

# Master's Degree Natural Childbirth for Nursing

Accreditation/Membership



**tech** global  
university



## Master's Degree Natural Childbirth for Nursing

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nursing/master-degree/master-natural-childbirth-nursing](http://www.techtute.com/us/nursing/master-degree/master-natural-childbirth-nursing)

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# 01

# Introduction

The demand for natural childbirth continues to grow due to multiple factors, such as the lower risk of complications for the mother and the newborn. In this way, this type of delivery involves fewer medical interventions, reducing costs and postpartum recovery time. In this context, TECH has designed an innovative academic program in which the nursing professional will delve into the emergencies of childbirth and the newborn. In addition, they will learn about home and water birth, and will be able to perfect their care when it comes to meeting the needs of the mother and her baby. This is a 100% online program with which the nursing professional will perfect their knowledge through the most effective methodology, TECH Relearning.





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*A comprehensive and 100% online program, exclusive to TECH, with an international perspective backed by our membership in the National League for Nursing”*

The demand for natural childbirths has been increasing in recent years for different reasons. In this way, they have a lower risk of complications such as infections, hemorrhages and injuries compared to deliveries involving medical interventions. In this sense, pregnant women tend to recover faster and resume their daily activities more quickly. Likewise, it favors a closer bond between mother and baby from the very first moment, allowing the mother to have more control over the process and feel more emotionally connected to her baby.

For this reason, more and more medical centers are requiring Nursing professionals who are up to date in this field. In this way, studying Natural Childbirth will allow nursing professionals to be up to date on the latest trends and techniques related to the needs of women in labor, in this way improving the quality of care they provide to their patients.

Precisely for this reason, TECH has launched a complete program that will allow the professional to delve into the needs of the mother and the newborn, as well as the preparation for childbirth and its assistance at home or in certain environments, such as in water. In the same way, thanks to the case studies provided by a first class teaching staff, you will be introduced to an avant-garde syllabus that will train you through an effective and immersive methodology.

All of this through an academic program that is taught in a completely online mode, allowing the nursing professional to combine their work and personal life, without having to give up the improvement and refreshing of their knowledge. In addition, they will have access to an education taught with the revolutionary Relearning methodology, based on a progressive process in which students receive feedback and reiterate the necessary contents that will be consolidated.

Because of this, the nursing professional will have access to the most complete and rigorous program in the current academic panorama, in which, in only 12 months, they will be up to date in all the topics related to Natural Childbirth for Nursing.

As a member of the **National League for Nursing (NLN)**, TECH offers its students access to assessment tools, digital libraries, webinars, and conferences focused on educational excellence in nursing. This membership promotes faculty development, engagement with leading experts in the field, and the opportunity to join high-impact academic and clinical networks.

This **Master's Degree in Natural Childbirth for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Natural Childbirth
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning v
- ♦ Its special emphasis on innovative methodologies
- ♦ 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



*You will master advanced neonatal resuscitation with this Master's Degree from TECH"*

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*You will delve into prenatal care and education among other services offered by birthing homes and learn about collaboration and referral to hospitals in case of complications”*

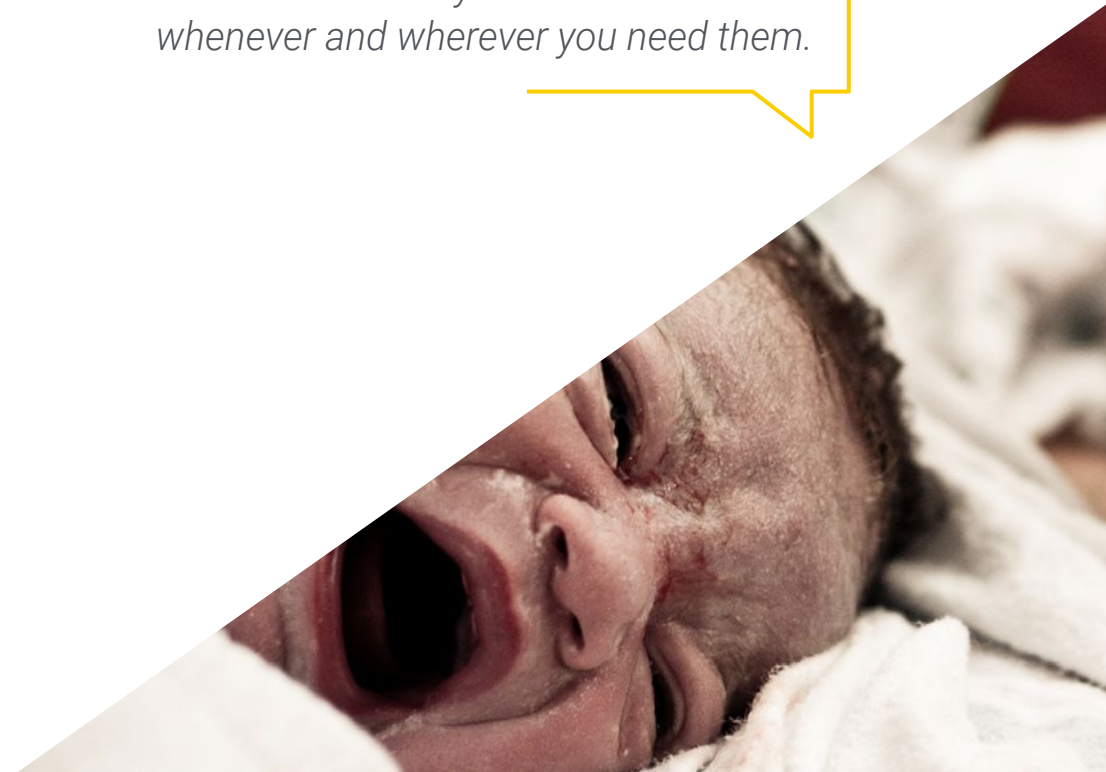
The program’s teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*Enroll now and gain access to a multimedia library full of innovative and valuable content.*

*You will have unrestricted access to all the contents of the virtual campus and you will be able to view and download them so that you can consult them whenever and wherever you need them.*



# 02 Objectives

The Master's Degree in Natural Childbirth for Nursing will allow the nursing professional to be up to date in the latest trends and techniques related to Natural Childbirth and maternity. In that sense, the course will focus on key topics such as the neuroscience of pregnancy and motherhood, the evolution and biological mechanisms of maternal care and brain changes in humans during pregnancy and postpartum. In this way, you will be able to implement the most effective procedures for first level health care in your professional practice in just 12 months of completely online teaching.



