem Solving During Breastfeeding for Midwives contains the most complete and up-to-date scientific program on the market”

Module 1. Problems During Breastfeeding

- 1.1. Contraindications for Breastfeeding
 - 1.1.1. Situations that Contraindicate Breastfeeding
 - 1.1.2. Nutritional
- 1.2. Maternal Pathologies that Contraindicate Breastfeeding
 - 1.2.1. List Maternal Pathologies that Contraindicate Breastfeeding
 - 1.2.2. Counseling on Contraindications to Breastfeeding
- 1.3. Newborn Pathologies that Contraindicate Breastfeeding
 - 1.3.1. List Neonatal Pathologies that Contraindicate Breastfeeding
 - 1.3.2. Counseling on Contraindications to Breastfeeding
- 1.4. Nipple Problems
 - 1.4.1. Different Types of Nipple
 - 1.4.2. Support for the Mother
- 1.5. Mammary Ingurgitation
 - 1.5.1. Concept
 - 1.5.2. Adequate Treatment
- 1.6. Mastitis
 - 1.6.1. Concept
 - 1.6.2. Adequate Treatment
- 1.7. Aids and Devices to Assist in Breastfeeding
 - 1.7.1. Different Breastfeeding Devices
 - 1.7.2. How to help Breastfeeding?

Module 2. Other Types of Breastfeeding

- 2.1. Artificial Breastfeeding
 - 2.1.1. Concept
 - 2.1.2. Development of the Technique
- 2.2. Formula Milk: Handling and Disadvantages
 - 2.2.1. Formula Milk Preparation
 - 2.2.2. Benefits and Drawbacks

- 2.3. Preparation of a Baby Bottle
 - 2.3.1. Technique for Preparing a Baby Bottle
 - 2.3.2. Sterilizing Baby Bottles
- 2.4. Mixed Breastfeeding
 - 2.4.1. Concept
 - 2.4.2. How to Carry it Out?
- 2.5. Relactation
 - 2.5.1. Concept
 - 2.5.2. Indications
- 2.6. Combination of Breastfeeding with Nutrition
 - 2.6.1. Complementary Nutrition
 - 2.6.2. Nutritional Needs

Module 3. Breastfeeding in Special Situations

- 3.1. Hypogalactia
 - 3.1.1. Concept
 - 3.1.2. Measures to Treat
- 3.2. Sick Newborns
 - 3.2.1. Different Pathologies
 - 3.2.2. Breastfeeding in Children with Pathologies
- 3.3. Prematurity
 - 3.3.1. Definition of Prematurity
 - 3.3.2. Breastfeeding in Premature Infants
- 3.4. Teenage Mothers
 - 3.4.1. Breastfeeding in Teenage Mothers
 - 3.4.2. Problems in Teenage Mothers
- 3.5. Breastfeeding and LAM Method
 - 3.5.1. Concept
 - 3.5.2. LAM Method Benefits
- 3.6. Cleft Lip and Lip Malformations
 - 3.6.1. Concept
 - 3.6.2. Support for Newborns and Breastfeeding Mothers



- 3.7. Breastfeeding and New Pregnancy
 - 3.7.1. Tandem Breastfeeding
 - 3.7.2. Nutritional
- 3.8. Breastfeeding and Stress
 - 3.8.1. Stress as a Detriment to Breastfeeding
 - 3.8.2. Measures to Cope with Stress

Module 4. Common Situations During Breastfeeding

- 4.1. Crying and Breast Refusal
 - 4.1.1. Concept
 - 4.1.2. Immediate Attention
- 4.2. Breastfeeding Strike
 - 4.2.1. Concept
 - 4.2.2. Strike Counseling
- 4.3. Prolonged and Tandem Breastfeeding
 - 4.3.1. Concept
 - 4.3.2. Benefits
- 4.4. Co-Sleeping
 - 4.4.1. Concept
 - 4.4.2. Benefits of Co-Sleeping
- 4.5. Working Outside the Home and Breastfeeding
 - 4.5.1. Incorporation into Work
 - 4.5.2. Support in this Situation
- 4.6. Milk Extraction: Methods and Tools
 - 4.6.1. Parts of the Breast Pump
 - 4.6.2. Use of the Breast Pump
- 4.7. Transport and Storage of Breast Milk
 - 4.7.1. Milk Storage Mechanisms
 - 4.7.2. Milk Transport

05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**. This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



