

# Professional Master's Degree Postpartum Nursing





## Professional Master's Degree Postpartum Nursing

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/nursing/professional-master-degree/master-postpartum-care-nursing](http://www.techtitute.com/us/nursing/professional-master-degree/master-postpartum-care-nursing)

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# 01

# Introduction

After childbirth, women need a period of time to recover their usual conditions, both in terms of hormones and the female reproductive system. During the postpartum period, complications may arise in women's health, which is why it is important for nurses working in the field of gynecology to specialize in this area.

With this high-level program, you will learn the latest developments in the sector from professionals with extensive experience. You will have access to the latest educational resources and advanced content in a program that stands out for the quality of its contents and its excellent teaching staff.



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*This program includes exceptional teaching material, providing you with a contextual approach that will facilitate your learning”*

The postpartum period represents the time it takes for the reproductive system to recover completely after childbirth, which usually lasts between five and six weeks. During these weeks, women need time to recover, both hormonally and physically. This Professional Master's Degree in Postpartum Nursing aims to prepare professionals through comprehensive global and practical learning in regards to one of the stages of women's sexual and reproductive life.

The up-to-date contents of this program and its integrative approach will provide a comprehensive view of all aspects related to the postpartum period. The contents will provide an overview of the various needs of women and newborns during the postpartum period, both in physiological situations and in those that deviate from normality.

In this sense, this Professional Master's Degree by TECH offers students a comprehensive vision of postpartum nursing from a theoretical and eminently practical perspective. The program is divided into multiple modules, making up a total of topics through which students will acquire a global and in-depth knowledge of the subject.

Both the design of the program and the educational material used will facilitate the understanding of concepts, while carrying out practical cases will help to adapt what has been learned into clinical practice. In this way, this Professional Master's Degree will provide immersive learning in order to prepare professionals for real situations in their daily professional practice.

This program may be useful for students seeking an initial postgraduate specialization program, specifically in postpartum studies, or for people who are developing their profession in this field and decide to catch up by studying a fully up-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 **Professional Master's Degree in Postpartum Nursing** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ Practical cases presented by experts in Postpartum 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
- ♦ Latest advances in Postpartum Nursing
- ♦ 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



*The Postpartum period is a complex time in a woman's life and nurses are the right professionals to deal with it"*

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*This Professional Master's Degree may be the best investment you can make when selecting a refresher program, for two reasons: in addition to updating your knowledge in Postpartum Nursing, you will obtain a qualification from TECH Technological University"*

The teaching staff includes professionals from the field of Postpartum Nursing, who 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 professionals with situated and contextual learning, i.e., a simulated environment that will provide immersive education 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. For this purpose, professionals will be assisted by an innovative Interactive video system, developed by renowned and experienced experts in Postpartum Nursing.

*Nursing professionals must specialize in postpartum care, as it is a complex moment in a woman's life.*

*Women's care after childbirth must be carried out with extreme care due to the possible diseases that may arise in the postpartum period.*



02

# Objectives

This program in Postpartum Nursing is oriented to prepare nursing professionals for their daily work during the care of women in the postpartum period.







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*It is the best option to learn about the latest advances in Postpartum Care”*



## 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 skills required 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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### Module 1. Physiological Postpartum

- ♦ Broaden knowledge about the changes in the postpartum period within its different stages in the context of physiology
- ♦ Recognize abnormalities during the postpartum period in order to be able to identify pathological situations
- ♦ Improve skills in the implementation of care for women and newborns in the immediate postpartum period in the delivery room
- ♦ Improve skills in the implementation of care for women and newborns in the postpartum hospital ward
- ♦ Improve skills in the implementation of care for women and newborns in professional practice in primary care
- ♦ Have a comprehensive knowledge of newborn screening procedures
- ♦ Train nursing professionals in women and newborn care in the monitoring of home births

### Module 2. Postpartum Complications

- ♦ Increase awareness of the complications that may arise during the different stages of the postpartum period
- ♦ Manage the specific treatment of women's diseases during the postpartum period
- ♦ Improve nursing professionals' ability to act in the early management of the main complications that may appear during the postpartum period
- ♦ Improve nursing professionals' capacity in the application of care in each of the pathologies in the postpartum period from the hospital care setting and in the primary care consultation
- ♦ Understand and manage perineal trauma caused by vaginal delivery
- ♦ Demonstrate the ability to apply nursing professional care in perineal trauma

### Module 3. Pelvic Floor

- ♦ 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.

### Module 4. Breastfeeding

- ♦ Identify the Importance of breastfeeding
- ♦ Expand knowledge of breast anatomy, breast milk formation and its properties
- ♦ Identify those situations in which breastfeeding is not recommended in order to avoid risky situations for newborns
- ♦ Assess the normal patterns of correct intake
- ♦ Enable nurses to provide simple, effective and evidence-based health education to mothers who wish to breastfeed
- ♦ Know the relationship between breastfeeding and mother-child bonding
- ♦ Update knowledge regarding the different techniques for extracting breast milk and the proper guidelines for its safe storage
- ♦ Have a broad understanding of the objectives and strategies of the IHAN within the National Health System

### Module 5. Newborns

- ♦ Improve knowledge related to the different newborn classifications based on the different established parameters.
- ♦ Gain further knowledge on the adaptation of the different devices and systems of newborns in its extrauterine life
- ♦ Improve healthy newborn management and identify abnormal situations based on the general examination criteria
- ♦ Know and manage care required by newborns in different areas
- ♦ Design sessions for parents on how to care for their newborns
- ♦ Improve the management of the main reasons for parental consultation in nursing professionals' consultations on newborn problems
- ♦ Update the aspects related to the prevention of sudden infant death.