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*Do you want to equip yourself with state-of-the-art knowledge and provide top-quality service to your patients? Achieve it with this exclusive academic program from TECH"*



## General Objectives

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- ♦ Acquire fundamental knowledge about the physiology of Natural Childbirth, ancestral cultural practices and the emotional needs of women during childbirth, as well as the implications of medical interventions
- ♦ Acquire essential skills and knowledge in the care of pregnant women and their fetuses, including the promotion of healthy pregnancies and the identification of possible complications
- ♦ Acquire fundamental knowledge and skills in the diagnosis, management and prevention of emergencies in childbirth, with a focus on interprofessional collaboration and advocacy for patients' rights
- ♦ Acquire fundamental knowledge and skills in the assessment, diagnosis, and management of neonatal emergencies, with a focus on early recognition of problems and application of appropriate interventions
- ♦ Acquire fundamental knowledge of the neuroscience of pregnancy, Maternity and perinatal care, as well as the scientific evidence related to Natural Childbirth and evidence-based care practices
- ♦ Acquire fundamental knowledge about home labor and birth, including team management and organization, preparation and accompaniment during pregnancy, childbirth and puerperium, and identification and management of special situations and home obstetric emergencies
- ♦ Acquire fundamental knowledge of Natural Childbirth units, such as birthing homes and hospital units, and develop skills to evaluate, plan and manage these settings, ensuring a high level of care and satisfaction for women and their families
- ♦ Acquire fundamental knowledge and practical skills in newborn care, as well as the ability to provide comprehensive and safe care at this critical stage of life and how to collaborate with other health professionals and families to ensure the well-being of the newborn
- ♦ Acquire knowledge of the physical and emotional needs of the mother in the perinatal period
- ♦ Develop skills to provide comprehensive support and care to the mother during the postpartum period, including difficult and emotionally intense situations
- ♦ Promote prevention and care of maternal Mental Health in the perinatal period, including the detection and treatment of mood disorders and the management of obstetric trauma and obstetric violence
- ♦ Analyze the stages of labor and the techniques of pain management and relaxation
- ♦ Develop skills in developing and monitoring individualized birth plans
- ♦ Examine the importance of interdisciplinary collaboration in childbirth care
- ♦ Encourage emotional preparation and support for women and their families during the birthing process
- ♦ Acquire skills in identifying and managing high-risk situations in pregnancy and childbirth



## Specific Objectives

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### Module 1. Natural Childbirth

- ♦ Analyze the science and evolution of Natural Childbirth, and how current medical practices compare to historical and global statistics
- ♦ Examine the physiology of normal childbirth in the human species, including the hormonal cocktail, postures, and female sexuality
- ♦ Analyze childbirth practices in ancestral cultures and their relevance today
- ♦ Identify and address the emotional needs of women during childbirth and how professionals can support them
- ♦ Take an in-depth look at the role of Oxytocin in Natural Childbirth and the differences between endogenous and exogenous Oxytocin
- ♦ Examine current pandemics related to childbirth and their impact on the health of women and newborns
- ♦ Delve into the needs of the newborn during and after delivery, including gut and epidermal flora, the umbilical cord and placental blood
- ♦ Analyze interventionism in childbirth and how it affects the environment and safety in childbirth, as well as the importance of respecting the nature of the process

### Module 2. Emergencies in Natural Childbirth

- ♦ Identify signs and symptoms of ruptured sac, diagnose and manage its impact on labor and postpartum
- ♦ Analyze in depth the reasons, methods, risks and benefits of induced labor, as well as its monitoring and follow-up
- ♦ Examine in depth the causes, risk factors, effects and interventions in prolonged labor, and how to prevent and plan for these cases

- ◆ Identify risk factors, recognize and diagnose shoulder dystocia, apply maneuvers and resolution techniques, and manage its complications and follow-up
- ◆ Analyze in depth indications, types of instruments, procedures and techniques in instrumental delivery, as well as their risks, benefits, and considerations
- ◆ Identify indications and types of cesarean sections, analyze the process and recovery, and address risks, benefits, and planning for elective cesarean sections
- ◆ Assess and monitor complicated deliveries, apply interventions and manage pain, work as a team, and provide emotional and psychological support
- ◆ Understand the patient in complicated labor, including the right to information, consent, privacy, decision-making, and dignified treatment
- ◆ Develop effective communication skills in complicated childbirth, including active listening, empathy, clear and assertive communication, and conflict management and negotiation
- ◆ Delve into the process of informed consent and shared decision making in complicated childbirth, including documentation and recording of consent

### Module 3. Emergencies of the Newborn

- ◆ Perform an initial evaluation of the newborn, including Apgar assessment and identification of risk factors
- ◆ Analyze basic and advanced Neonatal Resuscitation Techniques, such as bag-mask ventilation, cardiac massage, endotracheal intubation and drug administration
- ◆ Delve into common respiratory conditions in newborns, such as Transient Tachypnea, Respiratory Distress Syndrome and Meconium Aspiration
- ◆ Identify Neonatal Hypoglycemia, including Capillary Glycemia measurement and long term follow up
- ◆ Evaluate neonatal jaundice, applying treatments such as Phototherapy and Exchange Transfusion



- ♦ Recognize neonatal infections, including Sepsis and Meningitis, and apply Prophylaxis and prevention measures
- ♦ Examine cardiovascular emergencies in the newborn, such as neonatal shock, congestive heart failure, and patent ductus arteriosus
- ♦ Manage the care of the preterm newborn, focusing on initial stabilization, Nutrition and prevention of long-term complications
- ♦ Develop knowledge in preparation and teamwork, effective communication between professionals, and follow-up and referral to specialized services in neonatal emergencies

#### **Module 4. Scientific and neuroscientific evidence**

- ♦ Analyze brain plasticity during Maternity and the importance of animal and human research in this field
- ♦ Examine brain changes in rodents and humans during pregnancy and postpartum and the implication of hormones in Maternity
- ♦ Examine the Neurobiology of Breastfeeding and how empathy and altruism influence infant care
- ♦ Trace neuroscientific research to psychoeducational interventions and emotional and cognitive support for expectant mothers and fathers
- ♦ Analyze the scientific evidence on Natural Childbirth and evidence-based care practices
- ♦ Examine the use of noninvasive technology and analgesia and anesthesia in Natural Childbirth
- ♦ Identify the benefits and risks of Natural Childbirth and tailor care according to the setting, including hospital and home

#### **Module 5. Home Birth**

- ♦ Analyze in depth the scientific evidence, history and anthropology of childbirth and home birth, considering the importance of preventing obstetric violence

- ♦ Analyze how to manage and organize the equipment, as well as select and use the necessary materials for home birth
- ♦ Analyze how to carry out an adequate follow-up and accompaniment during pregnancy, including the elaboration of the clinical history and the identification of difficulties and deviations from normality
- ♦ Examine the assistance and accompaniment of dilation at home, using non-pharmacological resources to relieve pain and addressing deviations from normality
- ♦ Accompany birth, placental abruption and delivery, and manage Dystocia and other complications that may arise
- ♦ Analyze in depth the physiology of water birth, examining the safety of this type of home birth
- ♦ Identify special situations, perform hospital transfers and manage obstetrical emergencies in the home environment
- ♦ Examine the appropriate follow-up and support during the postpartum period, both physically and emotionally, for both mother and baby
- ♦ Analyze Mental Health in the Puerperium, including Breastfeeding, perinatal death and post-traumatic stress disorder
- ♦ Develop research knowledge and examine strategies to care for the pelvic floor during and after childbirth

#### **Module 6. Waterbirth**

- ♦ Examine in depth the history and worldwide practices of waterbirth and understand its advantages and physiological effects
- ♦ Analyze the physical and physiological fundamentals of waterbirth, including Archimedes' principle and physiological changes during submersion

- ♦ Identify the criteria for immersion and common contraindications for waterbirth
- ♦ Analyze the monitoring of conditions during waterbirth, including water temperature, infection control, and body mechanics
- ♦ Examine the second stage (second stage of labor) of waterbirth, protecting the perineum and addressing possible complications
- ♦ Assess neonatal physiology and the neonate in the context of waterbirth
- ♦ Analyze in depth the practices of the third physiological stage and postpartum care in waterbirth
- ♦ Facilitate the initiation of Breastfeeding and postpartum follow-up in waterbirth cases
- ♦ Identify and prevent specific waterbirth complications and manage emergency situations
- ♦ Provide waterbirth education, support and resources to women and their families as well as to Healthcare professionals