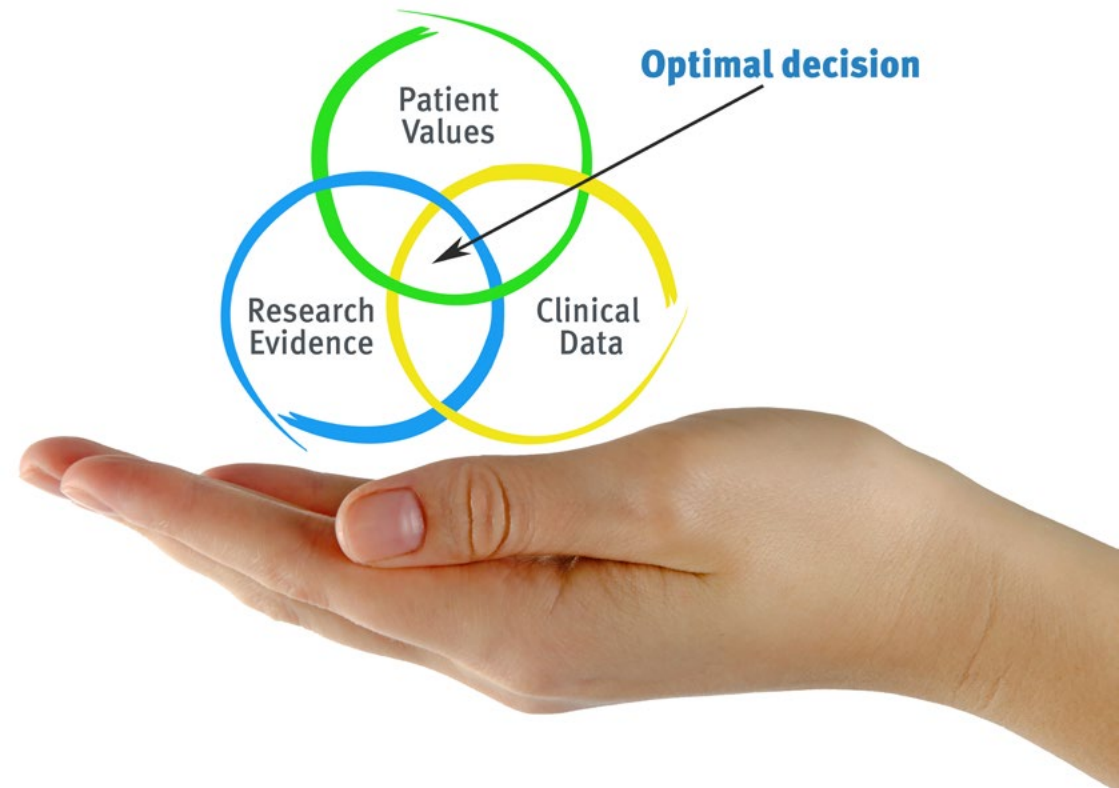
“

Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Nurses learn better, faster, and more sustainably over time.

With TECH, nurses can experience a learning methodology that is shaking the foundations of traditional universities around the world.



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, in an attempt to recreate the real conditions in professional nursing practice.

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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.

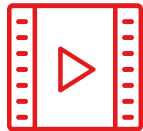
Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

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

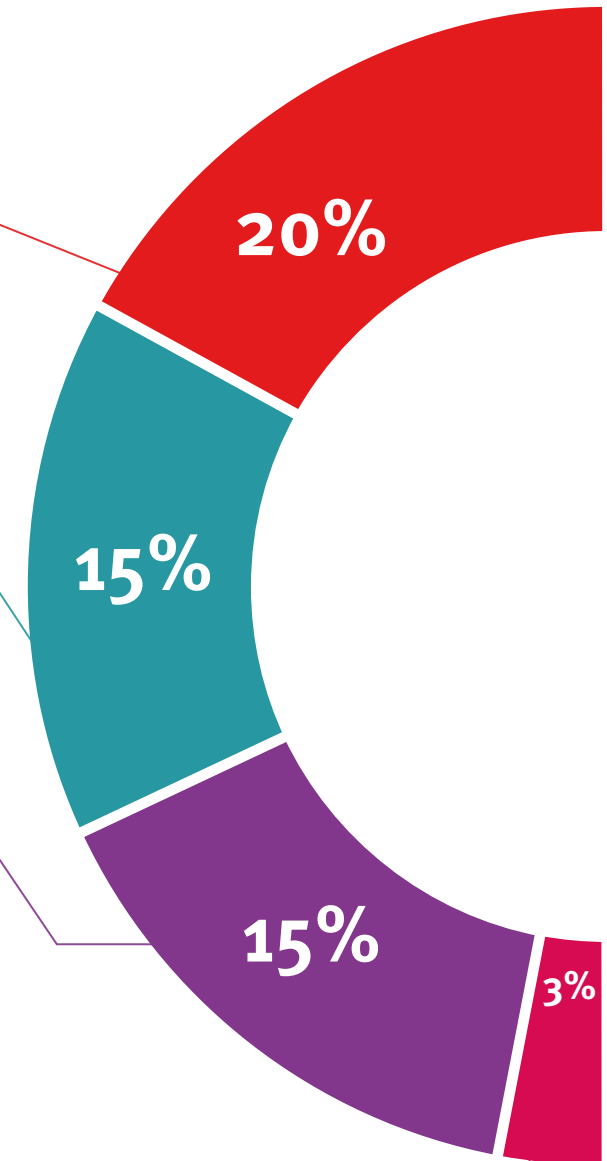
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