### Module 6. Special Situations

- ♦ Have an in-depth knowledge of the characteristics and care required by post-mature babies
- ♦ Broaden knowledge about the characteristics and care required by infants born with low birth weight or RIC
- ♦ Identify potential short- and long-term complications of premature, postmature, low birth weight and RIC infants
- ♦ Improve the management of the care needs of neonates with hypoxic-ischemic encephalopathy
- ♦ Identify situations of risk of HIE in order to prevent it and provide early and effective care at birth
- ♦ Learn about the care required by infants with perinatal infection
- ♦ Be aware of the specific needs in the care of newborns whose mothers have used drugs during pregnancy and/or childbirth
- ♦ Learn the techniques to offer correct breastfeeding support to premature infants

- ♦ Identify and know the most frequent problems that appear in the course of breastfeeding
- ♦ Update treatment of breastfeeding-related problems
- ♦ Know the evidence-based protocols recommended for problems associated with breastfeeding

### Module 7. Postpartum Psychology and Emotions

- ♦ Know the neurobiological processes of the postpartum period
- ♦ Understand the relationship between the mother's hormonal system and the establishment of the parent-child bond
- ♦ Know the mental changes that occur during the postpartum period
- ♦ Identify risk factors for bond disruption
- ♦ Know the recommendations for good practices in a situation of perinatal loss
- ♦ Identify the phases of grief and its correct management
- ♦ Identify the different types of perinatal loss
- ♦ Identify the differences between depression and perinatal bereavement
- ♦ Learn how to handle the different stages of perinatal bereavement

### Module 8. Postpartum Sexuality and Contraception

- ♦ Increase knowledge of the physiology of the female reproductive system
- ♦ Increase knowledge of the female genital cycle and the hormonal influence on it
- ♦ Have an in-depth knowledge of the sexual response cycle and its different stages
- ♦ Recognize the physical, physiological and psychological changes in pregnant women that may influence their sexual health
- ♦ Learn how to use tools to promote sexual health in the postpartum period
- ♦ Recognize and identify the most frequent sexual problems during the postpartum period

- ◆ Increase knowledge regarding the sexual dysfunction of female desire, arousal and orgasm
- ◆ Know and identify anorgasmia, its causes and treatment
- ◆ Identify and differentiate vaginismus and dyspareunia
- ◆ Improve the management and treatment of vaginismus and dyspareunia from nursing professionals' clinics.
- ◆ Improve knowledge of the different types of contraception that can be used in the postpartum period

### Module 9. Parenthood

- ◆ Know the concept of "Positive Parenting" and its legal and institutional framework
- ◆ Know the criteria necessary for positive parenting
- ◆ Identify different types of family
- ◆ Learn how to use the tools to identify family needs
- ◆ Identify the different parental educational styles
- ◆ Understand the strategies necessary for coeducation
- ◆ Go into detail for the design of workshops to promote coeducation
- ◆ Improve knowledge about the tools necessary for the correct resolution of intra-family conflicts
- ◆ Identify and promote the necessary elements for the correct establishment of emotional attachment
- ◆ Identify types of attachment
- ◆ Broaden knowledge of assessment and diagnostic tools for bonding disorders
- ◆ Explore, in-depth, the different types of psychological abuse and their risk factors

### Module 10. Management and Legislation

- ◆ Broaden knowledge of the rights and duties of the mother and newborn in health matters
- ◆ Broaden knowledge of the ethical principles that should govern the healthcare practice of nursing professionals.
- ◆ Further develop patients' right to autonomy
- ◆ Improve the knowledge of professionals' responsibility in the framework of health care
- ◆ Identify the methods for evaluating the quality of care in healthcare practices
- ◆ Enhance knowledge of the concept of health programs and their objectives when applying them to health care practices
- ◆ Resource optimization when planning the activities that will be part of the health program
- ◆ Learn to distinguish what Clinical Practice Guidelines, care maps and clinical pathways are
- ◆ Further understand the concept and stages of health planning
- ◆ Gain further knowledge on the organization of obstetric care in the postpartum period from different levels of care



*A way of professional growth that will also provide you with greater competitiveness in the job market"*

# 03 Skills

After passing the assessments of this Professional Master's Degree in Postpartum Nursing, professionals will have acquired the skills required for a quality and up-to-date practice based on the most innovative teaching methodology.