### **Module 7. Natural Childbirth Units**

- ♦ Examine in depth the definition and function of birthing homes and differentiate them from hospitals
- ♦ Analyze the principles of birthing home design and architecture to create comfortable and safe environments
- ♦ Identify the services offered by birthing homes and hospital birthing units in the prenatal, labor and postnatal stages
- ♦ Promote and support birthing centers and their importance in the care of low-risk pregnancies
- ♦ Compare the safety, comfort and satisfaction of women in birthing centers and hospital birthing units
- ♦ Examine the role of professionals in birthing homes and hospital units, as well as the training needed to work in these settings
- ♦ Examine in depth birth center planning and management, financing, and staff selection

- ♦ Explore future trends and perspectives in the development of birth centers and hospital birth units, considering technological innovations, policies and models of care centered on the woman and family

### **Module 8. Requirements of the Newborn**

- ♦ Examine the importance of Natural Childbirth and the monitoring of the newborn at this stage
- ♦ Acquire skills in the immediate assessment of the newborn, including measurement of vital signs and establishment of breathing
- ♦ Promote and facilitate the first skin-to-skin contact and early initiation of Breastfeeding
- ♦ Perform physical examination of the newborn and detect signs of alarm
- ♦ Analyze best practices in umbilical cord management
- ♦ Examine the administration of screening and preventive tests, such as Vitamin K administration and initial immunization
- ♦ Advise on vaccinations and encourage natural immunization
- ♦ Examine proper hygiene and skin care techniques of the newborn
- ♦ Promote safe sleep practices and prevent Sudden Infant Death Syndrome
- ♦ Delve into the appropriate medical follow-up and monitor the newborn's development

### **Module 9. Mother's Needs**

- ♦ Examine in depth the immediate care and recovery of the pelvic floor
- ♦ Examine the causes and physiology of entrapments
- ♦ Analyze pain management strategies and provide appropriate care
- ♦ To examine in depth the return of Menstruation and the factors that influence its recurrence
- ♦ Delve into the relationship between Menstruation and Breastfeeding



- ◆ Identify contraceptive methods that are compatible with Breastfeeding
- ◆ Identify the symptoms of Postpartum Depression, Postpartum Anxiety and Posttraumatic Stress Disorder
- ◆ Identify types and manifestations of obstetric violence

#### **Module 10. Delivery Preparation**

- ◆ Convey to the pregnant woman the ability to understand the changes in the maternal body and fetal development
- ◆ Examine in depth the different techniques in the stages of labor and delivery
- ◆ Delve into prenatal exercises and physical preparation
- ◆ Identify Nutrition needs during pregnancy
- ◆ Delve into the preferences in the development of the birth plan
- ◆ Delve into the emotional preparation for childbirth
- ◆ Delve into the integration of the family in childbirth Education and preparation

# 03 Skills

The objective of the Master's Degree program is that the nursing professionals who take it can improve their professional skills in the management of Natural Childbirth in different situations. For this, the program will delve into the preparation for childbirth, as well as the needs of the mother and the newborn. The ultimate goal is that the nursing professional can adopt an advantageous position, acquiring knowledge that will allow them to act in emergency situations in childbirth and the newborn. This will be possible thanks to the theoretical, practical and additional didactic materials provided by the specialized teaching staff that has designed this program, which can be accessed at any time.



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*You will delve into the planning and management of birthing homes, financing and personnel selection with this 100% online program"*



## General Skills

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- ♦ Master ancestral cultural practices and the emotional needs of women during childbirth
- ♦ Provide comprehensive support to women in Natural Childbirth
- ♦ Provide comprehensive support to women in the postpartum period, including difficult and intense situations
- ♦ Acting quickly and effectively in high-risk situations in pregnancy and childbirth
- ♦ Provide emotional support to women and their families in the process of Natural Childbirth
- ♦ Elaborate personalized birth plans and follow up on them



*Improving your skills, you will improve your care to the laboring woman and her newborn and, in addition, you will improve your skills when facing any vicissitude"*





## Specific Skills

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- ◆ Address women's emotional needs during childbirth and how professionals can support them
- ◆ Monitor complicated deliveries, apply interventions and pain management
- ◆ Apply the process of informed consent and shared decision making in complicated labor and delivery
- ◆ Address cardiovascular emergencies in the newborn
- ◆ Develop advanced skills in preparation and teamwork, effective communication between professionals, and follow-up and referral to specialized services in neonatal emergencies
- ◆ Examine the assistance and accompaniment dilation at home, using non-pharmacological resources to relieve pain and addressing deviations from normality
- ◆ Provide adequate follow-up and support during the postpartum period for mother and child, both on a Physical level and an emotional level
- ◆ Address Mental Health in the postpartum period, including Breastfeeding, perinatal death and post-traumatic stress disorder
- ◆ Manage the second stage (second stage of labor) of waterbirth, protecting the perineum and addressing possible complications
- ◆ Perform physical examination of the newborn and detect signs of alarm
- ◆ Help the pregnant woman to identify hormonal processes during pregnancy and to recognize signs of readiness for labor

# 04

# Course Management

In its commitment to excellence, TECH has carefully selected the teaching staff of this program with the objective of offering a top quality education to the students. In this way, the faculty is composed of highly experienced and recognized professionals in the field of Nursing. Their extensive work experience and reputation will enable them to provide graduates with an up to date perspective of the sector, providing them with the best tools to perform their work effectively.





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*A first class faculty has prepared for you a syllabus based on their years of experience in the profession. Don't miss the opportunity to learn from the best thanks to this exclusive academic program"*

## Management



### Dr. Santos Leal, Emilio

- ♦ Specialist Doctor at Fundación Alcorcón University Hospital
- ♦ Medical specialist at Consorcio Hospital General Universitario de Valencia
- ♦ Medical specialist at Pius Hospital de Valls
- ♦ Medical Specialist in Perpetuo Socorro Clinic
- ♦ Specialty in Gynecology and Obstetrics by Hospital Clínico San Carlos
- ♦ Degree in Medicine and Surgery from the University of Cantabria

## Professors

### Dr. Espinosa Barraón, José Ángel

- ♦ Director of the Affective Childbirth Unit at the Hospital San Francisco de Asís
- ♦ Head of the Obstetrics and General Gynecology Team at Hospital San Francisco de Asís
- ♦ Specialist in Gynecology and Obstetrics at Clínica de la Concepción
- ♦ Master's Degree in Minimally Invasive Surgery in Gynecology from the Universidad Cardenal Herrera
- ♦ Degree in Medicine and Surgery from the Universidad Autónoma de Madrid

### Ms. García García, María Dolores

- ♦ Midwife in Specialized Care at the Hospital General Universitario de Valencia
- ♦ Master's Degree in Business Management from the Universidad Católica San Antonio de Murcia
- ♦ Master's Degree in Bioethics from the Universidad Católica San Antonio de Murcia
- ♦ Expert in Breastfeeding Advice and Consultancy, Universidad Católica de Ávila Degree in Nursing, specializing in Midwifery



**Ms. Lanza del Rivero, Cristina**

- ◆ Field Psychologist at Casa de la Salud
- ◆ Postgraduate in Theory and Practice of Psychodrama, Sociodrama and Sociometry at the Universidad de Salamanca
- ◆ Postgraduate in Theory and Practice of Group Analysis at the Universidad de Salamanca
- ◆ Master's Degree in Behavior Modification from the Universidad de Salamanca
- ◆ Degree in Psychology from the Universidad de Salamanca

“*Make the most of this opportunity to learn about the latest advances in this subject to apply it to your daily practice*”

# 05

# Structure and Content

This study program offers the nursing professional the opportunity to acquire knowledge and skills in the most avant-garde and current area of Nursing: natural childbirth and maternity. Through an approach based on scientific and neuroscientific evidence, the graduate will delve into topics such as brain plasticity during the transition to motherhood, management and organization of the team in home birth, monitoring and support during the puerperium and the use of water in childbirth. All this with the aim of training efficient professionals in the management of crisis situations in maternity and childbirth contexts, therefore improving the quality of care they provide to their patients and becoming an up to date professional.