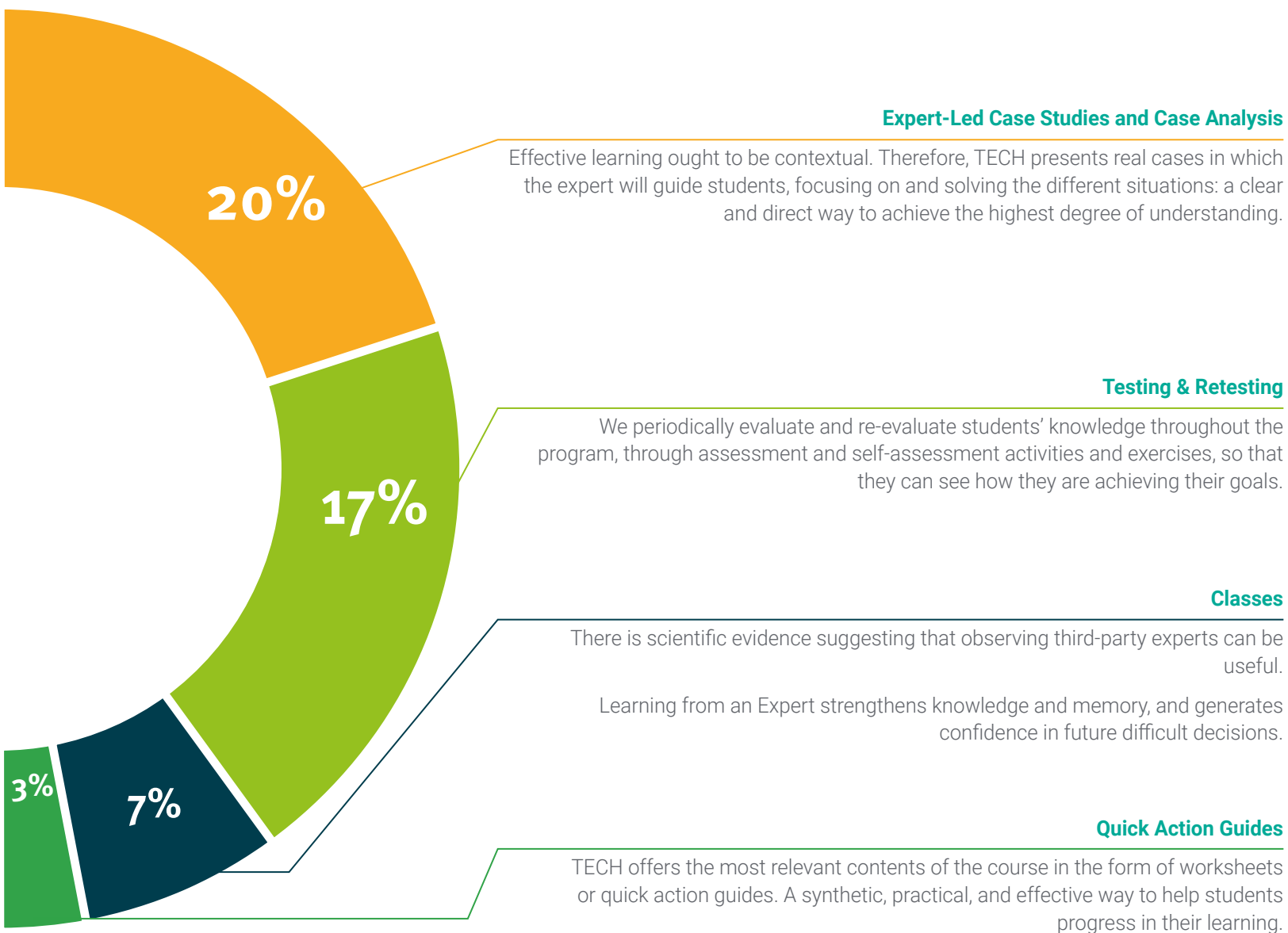
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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.





06 Certificate

The Postgraduate Diploma in Problem Solving during Breastfeeding for Midwives guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Diploma in Problem Solving During Breastfeeding for Midwives** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery*.

The certificate issued by **TECH Technological University** will reflect 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 in Problem Solving During Breastfeeding for Midwives**

Official No. of Hours: **500 h.**



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



Postgraduate Diploma

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- » Modality: online
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Postgraduate Diploma

Problem Solving During Breastfeeding for Midwives