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*This program will help you acquire the skills you need to excel in providing quality patient care”*



## General Skills

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- ◆ Perform the care required by women and their children during the postpartum period
- ◆ Offer quality postpartum care based on scientific evidence
- ◆ Make decisions in difficult situations where abnormalities may occur
- ◆ Offer a quality and up-to-date healthcare practice



*Seize the moment and take the leap to get up to speed on the latest developments in Postpartum Nursing”*







## Specific Skills

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- ♦ Solve problems that may arise in the healthcare practice
- ♦ Act in the different levels of postpartum care
- ♦ Know the criteria to be met for early discharge, as well as to manage the evolution of the process in which mothers return home
- ♦ Assess women upon discharge from the hospital
- ♦ Detect postpartum complications early, both physical and mental
- ♦ Recognize the anatomy of the female perineum
- ♦ Management of perineal trauma in pregnant women
- ♦ Know the anatomy and physiology of the breast, the formation of breast milk and its composition
- ♦ Recognize all the characteristics of the healthy newborn, as well as all the physiological changes and adaptations that occur in the first hours and days after birth
- ♦ Carry out appropriate health education for women, families and the community, identifying where education is necessary in relation to maternal and child health
- ♦ Recognize neonate pathologies
- ♦ Resolve women's doubts and advise them on parenting
- ♦ Understand the changes in the brain during pregnancy and the postpartum period to provide a complete and comprehensive approach to patients
- ♦ Analyze perinatal loss and bereavement from the perspective of infant attachment
- ♦ Working with couples in a conscious, effective, caring and evidence-based manner
- ♦ Conduct an active search in the consultation addressing sexual health and sexuality during pregnancy and the postpartum period to provide women with comprehensive and quality care
- ♦ Evaluate from the prenatal period the resources and adaptation to new family roles, as well as the effectiveness of their conflict resolution strategies
- ♦ Recognize the legal aspects that we face daily in healthcare practice
- ♦ Know the rights and duties of patients, as well as being informed of aspects related to the user's health rights, will serve to be prudent and respectful in practice

04

# 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 who have come together to teach you the latest advances in Postpartum Nursing”*

## 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
- ◆ 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

05

# Structure and Content

The contents of this program have been developed by the different experts on this course with a clear purpose: to ensure that students acquire each and every one of the skills required to become true experts in this field.

A comprehensive and well-structured program that will take you to the highest standards of quality and success.







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*This Professional Master's Degree in Postpartum Nursing contains the most complete and up-to-date scientific program on the market”*

## Module 1. Postpartum Physiology

- 1.1. Postpartum Concept and Stages
- 1.2. Objectives of the Midwife during the Postpartum Period
- 1.3. Physical and Psychosocial Changes
- 1.4. Women and Newborn Care in the Immediate Postpartum Period
  - 1.4.1. General Examination
  - 1.4.2. Physical Assessment
  - 1.4.3. Problem and Prevention Identification
- 1.5. Women and Newborn Attention and Care in the Early Postpartum Period
  - 1.5.1. Midwifery in the Early Postpartum Period
  - 1.5.2. Health Education and Self-Care Advice
  - 1.5.3. Newborn Screening and Newborn Hearing Impairment Screening
- 1.6. Control and Monitoring of the Late Postpartum Period
- 1.7. Hospital Discharge: Midwife's Report upon Discharge. Early Discharge
- 1.8. Criteria for Quality Care at the Primary Care Center
  - 1.8.1. Criteria for Quality Care in Primary Care Centers (Community of Madrid and other Autonomous Communities)
  - 1.8.2. Recommendations of the Clinical Practice Guide from the Ministry of Health (CPG)
- 1.9. Health Education in the Postpartum Period
  - 1.9.1. Introduction and Approach: Types of Intervention
  - 1.9.2. Objectives of Health Education in the Postpartum Period
  - 1.9.3. Midwives as Health Agents in the Postpartum Period
  - 1.9.4. Methodology: Main Techniques in Health Education: Expository Techniques, Research Techniques in the Classroom
- 1.10. Postpartum Work Groups: Postpartum and Breastfeeding Group
  - 1.10.1. Postpartum Session: Objectives and Contents
  - 1.10.2. Breastfeeding Session: Objectives and Contents
  - 1.10.3. Newborn Care Session: Objectives and Contents

## Module 2. Complications in the Postpartum Period

- 2.1. Postpartum Hemorrhage
  - 2.1.1. Structure, Classification and Risk Factors
  - 2.1.2. Etiology
    - 2.1.2.1. Uterine Tone Disorders
    - 2.1.2.2. Tissue Retention
    - 2.1.2.3. Birth Canal Trauma
    - 2.1.2.4. Coagulation Disorders
  - 2.1.3. Clinical Management of Postpartum Hemorrhage
    - 2.1.3.1. Hemorrhage Assessment and Quantification
    - 2.1.3.2. Medical and Surgical Treatment
    - 2.1.3.3. Midwifery Care
- 2.2. Postpartum Infections
  - 2.2.1. Postpartum Endometritis
  - 2.2.2. Perineal Infections
  - 2.2.3. Abdominal Wall Infection
  - 2.2.4. Mastitis
  - 2.2.5. Sepsis: Lethal Septic Shock Syndrome. Staphylococcal or Streptococcal Toxic Shock
- 2.3. Thromboembolic Disease, Heart Disease and Severe Anemia in the Postpartum Period
  - 2.3.1. Thromboembolic Disease in the Postpartum Period
    - 2.3.1.1. Venous Thrombosis: Superficial, Deep and Pelvic
    - 2.3.1.2. Pulmonary Embolism
  - 2.3.2. Postpartum Cardiomyopathy
  - 2.3.3. Postpartum Anemia
- 2.4. Postpartum Arterial Hypertension, Preeclampsia and HELLP Syndrome
  - 2.4.1. Management of Women with Postpartum Arterial Hypertension
  - 2.4.2. Management of Women after Postpartum Preeclampsia
  - 2.4.3. Management of Women after Postpartum HELLP Syndrome