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*The most comprehensive and up to date syllabus in the digital academic market is at your fingertips thanks to this 100% online Master's Degree from TECH"*

## Module 1. Natural Childbirth

- 1.1. Natural Childbirth
  - 1.1.1. Science versus Dogma
  - 1.1.2. Evolution as a Species
  - 1.1.3. Statistics Worldwide: Oxytocin, Analgesia, Episiotomies, Cesarean Sections
  - 1.1.4. Improving Statistics
- 1.2. Normal Childbirth in the Human Species
  - 1.2.1. Hormonal Cocktail in Normal Childbirth
  - 1.2.2. Postures in Normal Childbirth
  - 1.2.3. Female Sexuality
  - 1.2.4. Physiology of the Sexual Act
- 1.3. Childbirth in Ancient Cultures
  - 1.3.1. Childbirth in the Tainos, Guanajatabeyes and Siboneyes
  - 1.3.2. Childbirth before the Sumerians
  - 1.3.3. Orgasmic Childbirth
  - 1.3.4. Michel Odent
- 1.4. Women's Emotional Needs During Childbirth
  - 1.4.1. Empowerment
  - 1.4.2. Intimacy
  - 1.4.3. Delivery
  - 1.4.4. Grandeur
- 1.5. Needs of the Laboring Woman's Professional
  - 1.5.1. Stealth
  - 1.5.2. Professional's Attitude towards Pain
  - 1.5.3. Respect to the Moment's Grandeur
  - 1.5.4. Privilege
- 1.6. The Reason for Emotional Needs
  - 1.6.1. Comfort
  - 1.6.2. Intimacy
  - 1.6.3. Connection with the Animal Side
  - 1.6.4. Connection with the Spiritual Side

- 1.7. Oxytocin
  - 1.7.1. The Blood-Placental Barrier
  - 1.7.2. The Blood- Encephalic Barrier
  - 1.7.3. Endogenous Oxytocin
  - 1.7.4. Exogenous Oxytocin
- 1.8. Current Pandemics
  - 1.8.1. The Cesarean Section Pandemic
  - 1.8.2. The Immune Disorders Pandemic
  - 1.8.3. The Autism Pandemic
  - 1.8.4. The Attention Deficit Hyperactivity Disorder Pandemic
- 1.9. Requirements of the Newborn
  - 1.9.1. Intestinal Flora
  - 1.9.2. Epidermic Flora
  - 1.9.3. The Umbilical Cord
  - 1.9.4. The Placenta's Blood
- 1.10. Interventionism
  - 1.10.1. Fixing Nature
  - 1.10.2. Intervention calls for Intervention
  - 1.10.3. The Chain of Interventionism
  - 1.10.4. Environment and Safety in Childbirth

## Module 2. Emergencies in Natural Childbirth

- 2.1. Broken Bag
  - 2.1.1. Signs and Symptoms
  - 2.1.2. Risk Factors
  - 2.1.3. Diagnosis and Management
  - 2.1.4. Impact in Childbirth and Postpartum
- 2.2. Induced Labor
  - 2.2.1. Reasons for Induction
  - 2.2.2. Induction Methods
  - 2.2.3. Risks and Benefits
  - 2.2.4. Monitoring and Follow-up



- 2.3. Prolonged Labor
  - 2.3.1. Causes and Risk Factors
  - 2.3.2. Effects in the Mother and the Baby
  - 2.3.3. Interventions and Management
  - 2.3.4. Prevention and Planning
- 2.4. Shoulder Dystocia
  - 2.4.1. Risk Factors and Prevention
  - 2.4.2. Recognition and Diagnosis
  - 2.4.3. Maneuvers and Resolution Techniques
  - 2.4.4. Complications and Follow-up
- 2.5. Instrumental Delivery
  - 2.5.1. Indications and Types of Instruments
  - 2.5.2. Procedures and Techniques
  - 2.5.3. Risks and Benefits
  - 2.5.4. Ethical Considerations
- 2.6. Cesarean Section
  - 2.6.1. Indications and Types of Cesarean Section
  - 2.6.2. Process and Recovery
  - 2.6.3. Risks and Benefits
  - 2.6.4. Elective Cesarean Sections and Planning
- 2.7. Care of Complicated Labor
  - 2.7.1. Evaluation and Monitoring
  - 2.7.2. Interventions and Pain Management
  - 2.7.3. Teamwork and Staff Roles
  - 2.7.4. Emotional and Psychological Support
- 2.8. Patient in Complicated Labor
  - 2.8.1. Information and Consent
  - 2.8.2. Privacy and Confidentiality
  - 2.8.3. Decision Making and Participation
  - 2.8.4. Respect and Decent Treatment
- 2.9. Effecting during Complicated Labor
  - 2.9.1. Active Listening and Empathy
  - 2.9.2. Clear and Assertive Communication
  - 2.9.3. Conflict Management and and Negotiation
  - 2.9.4. Communication Tools for Professionals and Patients

- 2.10. Informed Consent and Decision Making during Complicated Labor
  - 2.10.1. Correct and Comprehensible Information
  - 2.10.2. Risks, Benefits and Alternatives
  - 2.10.3. Shared Decision-Making Process
  - 2.10.4. Documentation and Record of Consent

### Module 3. Emergencies of the Newborn

- 3.1. Initial Assessment of the Newborn
  - 3.1.1. Apgar Score
  - 3.1.2. Vital Signs and Physical Exam
  - 3.1.3. Identification of Risk Factors
  - 3.1.4. Immediate Stabilization
- 3.2. Basic Neonatal Resuscitation
  - 3.2.1. Positioning and Patency of Airways
  - 3.2.2. Bag-mask Ventilation
  - 3.2.3. Cardiac Massage
  - 3.2.4. Monitoring and Adjustment of Resuscitation
- 3.3. Advanced Neonatal Resuscitation
  - 3.3.1. Endotracheal Intubation
  - 3.3.2. Medication administration
  - 3.3.3. Umbilical Vascular Access
  - 3.3.4. Defibrillation and Advanced Techniques
- 3.4. Newborn Respiratory Difficulties
  - 3.4.1. Transient Tachypnea of the Newborn
  - 3.4.2. Respiratory Distress Syndrome
  - 3.4.3. Meconium Aspiration
  - 3.4.4. Persistent Pulmonary Hypertension
- 3.5. Neonatal Hypoglycemia
  - 3.5.1. Risk Factors and Symptoms
  - 3.5.2. Capillary Glycemia Measurement
  - 3.5.3. Treatment and Prevention
  - 3.5.4. Long Term Follow-Up and Control

- 3.6. Neonatal Jaundice
  - 3.6.1. Etiology and Pathophysiology
  - 3.6.2. Clinical Assessment and Diagnosis
  - 3.6.3. Treatment: Phototherapy and Exchange Transfusion
  - 3.6.4. Prevention and Monitoring
- 3.7. Neonatal Infections
  - 3.7.1. Early and Late Sepsis
  - 3.7.2. Neonatal Meningitis
  - 3.7.3. Prophylaxis and Antibiotic Treatment
  - 3.7.4. Immunization and Infection Prevention
- 3.8. Cardiovascular Emergencies in the Newborn
  - 3.8.1. Neonatal Shock
  - 3.8.2. Congestive Heart Failure
  - 3.8.3. Persistent Ductus Arteriosus
- 3.9. Management of the Premature Newborn
  - 3.9.1. Initial Stabilization and Respiratory Care
  - 3.9.2. Nutrition and Growth
  - 3.9.3. Prevention of Long-Term Complications
- 3.10. Protocols and Organization in the Care of Neonatal Emergencies
  - 3.10.1. Preparation and Teamwork
  - 3.10.2. Effective Communication between Professionals
  - 3.10.3. Follow-up and Referral to Specialized Services

### Module 4. Scientific and Neuroscientific Evidence

- 4.1. Neuroscience of Pregnancy and Motherhood
  - 4.1.1. Brain Plasticity during the Transition to Motherhood
  - 4.1.2. Comparison between Animal and Human Studies
  - 4.1.3. Evolution and the Biological Mechanisms of Maternal Care
  - 4.1.4. Hormones and their Role in Maternity
- 4.2. Animal Models in the Research of Motherhood
  - 4.2.1. Brain Changes in Animals during Pregnancy and Offspring Care
  - 4.2.2. Hormones and the regulation of maternal behavior in animals
  - 4.2.3. Applications of Animal Findings for Research in Humans

- 4.3. Brain Changes in Human during Pregnancy and Postpartum
  - 4.3.1. Brain Reorganization during Pregnancy
  - 4.3.2. Limbic System and Mother-Infant Connection
  - 4.3.3. Social Cognition, Empathy and Maternal Adaptations
- 4.4. Clinical Implications and Practical Applications
  - 4.4.1. Impact of Breastfeeding and Caregiving in the Brain of Caregivers
  - 4.4.2. Neurobiology of Breastfeeding
  - 4.4.3. Clinical Approach to Behavioral Changes in Motherhood
- 4.5. Oxytocin and its Role in Bonding
  - 4.5.1. Oxytocin in Humans
  - 4.5.2. Oxytocin in the Baby
  - 4.5.3. Oxytocin in Maternal Care
- 4.6. Scientific Evidence in Pregnancy Follow-up
  - 4.6.1. Nutrition in Pregnancy
  - 4.6.2. Diabetes Screening
  - 4.6.3. Weight Gain
- 4.7. Evidence-Based Care Practices in Childbirth
  - 4.7.1. Monitoring of Labor
  - 4.7.2. Non-Invasive Technology
  - 4.7.3. Analgesia and Anesthesia
- 4.8. Evidence-Based Interventions I
  - 4.8.1. Big Baby
  - 4.8.2. Prolonged Gestation
  - 4.8.3. Water Breakage
- 4.9. Evidence-Based Interventions II
  - 4.9.1. Oxytocin IV
  - 4.9.2. Fetal Suffering
  - 4.9.3. Labor Induction
- 4.10. Evidence-Based Interventions III
  - 4.10.1. Cord cutting
  - 4.10.2. Delivery

## Module 5. Home Birth

- 5.1. Home Birth and Labor
  - 5.1.1. Scientific Evidence of Home Birth and Labor
  - 5.1.2. History and Anthropology of Home Birth and Labor
  - 5.1.3. Obstetric Violence
  - 5.1.4. Knowing How to Accompany
- 5.2. Management and Team Organization
  - 5.2.1. Management and Team Organization
  - 5.2.2. Necessary Material for Home Birth
  - 5.2.3. Information on Assistance Selection-Exclusion Criteria
  - 5.2.4. Birth Registration
- 5.3. Follow-up and Support during Pregnancy
  - 5.3.1. Elaboration of the Clinical History
  - 5.3.2. Difficulties and Most Frequent Deviations from Normality during Pregnancy Therapeutic Resources
  - 5.3.3. Preparation for Birth: An Opportunity for Growth and Empowerment
  - 5.3.4. Home Visits
- 5.4. Assistance to Dilatation
  - 5.4.1. Interpretation of Signs and Symptoms of Labor: When to Go Home
  - 5.4.2. How Do We Accompany the Dilatation at Home
  - 5.4.3. Non-Pharmacological Pain Relief Resources
  - 5.4.4. Deviations from Normality and Therapeutic Resources in Dilatation
- 5.5. Accompanying the Birth, Detachment and Delivery of the Placenta
  - 5.5.1. Descent and Delivery of the Baby (Expulsive)
  - 5.5.2. Dystocia and Resolution
  - 5.5.3. Welcoming the Baby, Clamping of the Umbilical Cord and First Assessment
  - 5.5.4. Physiology, Deviations from Normality and Resolutions of Placental Deliveries
- 5.6. Dilatation and Waterbirth
  - 5.6.1. Physiology of the Woman and Child for In-water Accompaniment
  - 5.6.2. Necessary Material for Waterbirth
  - 5.6.3. Procedures and Practices for Assisting in Waterbirth
  - 5.6.4. Safety and Precaution in Waterbirth

- 5.7. Special Situations, Hospital Transfer and Home Obstetric Emergencies
  - 5.7.1. Special Situations: Streptococcus Agalactia Positive, PROM without Dynamics, Prolonged Gestation, Previous Cesarean Section
  - 5.7.2. Criteria for Hospital Transfer: Transfer Protocol and Documentation
  - 5.7.3. Obstetric Emergencies Hemorrhage, Umbilical Cord Prolapse, Neonatal Resuscitation, Back Dystocia, Unexpected Breech Presentation
  - 5.7.4. Critical Situation Management and Decision Making
- 5.8. Follow-up and Support during Puerperium
  - 5.8.1. Home Follow-up of the Mother: Physical and Emotional Assessment
  - 5.8.2. Home Follow-up of the Infant: General Well-Being Assessment, Negative HR, Metabolic Tests
  - 5.8.3. The Placenta and the Microbiota
  - 5.8.4. Information on Administrative Procedures
- 5.9. Mental Health in Puerperium
  - 5.9.1. Breastfeeding: Most Frequent Difficulties and Disorders
  - 5.9.2. Perinatal Death and Posttraumatic Stress
  - 5.9.3. Gestational Losses and Detection of Mental Health Warning Signs for Referral
  - 5.9.4. Strategies for Accompanying Emotions during the Puerperium
- 5.10. Pelvic Floor Research and Care
  - 5.10.1. Research Methodology and Sources of Information
  - 5.10.2. The Pelvic Floor: Anatomy, Functions and Dysfunctions
  - 5.10.3. Care of the Pelvic Floor During and After Childbirth

## Module 6. Waterbirth

- 6.1. Waterbirth
  - 6.1.1. World History and Practice of Water Use in Childbirth
  - 6.1.2. Principles and Practices of Gentle Births
  - 6.1.3. Advantages of Waterbirth
  - 6.1.4. Physiological Effects of Waterbirth
- 6.2. Physical and Physiological Fundamentals of Waterbirth
  - 6.2.1. Archimedes' Principle and its Relation with Waterbirth
  - 6.2.2. Hormonal Control of Labor
  - 6.2.3. Physiological Changes during Immersion in Water
  - 6.2.4. Neonatal Adaptations to Waterbirth