- 2.5. Postpartum Endocrine Diseases
  - 2.5.1. Management of Women with Postpartum Gestational Diabetes
  - 2.5.2. Postpartum Thyroid Diseases
  - 2.5.3. Sheehan Syndrome
- 2.6. Digestive and Urinary Diseases
  - 2.6.1. Main Postpartum Digestive System Diseases
    - 2.6.1.1. Crohn's Disease and Ulcerative Colitis
    - 2.6.1.2. Fatty Liver
    - 2.6.1.3. Cholestasis
  - 2.6.2. Postpartum Urinary Diseases
    - 2.6.2.1. Urinary Infections
    - 2.6.2.2. Postpartum Urinary Retention
    - 2.6.2.3. Urinary Incontinence
- 2.7. Postpartum Autoimmune, Neurological and Neuromuscular Diseases
  - 2.7.1. Postpartum Autoimmune Diseases: Lupus
  - 2.7.2. Postpartum Neurological and Neuromuscular Diseases
    - 2.7.2.1. Post-Puncture Headaches
    - 2.7.2.2. Epilepsy
    - 2.7.2.3. Cerebrovascular Diseases (Subarachnoid Hemorrhage, Aneurysms, Brain Neoplasms)
    - 2.7.2.4. Amyotrophic Lateral Sclerosis
    - 2.7.2.5. Myasthenia Gravis
- 2.8. Postpartum Infectious Diseases
  - 2.8.1. Hepatitis B Virus Infection
    - 2.8.1.1. Care of Pregnant Women with Hepatitis B Viral Infection
    - 2.8.1.2. Care and Monitoring of Newborns of Mothers with Hepatitis B
  - 2.8.2. Hepatitis C Viral Infection
    - 2.8.2.1. Care of Pregnant Women with Hepatitis C Viral Infection
    - 2.8.2.2. Care and Monitoring of Newborns of Mothers with Hepatitis C
  - 2.8.3. HIV Infection
    - 2.8.3.1. Care of Pregnant Women with HIV
    - 2.8.3.2. Care and Monitoring of Newborns of HIV-Positive Mothers

- 2.9. Perineal Trauma and Abdominal Scar Dehiscence after C-Section
  - 2.9.1. Perineal Tears: Degree of Tearing and Treatment
  - 2.9.2. Episiotomy: Types and Midwifery Care
  - 2.9.3. Abdominal Scar Dehiscence after C-Section: Midwifery Care
  - 2.9.4. Perineal Bruising
- 2.10. Psychiatric Illness
  - 2.10.1. Postpartum Depression (PPD)
    - 2.10.1.1. Definition, Etiology and Detection of PPD
    - 2.10.1.2. Medical Care and Midwife Treatment
  - 2.10.2. Postpartum Psychosis
    - 2.10.2.1. Definition, Etiology, Detection of Postpartum Psychosis
    - 2.10.2.2. Medical Care and Midwife Treatment

### Module 3. Pelvic Floor

- 3.1. Female Perineum Anatomy: Types of Perineal Trauma
- 3.2. Episiotomy
  - 3.2.1. Definition
  - 3.2.2. Types of Episiotomies
  - 3.2.3. Guidelines for Episiotomy Performance
  - 3.2.4. WHO, SEGO and CPG Recommendations
- 3.3. Perineal Tears
  - 3.3.1. Definition and Types
  - 3.3.2. Risk Factors
  - 3.3.3. Prevention of Perineal Tears
- 3.4. Hematomas: Midwifery Care after a Perineal Repair
  - 3.4.1. Slight Tears (Types I and II)
  - 3.4.2. Severe Tears (Types III and IV)
  - 3.4.3. Episiotomy
- 3.5. Short-Term Complications of Perineal Trauma
  - 3.5.1. Hemorrhages
  - 3.5.2. Infections
  - 3.5.3. Pain and Dyspareunia

- 3.6. Long-Term Complications of Perineal Trauma: Incontinence
  - 3.6.1. Urinary Incontinence
  - 3.6.2. Fecal Incontinence
  - 3.6.3. Gas Incontinence
- 3.7. Long-Term Complications of Perineal Trauma: Prolapse
  - 3.7.1. Definition and Classification of Genital Prolapse
  - 3.7.2. Risk Factors
  - 3.7.3. Medical and Surgical Treatment for Prolapses: Pelvic Floor Rehabilitation
- 3.8. Conservative Treatment for Pelvic Floor Dysfunction
  - 3.8.1. Manual Techniques
  - 3.8.2. Instrumental Techniques: Biofeedback and Electrostimulation, Among Others
  - 3.8.3. Postural Re-Education and Abdominal-Pelvic Training
- 3.9. Surgical Treatment for Pelvic Floor Dysfunction
  - 3.9.1. Slings and Meshes
  - 3.9.2. Colposuspension
  - 3.9.3. Colporrhaphy and Perineorrhaphy
- 3.10. Female Genital Mutilation (FGM)
  - 3.10.1. Introduction and Social and Demographic Context of FGM: Epidemiology
  - 3.10.2. Current FGM Practice
  - 3.10.3. Types of FGM
  - 3.10.4. Consequences of FGM on Women's Health
  - 3.10.5. FGM: Strategies for Prevention, Detection and Midwifery Interventions
  - 3.10.6. Legal Framework Regarding FGM