- 6.3. Criteria for Immersion in Water During Labor
  - 6.3.1. Time for Adequate Immersion in Water
  - 6.3.2. Common Contraindications of Waterbirth
  - 6.3.3. Clinical Practices and Care Guidelines
  - 6.3.4. Emergency Evacuation
- 6.4. Monitoring and Control of Conditions During Waterbirth
  - 6.4.1. Auscultation Guide
  - 6.4.2. Water Temperature
  - 6.4.3. Infection Control
  - 6.4.4. Body Mechanics and Safety Issues
- 6.5. Management of the Second Stage (Second Stage of Labor) in Waterbirth
  - 6.5.1. Protecting the Perineum
  - 6.5.2. Preventing or Coping with Late Shoulders or Dystocia
  - 6.5.3. Cord Problems
  - 6.5.4. Fetal Reflexes and Pelvic Anatomy
- 6.6. Neonatal Physiology and Newborn Assessment
  - 6.6.1. Fetal Respiratory Protection Mechanisms
  - 6.6.2. Neonatal Transitional Physiology and First Breath
  - 6.6.3. Protecting and Seeding the Infant Microbiome
  - 6.6.4. Neonatal Resuscitation Practices
- 6.7. Physiological Third Stage and Postpartum Care
  - 6.7.1. Third Physiological Stage (Delivery of the Placenta) Compared to Active Management
  - 6.7.2. Assessing Blood Loss to Determine Postpartum Hemorrhage
  - 6.7.3. Getting Out of the Tub
  - 6.7.4. Facilitating Skin-to-skin Contact and Maternal Kangaroo Care
- 6.8. Initiation of Breastfeeding and Postpartum Follow-up
  - 6.8.1. Initiation of Breastfeeding
  - 6.8.2. Monitoring and Follow-up of the Condition of the Mother and Newborn
  - 6.8.3. Emotional Support and Well-being of the Mother
  - 6.8.4. Return Home and Adaptation to Family Life
- 6.9. Complications and Management of Emergency Situations
  - 6.9.1. Identification and Prevention of Specific Complications in Waterbirth
  - 6.9.2. Emergency Interventions in Waterbirth
  - 6.9.3. Protocols for Emergency Evacuation and Transfer to Specialized Care

- 6.10. Education, Support and Resources for Waterbirth
  - 6.10.1. Preparation and Education for Mother and Partner for Waterbirth
  - 6.10.2. The Role of the Healthcare Team in Waterbirth
  - 6.10.3. Resources and Educational Material for Waterbirth
  - 6.10.4. Support Groups and Communities for Waterbirth

## Module 7. Natural Childbirth Units

- 7.1. Birthing Houses
  - 7.1.1. Differences with Hospitals
  - 7.1.2. Benefits for Women and Professionals
  - 7.1.3. Examples of Designs and Architecture
  - 7.1.4. Services Offered
- 7.2. Principles of Design and Architecture in Birthing Houses
  - 7.2.1. Comfortable and Safe Environment
  - 7.2.2. Common Features
  - 7.2.3. Design of Private Rooms and Common Areas
- 7.3. Outdoor Spaces and Common Areas in Birthing Houses
  - 7.3.1. Function and Benefits of Outdoor Spaces
  - 7.3.2. Design and Maintenance of Common Areas
  - 7.3.3. Integration with the Natural Environment
- 7.4. Services Offered by Birthing Houses
  - 7.4.1. Prenatal Care and Education about Labor
  - 7.4.2. Emotional and Physical Support during Childbirth
  - 7.4.3. Post natal and Follow-up Services
  - 7.4.4. Collaboration and Referral to Hospitals in Case of Complications
- 7.5. Promotion and Support of Birthing Houses
  - 7.5.1. Importance in the Care of Low-risk Pregnancies
  - 7.5.2. Role of Organizations Such As the American Association of Birth Centers
  - 7.5.3. Challenges in the Implementation of Birthing Houses
  - 7.5.4. Opportunities in Obstetric Care
- 7.6. Services Offered by Hospital Birthing Units
  - 7.6.1. Prenatal Care and Fetal Monitoring
  - 7.6.2. Management of Pain During Labor

- 7.6.3. Post natal and Follow-up Services
- 7.6.4. Comparison with Birthing Houses
- 7.7. Comparison of Safety, Comfort and Women's Satisfaction
  - 7.7.1. Advantages and Disadvantages of Birthing Houses
  - 7.7.2. Advantages and Disadvantages of Hospital Birthing Units
  - 7.7.3. Safety Factors in both Types of Installations
  - 7.7.4. Comfort and Satisfaction Levels in Women
- 7.8. Role of Professionals in Birthing Houses and Hospital Units
  - 7.8.1. Differences in the Role of Professionals
  - 7.8.2. Education and Training to Work in Birthing Houses and Hospital Units
  - 7.8.3. Levels of Collaboration and Teamwork between Professionals
  - 7.8.4. Evaluation of the Quality of Care
- 7.9. Planning and Management of Birthing Houses
  - 7.9.1. Requirements
  - 7.9.2. Financing and Sustainability
  - 7.9.3. Personnel Selection and Training
  - 7.9.4. Assessment and Continuous Quality Improvement of Care
- 7.10. Trends and Future Prospects in the Development of Birthing Houses and Hospital Birthing Units
  - 7.10.1. Technological and Design Innovations
  - 7.10.2. New Policies and Regulations
  - 7.10.3. Development of Women- and Family-Centered Models of Care
  - 7.10.4. Opportunities and Challenges in Obstetric Care in the Future

## Module 8. Requirements of the Newborn

- 8.1. The Newborn during Natural Childbirth
  - 8.1.1. Definition of Natural Childbirth
  - 8.1.2. Benefits of Natural Childbirth
  - 8.1.3. Newborn Monitoring Importance
- 8.2. First Minutes after Birth
  - 8.2.1. Immediate Assessment of the Newborn
  - 8.2.2. Establishing Respiration

- 8.2.3. First Skin to Skin Contact
- 8.2.4. Early Start of Breastfeeding
- 8.3. Monitoring of Vital Signs
  - 8.3.1. Measurement of Heart Rate
  - 8.3.2. Monitoring of Respiratory Frequency
  - 8.3.3. Body Temperature Control
  - 8.3.4. Evaluation of Coloration and Perfusion
- 8.4. Physical Examination of the Newborn
  - 8.4.1. Measurement of Weight, Height and Head Circumference
  - 8.4.2. General Body Inspection
  - 8.4.3. Evaluation of Reflexes and Muscle Tone
  - 8.4.4. Alarm Signs Detection
- 8.5. The Umbilical Cord
  - 8.5.1. Clamping and Cutting Procedure
  - 8.5.2. Cleaning and Maintenance
  - 8.5.3. Observation of Signs of Infection
  - 8.5.4. Late Cutting
- 8.6. Screening and Prevention Tests
  - 8.6.1. Vitamin K Administration
  - 8.6.2. Prophylaxis of Neonatal Conjunctivitis
  - 8.6.3. Heel Test
  - 8.6.4. Initial Immunization
- 8.7. Vaccines
  - 8.7.1. Benefits
  - 8.7.2. Inconveniences
  - 8.7.3. How to Advise
  - 8.7.4. How to Promote Natural Immunization
- 8.8. Hygiene and Skin Care
  - 8.8.1. Newborn Bathing and Cleaning
  - 8.8.2. Diaper Care and Dermatitis Prevention
  - 8.8.3. Identifying Common Skin Problems
  - 8.8.4. Use of Products Suitable for the Skin

- 8.9. Sleep and prevention of Sudden Infant Death Syndrome (SIDS)
  - 8.9.1. Guidelines for Safe Sleep
  - 8.9.2. Correct Position to Sleep
  - 8.9.3. How to Recognize and Reduce Risk Factors
  - 8.9.4. Establishment of Routines and Enabling Environment
- 8.10. Medical Follow-up and Development
  - 8.10.1. Follow-up Visits
  - 8.10.2. Parameters to be Measured
  - 8.10.3. Vigilance in Consultations

## Module 9. Mother's Needs

- 9.1. Normal Postpartum
  - 9.1.1. Physical and Emotional Changes
  - 9.1.2. Immediate Care
  - 9.1.3. Breastfeeding
  - 9.1.4. Recuperación del suelo pélvico
- 9.2. The Misunderstandings
  - 9.2.1. Causes and Physiology
  - 9.2.2. Pain Management
  - 9.2.3. Duration and Evolution
  - 9.2.4. Prevention and Care
- 9.3. The First Menstruation
  - 9.3.1. Return on Menstruation
  - 9.3.2. Factors Influencing its Reappearance
  - 9.3.3. Menstruation and Breastfeeding
  - 9.3.4. Changes in the Menstrual Cycle
- 9.4. Postpartum Contraception
  - 9.4.1. Contraceptive Methods Compatible with Breastfeeding
  - 9.4.2. Start of Contraception Postpartum
  - 9.4.3. Emergency Contraception
  - 9.4.4. Counseling and Education
- 9.5. Spontaneous and Intended Abortion
  - 9.5.1. Causes and Risk Factors
  - 9.5.2. Procedures and Care

- 9.5.3. Physical and Emotional Recovery
- 9.5.4. Prevention and Counseling
- 9.6. The Empty Crib: The Painful Process of Losing a Late Pregnancy
  - 9.6.1. Emotional Impact and Grief
  - 9.6.2. Support and Accompaniment
  - 9.6.3. Recovery Process
  - 9.6.4. Prevention and Management of Future Pregnancies
- 9.7. Psychological Care after Childbirth
  - 9.7.1. Identifying Emotional Problems
  - 9.7.2. Interventions and Emotional Support
  - 9.7.3. Support Networks and Available Resources
  - 9.7.4. Strengthen of the Couple Relationship and the Family
- 9.8. Perinatal Mood Disorders
  - 9.8.1. Postpartum Depression
  - 9.8.2. Postpartum Anxiety
  - 9.8.3. Post-Traumatic Stress Disorder
  - 9.8.4. Detection, Prevention and Treatment
- 9.9. Obstetric trauma
  - 9.9.1. Causes and Risk Factors
  - 9.9.2. Prevention and Management of Obstetric trauma
  - 9.9.3. Short- and Long-Term Consequences
  - 9.9.4. Support and Resources for Recovery
- 9.10. Obstetric Violence
  - 9.10.1. Types and Manifestations of Obstetric Violence
  - 9.10.2. Prevention and Awareness
  - 9.10.3. Interdisciplinary Approach and Training of Professionals

## Module 10. Delivery Preparation

- 10.1. Pregnancy Anatomy and Physiology
  - 10.1.1. Changes in the Maternal Body
  - 10.1.2. Fetal Development
  - 10.1.3. Hormonal Process
  - 10.1.4. Preparation for Labor

- 10.2. Stages of Labor
  - 10.2.1. First stage: Dilatation
  - 10.2.2. Second Stage: Expulsion
  - 10.2.3. Third stage: Delivery
  - 10.2.4. Fourth Stage: Recovery
- 10.3. Relaxation and Breathing Techniques
  - 10.3.1. Deep and Controlled Breath
  - 10.3.2. Visualization Techniques
  - 10.3.3. Massages and Muscular Relaxation Techniques
  - 10.3.4. Mindfulness and Meditation
- 10.4. Prenatal Exercises and Physical Preparation
  - 10.4.1. Muscle Strengthening
  - 10.4.2. Flexibility and Mobility
  - 10.4.3. Specific Exercises for Labor
  - 10.4.4. General Physical Activity Recommendations
- 10.5. Nutrition during Pregnancy
  - 10.5.1. Specific Nutritional Needs
  - 10.5.2. Recommended and Not Recommended Foods
  - 10.5.3. Weight Control
  - 10.5.4. Vitamin and Mineral Supplements
- 10.6. Elaborating an Birth Plan
  - 10.6.1. Personal Preferences
  - 10.6.2. Pain Relief Methods
  - 10.6.3. Positions for Labor
  - 10.6.4. Contingency Plans
- 10.7. Interdisciplinary Collaboration in Childbirth Care
  - 10.7.1. Role of Each Professional in Childbirth Care
  - 10.7.2. Development of Clinical Skills in Childbirth Care
  - 10.7.3. Childbirth Care in Interdisciplinary Teams
  - 10.7.4. Leadership Skills in Obstetrical Care





- 10.8. Emotional Preparation for Childbirth
  - 10.8.1. Management of Fear and Anxiety
  - 10.8.2. Emotional Support from Partners and Family
  - 10.8.3. Coping Techniques
  - 10.8.4. Emotional Connection with the Baby
- 10.9. Preparation for Delivery in High-risk Patients
  - 10.9.1. Management and Identification of Risk Factors
  - 10.9.2. Planning and Medical Follow-up
  - 10.9.3. Specific Interventions and Care
  - 10.9.4. Emotional Support and Additional Resources
- 10.10. integration of the Family in Childbirth Education and Preparation
  - 10.10.1. Inclusion of Partners and Other Family Members
  - 10.10.2. Prenatal Courses and Joint Educational Activities
  - 10.10.3. Preparation for Emotional and Practical Support
  - 10.10.4. Postpartum Adjustment and Family Roles

“ You will progress over 12 months in your skills and increase your competencies in Natural Childbirth. TECH provides the tools, you decide when and how”

?

# Study Methodology

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

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



“

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

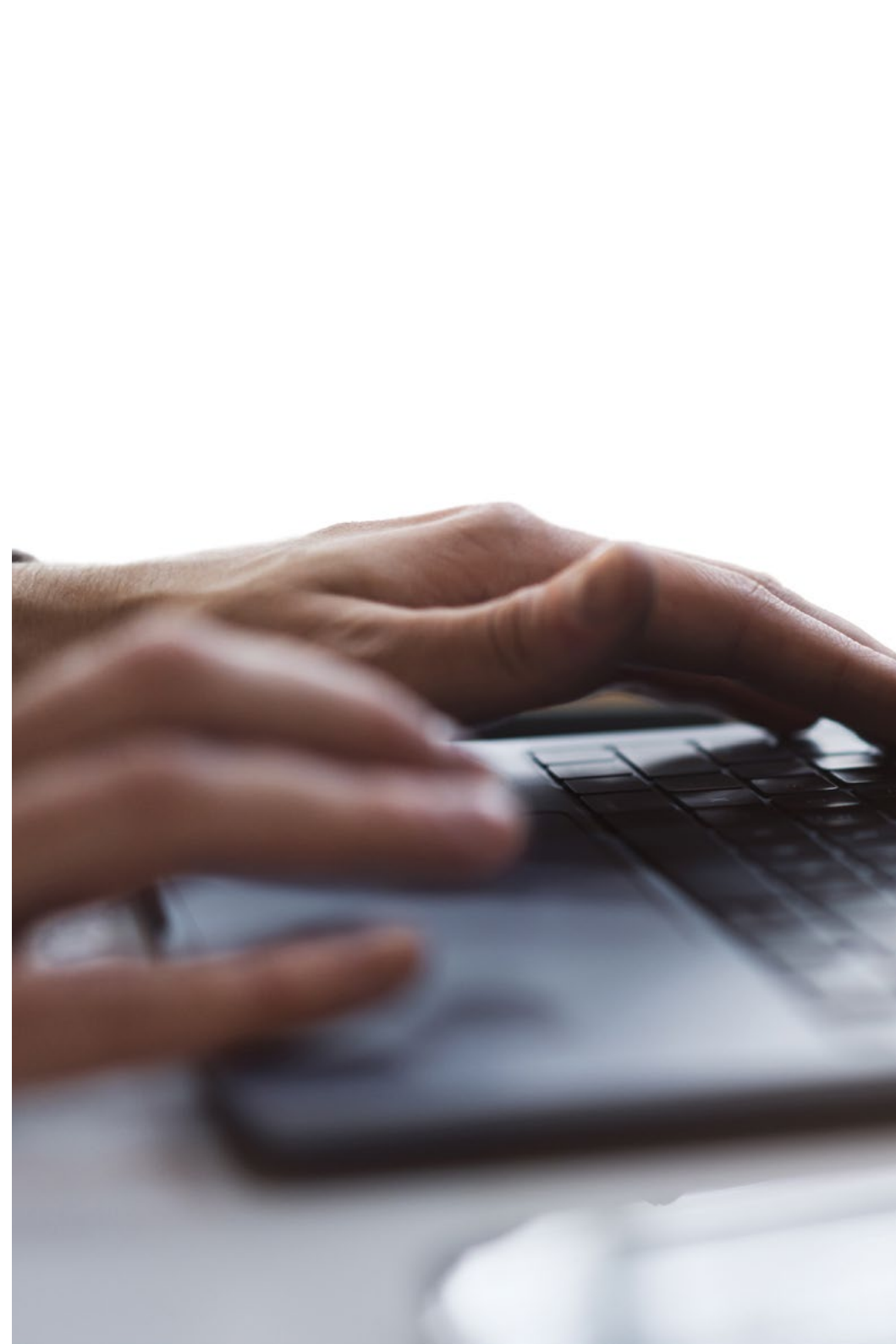
## The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist. The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