## Module 4. Breastfeeding

- 4.1. Anatomy
  - 4.1.1. Embryonic Development
  - 4.1.2. Mature Mammary Glands
  - 4.1.3. Mammary Glands in Pregnancy
  - 4.1.4. Mammary Glands in Lactation
- 4.2. Physiology of Lactal Secretion
  - 4.2.1. Mammogenesis
  - 4.2.2. Lactogenesis I and II
  - 4.2.3. Lactogenesis III/Lactopoiesis
  - 4.2.4. Endocrine Control of Lactic Secretion
- 4.3. Breast Milk Composition
  - 4.3.1. Milk Types and Composition
  - 4.3.2. Comparison between Colostrum-Ripened Milk and Cow Milk
- 4.4. Effective Breastfeeding
  - 4.4.1. Signs of a Good Grip
  - 4.4.2. Newborn Normal Patterns: Micturition, Stool and Weight Gain
- 4.5. Latch Assessment
  - 4.5.1. LATCH Score
  - 4.5.2. European Union Observations on Latching
  - 4.5.3. Breastfeeding Postures
- 4.6. Nutrition and Supplementation
  - 4.6.1. Maternal Nutrition and Supplementation
  - 4.6.2. Supplementation for Newborns. 2017 Clinical Practice Guideline Recommendations
- 4.7. Breastfeeding Contraindications
  - 4.7.1. Maternal Complications
  - 4.7.2. Newborn Complications
  - 4.7.3. Pharmacological Suppression



- 4.8. Breastfeeding and Bonding
  - 4.8.1. Skin to Skin: The Importance of the First Hours after Birth
  - 4.8.2. Co-Sleeping
    - 4.8.2.1. Benefits
    - 4.8.2.2. Guidelines for Safe Co-Sleeping
  - 4.8.3. Tandem Breastfeeding
- 4.9. Milk Extraction and Preservation
- 4.10. Weaning Initiative for the Humanization of Childbirth and Breastfeeding (HCB)

## Module 5. Newborns

- 5.1. Introduction to Neonatology: Concept and Classification
  - 5.1.1. Neonatology Periods
  - 5.1.2. Classification of Newborns: by Birthweight or Gestation Period
  - 5.1.3. Classification of At-Risk Newborns
  - 5.1.4. Gestational Age Identification: The Farr Method and The Dubowitz Method. The Capurro Method and the Ballard Method
- 5.2. Adaptation to Extruterine Life according to different Systems
  - 5.2.1. Respiratory Adaptation: First Breath.
  - 5.2.2. Cardiovascular Adaptation: Circulation, Hemoglobin and Coagulation. Ductus Arteriosus and Foramen Ovale Closure
  - 5.2.3. Newborn Thermoregulation
  - 5.2.4. Gastrointestinal
  - 5.2.5. Renal
  - 5.2.6. Hormonal and Immunological
  - 5.2.7. Hepatic and Glucose Metabolism
- 5.3. Immediate Newborn Care: Midwifery Care in the Immediate Postpartum Period
  - 5.3.1. Newborn Assessment: Apgar Score
  - 5.3.2. Prophylaxis
  - 5.3.3. Behavior Phases (Periods of Alertness, Adaptation and Rest, Search and Established Lactation)
  - 5.3.4. Skin to Skin
  - 5.3.5. Midwifery Care in the Immediate Postpartum Period

- 5.4. Newborn Physical Examination
  - 5.4.1. Skeletal System
  - 5.4.2. Skin and Subcutaneous Tissue
  - 5.4.3. Cardiorespiratory System
  - 5.4.4. Abdomen
  - 5.4.5. Thorax
  - 5.4.6. Genitourinary System
  - 5.4.7. Upper and Lower Extremities
  - 5.4.8. Neurology
- 5.5. Newborn Care
  - 5.5.1. Hygiene and Bathing
  - 5.5.2. The Umbilical Cord
  - 5.5.3. Urination and Meconium
  - 5.5.4. Attire
  - 5.5.5. Pacifier
  - 5.5.6. Hospital Visits
  - 5.5.7. Nutrition
- 5.6. Newborn Thermal Regulation and Physical Environment
  - 5.6.1. Newborn Temperature Regulation
  - 5.6.2. Newborn Heat Production
  - 5.6.3. Newborn Heat Loss
  - 5.6.4. Heat Loss Prevention Methods
  - 5.6.5. Consequences of Thermal Changes on Newborns
  - 5.6.6. Importance of the Physical Environment: Exposure to Light, Day-Night Rhythm, Noise and Tactile Stimuli
- 5.7. Common Reasons for Consultation
  - 5.7.1. Crying
  - 5.7.2. Milk Allergy
  - 5.7.3. Gastroesophageal Reflux
  - 5.7.4. Delayed Vomiting
  - 5.7.5. Inguinal Hernia
  - 5.7.6. Hemangiomas
  - 5.7.7. Lacrimal Stenosis and Lacrimal Occlusion
  - 5.7.8. Sleep

- 5.8. Screening and Parameters of Neonatal Development and Growth
  - 5.8.1. Metabolic, Auditory and Visual Screening
  - 5.8.2. Growth Parameters (Weight, Lengths and Perimeters)
  - 5.8.3. Development Parameters
- 5.9. Common Problems
  - 5.9.1. Metabolic Dysfunctions: Hypoglycemia and Hypocalcemia
  - 5.9.2. Respiratory Problems: Hyaline Membrane Disease, Apnea, Transient Tachypnea, Meconium Aspiration Syndrome
  - 5.9.3. Hyperbilirubinemia: Physiological, Pathological and Kernicterus
  - 5.9.4. Gastroesophageal Reflux: Infantile Colic.
  - 5.9.5. Febrile Seizures
- 5.10. Prevention of NB Accidents: Prevention of Sudden Death

## Module 6. Special Situations

- 6.1. Premature Newborns
  - 6.1.1. Definition: Etiology
  - 6.1.2. Prematurity and Morphology Characteristics (Dubowitz Score, Ballard Score)
  - 6.1.3. Early and Late Complications of Prematurity
  - 6.1.4. Care for the Parents of Premature Infants: Impact of Prematurity on Parents
  - 6.1.5. Early and Late Complications
- 6.2. Postmature Newborns
  - 6.2.1. Definition: Etiology
  - 6.2.2. Clinical Symptoms
  - 6.2.3. Main Complications
  - 6.2.4. General Care.
- 6.3. Low Birth Weight of Newborns and IUGR
  - 6.3.1. Definition: Etiology
  - 6.3.2. Clinical Symptoms
  - 6.3.3. Main Complications
  - 6.3.4. General Care

- 6.4. Hypoxic– Ischemic Encephalopathy
  - 6.4.1. Essential and Specific Criteria for the Diagnosis of Hypoxic-Ischemic Encephalopathy
  - 6.4.2. Management of Hypoxic-Ischemic Encephalopathy
- 6.5. Perinatal Infection: Sepsis
  - 6.5.1. Early or Vertical Infection
  - 6.5.2. Late or Nosocomial Infections
  - 6.5.3. Neonatal Sepsis
  - 6.5.4. Special Considerations for Major Infections: Listeria, Cytomegalovirus, Toxoplasma, Rubella, Chicken Pox and Syphilis
- 6.6. Midwifery Care for an Infant of a Substance-Abusing Mother
  - 6.6.1. Classification of Drugs according to WHO (Opium and Derivatives, Barbiturates and Alcohol, Cocaine, Amphetamines, LSD and Cannabis) and according to Pharmacology (CNS Stimulants, CNS Depressants and Psychedelics)
  - 6.6.2. Effects of Prenatal Substance Abuse on the Newborn
  - 6.6.3. Neonatal Care and Surveillance
  - 6.6.4. Fetal Alcohol Syndrome
- 6.7. Features of Breastfeeding in Premature Newborns
  - 6.7.1. Sucking Reflex and Prematurity
  - 6.7.2. Breast Milk, Donated Milk and Formula Milk
  - 6.7.3. Special Techniques and Positions
  - 6.7.4. Relactator Use
- 6.8. Breastfeeding Problems in Special Situations
  - 6.8.1. Drowsy Newborns
  - 6.8.2. Breastfeeding Strike
  - 6.8.3. Ankyloglossia
  - 6.8.4. Fetal Disorders: Down Syndrome, Pierre-Robin Syndrome and Cleft Lip
- 6.9. Mother-Related Breastfeeding Problems I
  - 6.9.1. Flat, Inverted and Pseudo-inverted Nipple
  - 6.9.2. Poor Grip
  - 6.9.3. Nipple Cracks and Infections
  - 6.9.4. Delayed Lactogenesis II

- 6.10. Mother-Related Breastfeeding Problems II
- 6.11. Mastitis: Culture Extraction
- 6.12. Abscess
- 6.13. Hypogalactia
- 6.14. Ingurgitation

## Module 7. Postpartum Psychology and Emotions

- 7.1. Definition of Bond: Theoretical Framework
- 7.2. Neurobiology of Bonding
  - 7.2.1. Maternal Hormonal System
  - 7.2.2. Newborn Hormonal System
- 7.3. Postpartum Physiological Changes
  - 7.3.1. Psychological Transparency
  - 7.3.2. Psychosocial Adaptation: Reva Rubin and Ramona Mercer
- 7.4. Risk Factors Associated with the Disruption of Maternal Bond
- 7.5. Perinatal Loss
  - 7.5.1. Definitions
  - 7.5.2. Current Situation of Perinatal Loss in Spain
  - 7.5.3. Risk Factors and Causes
- 7.6. Types of Perinatal Loss
  - 7.6.1. Spontaneous Abortion, Voluntary Termination of Pregnancy (VTP)
  - 7.6.2. IVF due to Fetal Malformation or Maternal Risk
  - 7.6.3. Selective Reduction in Multiple Gestations
  - 7.6.4. Intrauterine or Intrapartum Stillbirth Loss
- 7.7. Perinatal Bereavement
  - 7.7.1. Concept and Modalities
  - 7.7.2. Stages of Grief
  - 7.7.3. Differences between Perinatal Bereavement and Depression
- 7.8. Conceptualization of Perinatal Bereavement
  - 7.8.1. Specific Manifestations
  - 7.8.2. Factors Influencing Grief
  - 7.8.3. Assessment Scales for Perinatal Bereavement