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

“

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



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

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

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

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

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

## Case Studies and Case Method

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

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

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



## Relearning Methodology

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

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

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

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



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

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

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

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

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



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

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

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.

## The university methodology top-rated by its students

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

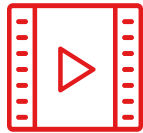
The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

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

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



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



### Study Material

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

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



### Practicing Skills and Abilities

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



### Interactive Summaries

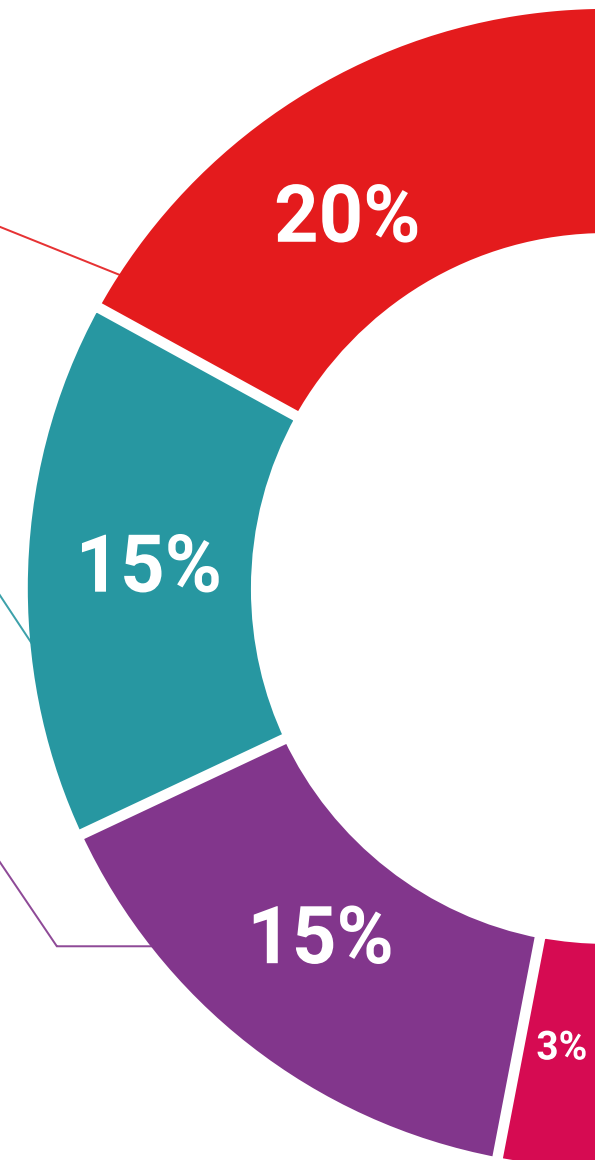
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

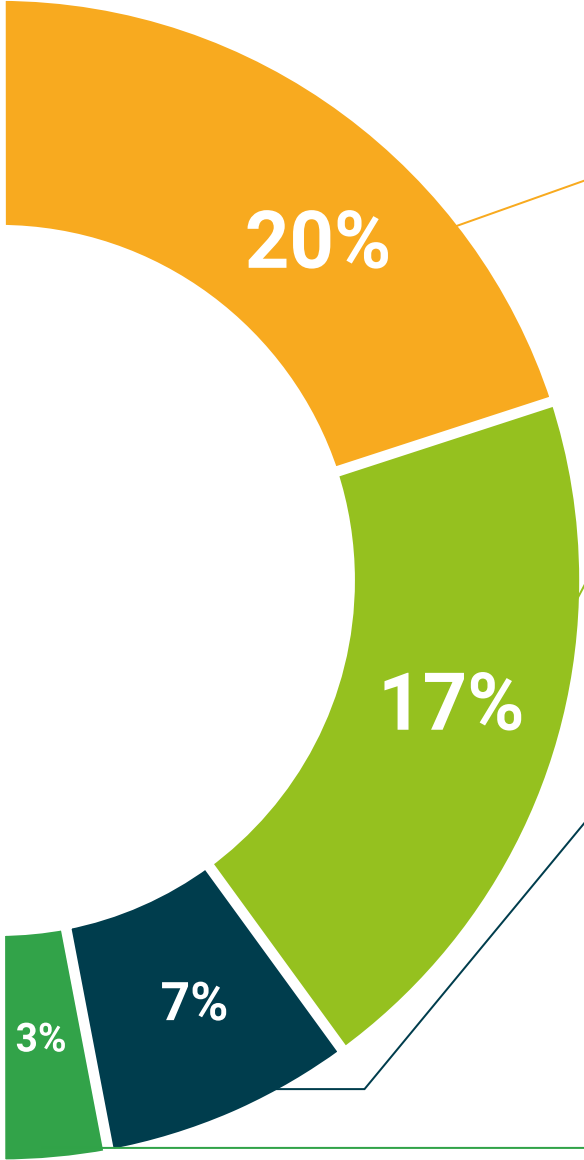
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### Additional Reading

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





**Case Studies**

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.



**Testing & Retesting**

We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.



**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 for 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

The Master's Degree in Natural Childbirth for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Master's Degree diploma issued by TECH Global University.



“


*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This private qualification will allow you to obtain a **Master's Degree diploma in Natural Childbirth for Nursing** endorsed by **TECH Global University**, the world's largest online university.

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

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

TECH is a member of the **National League for Nursing (NLN)**, the largest and most established nursing association in the world. This affiliation highlights its commitment to excellence and professional development in the healthcare field.

Accreditation/Membership 

Title: **Master's Degree in Natural Childbirth for Nursing**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**



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

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**Master's Degree**  
Natural Childbirth  
for Nursing

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

# Master's Degree Natural Childbirth for Nursing

Accreditation/Membership



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