- 7.9. Experiences after a Loss
  - 7.9.1. Pregnancy after a Loss
  - 7.9.2. Breastfeeding during Bereavement
  - 7.9.3. Others Affected by the Loss
- 7.10. The Role of the Midwife in Perinatal Bereavement and Loss

## Module 8. Postpartum Sexuality and Contraception

- 8.1. Anatomical Recap of the Female Genital Apparatus
  - 8.1.1. External Genitalia
  - 8.1.2. Internal Genitals
  - 8.1.3. The Pelvic Bone
  - 8.1.4. The Soft Pelvis
  - 8.1.5. Mammary Glands
- 8.2. Recap of Female Reproductive Organ Physiology
  - 8.2.1. Introduction
  - 8.2.2. Female Hormones
  - 8.2.3. Female Genital Cycle: Ovarian, Endometrial, Myometrial, Tubal, Cervical-Uterine, Vaginal and Mammary
- 8.3. The Female Sexual Response Cycle
  - 8.3.1. Introduction: Masters and Johnson's Human Sexual Response Cycle
  - 8.3.2. Desire
  - 8.3.3. Arousal
  - 8.3.4. Plateau
  - 8.3.5. Orgasm
- 8.4. Postpartum Sexuality
  - 8.4.1. Introduction
  - 8.4.2. Anatomical, Physiological and Psychological Changes in the Postpartum Period
  - 8.4.3. Postpartum Sexuality
  - 8.4.4. Sexual Problems during the Postpartum Period
  - 8.4.5. Sexual Health Promotion in the Postpartum Period
- 8.5. Reduction or Loss of Sexual Desire
  - 8.5.1. Introduction
  - 8.5.2. Biological Principles of Sexual Desire
  - 8.5.3. Observations on Sexual Desire
  - 8.5.4. Definitions of Sexual Desire
  - 8.5.5. Difficulties during the Phase of Sexual Desire
  - 8.5.6. Etiology of Difficulties Regarding Sexual Desire
  - 8.5.7. Treatment Proposals
- 8.6. Difficulties becoming Aroused
  - 8.6.1. Definitions of the Concept of Arousal
  - 8.6.2. Definition of Arousal Difficulties
  - 8.6.3. Classification of Arousal Difficulties
  - 8.6.4. Etiology of Arousal Difficulties
- 8.7. Difficulties Having an Orgasm
  - 8.7.1. What is An Orgasm and How Does It Occur?
  - 8.7.2. Physiological Reactions of a Woman's Sexual Response
  - 8.7.3. The G Spot
  - 8.7.4. The Love Muscle (Pubococcygeus Muscle)
  - 8.7.5. Necessary Conditions for Having an Orgasm
  - 8.7.6. Classification of Female Orgasm Dysfunction
  - 8.7.7. Etiology of Anorgasmia
  - 8.7.8. Treatment
- 8.8. Vaginismus and Dyspareunia
  - 8.8.1. Definitions
  - 8.8.2. Classification
  - 8.8.3. Etiology
  - 8.8.4. Treatment
- 8.9. Couples Therapy
  - 8.9.1. Introduction
  - 8.9.2. General Aspects of Couples Therapy
  - 8.9.3. Dynamics of Sexual Enrichment and Communication in Couples



- 8.10. Postpartum Contraception
  - 8.10.1. Concepts
  - 8.10.2. Types of Contraception
  - 8.10.3. Natural Methods
    - 8.10.3.1. Natural Methods with Breastfeeding
    - 8.10.3.2. Natural Methods without Breastfeeding
  - 8.10.4. IUD
  - 8.10.5. Hormonal Methods
    - 8.10.5.1. Hormonal Methods with Breastfeeding
    - 8.10.5.2. Hormonal Methods without Breastfeeding
  - 8.10.6. Voluntary Sterilization
  - 8.10.7. Emergency Contraception

## Module 9. Parenthood

- 9.1. Childhood and Positive Parenting in the European Framework
  - 9.1.1. The European Council and Children's Rights
  - 9.1.2. Positive Parenting: Definition and Basic Principles
  - 9.1.3. Public Policies in Support of Positive Parenting
- 9.2. The Family as a Health Agent
  - 9.2.1. Definition of Family
  - 9.2.2. The Family as a Health Agent
  - 9.2.3. Protective Factors and Constraints
  - 9.2.4. Development of Parental Skills and Responsibility
- 9.3. The Family: Structure and Life Cycle
  - 9.3.1. Family Models
    - 9.3.1.1. Inclusion
    - 9.3.1.2. Fusion
    - 9.3.1.3. Interdependence
- 9.3.2. Types of Family
  - 9.3.2.1. Stable
  - 9.3.2.2. Unstable
  - 9.3.2.3. Single-Parent
  - 9.3.2.4. Reconstituted
- 9.3.3. Single-Parent Families
- 9.3.4. Assessment of the Family's Needs
  - 9.3.4.1. Family Evolutionary Cycle
  - 9.3.4.2. The Family APGAR Index
  - 9.3.4.3. The Mos Questionnaire
- 9.4. Parental Educational Styles
  - 9.4.1. Essential Concepts
  - 9.4.2. Classification of Styles
    - 9.4.2.1. Authoritarian Parents
    - 9.4.2.2. Permissive Parents (Indulgent and Negligent)
    - 9.4.2.3. Democratic Parents
  - 9.4.3. Family Styles
    - 9.4.3.1. Contractualist
    - 9.4.3.2. Statutory
    - 9.4.3.3. Maternalism
    - 9.4.3.4. Overprotective
- 9.5. Co-education
  - 9.5.1. Introduction and Principles
  - 9.5.2. Co-education Strategies
  - 9.5.3. Workshops to Work on Co-education in Families (Sessions)
- 9.6. Positive Conflict Resolution: Intrafamily Communication
  - 9.6.1. Introduction
  - 9.6.2. Intelligent Traffic Light Technology
  - 9.6.3. Effective Communication, Active Listening and Assertiveness
  - 9.6.4. Self-Esteem and Self-Awareness. Self-Esteem in the Different Stages of a Child's Life
  - 9.6.5. Promoting Autonomy
  - 9.6.6. Self-Control and Tolerance Towards Frustration

- 9.7. Attachment
  - 9.7.1. Introduction: Function. Window of Opportunity
  - 9.7.2. The Development of Attachment by Age
  - 9.7.3. Attachment Types: Secure, Anxious and Ambivalent, Avoidant, Disorganized, Disorganized
  - 9.7.4. Paternal Bond
- 9.8. Midwifery Care Geared Towards the Establishment and Promotion of Attachment
  - 9.8.1. Babysitting Method
  - 9.8.2. Promotion of Breastfeeding
  - 9.8.3. Transport
  - 9.8.4. Infant Massage
  - 9.8.5. Model Sessions to Promote Attachment
- 9.9. Damage to Mother-Infant Bonding
  - 9.9.1. Introduction
  - 9.9.2. Diagnostic Criteria
  - 9.9.3. Psychomedical Questionnaires
  - 9.9.4. Other Assessment Scales
  - 9.9.5. Semi-Structured Interview
- 9.10. Emotional or Psychological Abuse
  - 9.10.1. Introduction to Child Abuse
  - 9.10.2. Definition of Psychological Abuse
  - 9.10.3. Classification: Liabilities and Assets
  - 9.10.4. Risk Factors
  - 9.10.5. Symptoms and Disorders
  - 9.10.6. Forms of Psychological Abuse

## Module 10. Management and Legislation

- 10.1. Postpartum Women and Newborns as Users of the National Health System. Ethical Principles in Good Professional Practice
- 10.2. The Right to Health Information and The Right to Privacy in Midwifery Practice
  - 10.2.1. The Right to Health Care Information
  - 10.2.2. Holder of the Right to Health Care Information
  - 10.2.3. The Right to Epidemiological Information
  - 10.2.4. The Right to Privacy. Professional Discretion.
  - 10.2.5. The Patient's Right to Autonomy
  - 10.2.6. Informed Consent
  - 10.2.7. Limitations to Informed Consent and Informed Consent by Proxy
  - 10.2.8. Terms of Information and Informed Written Consent
  - 10.2.9. Information within the National Health System
- 10.3. Professional Secrecy
- 10.4. Medical History. Discharge Report and other Clinical Documentation. Data Protection
- 10.5. Professional Responsibility in Midwifery Care
- 10.6. Civil Registry. Family Book. Current Maternity and Paternity Leave. Leave in Special Situations
- 10.7. Quality of Midwifery Care in the Postpartum Period
  - 10.7.1. Concept of Quality and Conceptual Framework. Comprehensive Quality
  - 10.7.2. Evaluation of Structure, Process and Results
  - 10.7.3. Evaluation Methods: External Evaluation, Internal Evaluation and Monitoring
  - 10.7.4. Quality Control



- 10.8. Health Programs and their Evaluation
  - 10.8.1. Concept of a Health Program
  - 10.8.2. Objectives and Activity Planning
  - 10.8.3. Clinical Practice Guidelines
  - 10.8.4. Clinical Care and Treatment Alternatives
  - 10.8.5. Assessment
- 10.9. Health Planning
  - 10.9.1. Introduction and Definition of Health Planning
  - 10.9.2. Planning Stages
  - 10.9.3. Identifying Problems. Types of Requirements
  - 10.9.4. Indicators
  - 10.9.5. Factors that Condition Health Problems
  - 10.9.6. Prioritizing Problems
- 10.10. Organization of Obstetric Care in the Postpartum Period at different Stages of Care
  - 10.10.1. Organization of Midwifery Care in Primary Care and Specialized Care Centers
  - 10.10.2. Postpartum Midwife Consultation
  - 10.10.3. Co-ordination of Midwifery Practise between the Two Stages of Care. Continuity of Care



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

06

# 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.

“

*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.



07

# Certificate

This Professional Master's Degree in Postpartum Nursing guarantees you, in addition to the most rigorous and updated training, access to a Professional Master's Degree issued by TECH Technological University.



“

*Successfully complete this program  
and receive your university degree  
without travel or laborious paperwork”*

This **Professional Master's Degree in Postpartum Nursing** contains the most complete and updated scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Professional Master's Degree** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Professional Master's Degree, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **Professional Master's Degree in Postpartum Nursing**

Official N° of hours: **1,500 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



**Professional Master's  
Degree**  
Postpartum Nursing

- » Modality: **online**
- » Duration: **12 months**
- » Certificate: **TECH Technological University**
- » Dedication: **16h/week**
- » Schedule: **at your own pace**
- » Exams: **online**

# Professional Master's Degree

## Postpartum Nursing

