

Program Information	
Major (Name of Program)	Promoting Physiologic Birth
Program Type ¹ (For Further Information Regarding Program Types, Please Refer to the Glossary)	Degree Based <input type="checkbox"/> Non-Degree Based <input checked="" type="checkbox"/> (Please specify in one of the next two rows)
Non-Degree Based Level of Study ² (For Further Information Regarding Non-Degree Based Levels of Study, Please Refer to the Glossary On)	Fellowship <input type="checkbox"/> Post-Doctorate <input type="checkbox"/> Short-Term Training Program <input checked="" type="checkbox"/> (Duration: 4 Weeks) Medical Elective (Clinical Rotation/Internships) <input type="checkbox"/> Summer Program <input type="checkbox"/> Other <input type="checkbox"/> (Please specify)
School/Research Center	School of Nursing and Midwifery
Department	Department of Midwifery
Brief Description of the Major/Study Program (300 to 1000 Characters)	<p>Physiologic birth (or birth that starts and progresses spontaneously and effectively) is characterized by a cascade of hormones that has significant benefits for both the mother and infant, including labor pain relief, increased mother-infant attachment, and enhanced breastfeeding. A better understanding of the physiology of birth can help midwives to support normal birth and to enhance these benefits and minimize unnecessary interventions that can introduce additional risks for mother and fetus/newborn. The course could improve midwives' knowledge and skills to promote physiologic birth. The program is divided into two sections. The first two weeks are devoted to the first section that is theoretical education regarding the basic issues in physiologic birth. Each theoretical part prolongs 4 hours. The second section of the program includes clinical training, which is conducted in SUMS affiliated hospital during the second two weeks (6 hrs. per day) of the program.</p> <p>Training Objectives are as follows:</p> <ol style="list-style-type: none"> 1. Defining physiological birth or undisturbed birth 2. Explaining theory of pain and various methods for pain management 3. Describing necessary antenatal education during pregnancy, labor, and delivery so as to prepare mothers for physiologic birth 4. Providing intrapartum care in hospital settings

Keywords (At Least 3)	Labor, Midwifery, Physiologic Birth
Program Approach	Theoretical <input type="checkbox"/> Practical <input type="checkbox"/> Mixed <input checked="" type="checkbox"/>
Related Website/Webpage (If Any)	www.gsia.sums.ac.ir
Capacity (Number of International Students for Each Academic Year)	Minimum: 3 Maximum: 5
Tuition Fee	1500 USD per 4 weeks
First Admission Round for This Academic Year (2019-2020)	July-August 2019 (Tir-Mordad 1398) or July-August 2020 (Tir-Mordad 1399)
Duration of the Program	30 days: 1) 15 days for theory theoretical training 2) 15 days for clinical training
Language Requirements³	For Further information regarding English Language Proficiency, please see the Glossary
Admission Requirements⁴ <small>(For Further Information Regarding Admission Requirements, Please See the Glossary)</small>	Midwives (Associate, BSc., MSc., or PhD degree) with at least one year of work experience in labor and delivery room.

Complete Description (Curriculum) Of The Major/Study Program

Part 1: Midwifery Continuity of Care

- Definition of midwifery model of care
- Types of midwifery models of care

Part 2: Physiologic Childbirth

- Definition of physiologic childbirth
- Factors Influencing Physiologic Birth

Part 3: Optimal Birth for Both the Mother and Her Baby

- An introduction to natural physiology
- Effects of the environment on mother and her baby
- Consequences of obstetric practices

Part 4: Anatomy Review

- Using the pelvis effectively
- Effects of different birth positions on process of labor
- Practical measures to avoid or manage complications: Breech, shoulder dystocia, deep transverse arrest

Part 5: Labor Pain

- Theories of pain
- Physiology
- Factors that influence the perception of pain

Part 6: Developing Appropriate Birth Environments

- The importance of privacy
- Birth companions
- Birth plans

Part 7: Working with Pregnant Women

- Parent education programs
- Content inclusions
- Ways of getting the message across
- Issues of choice and informed consent
- Role of support people in labor and birth

Part 8: Self-Help Ideas During the First Stage of Labor

- Different positions
- Use of water and heat
- Other comfort aids: massage, etc.
- Occipito-posterior labor
- Transition Management

Part 9: Second Stage of Labor

- Enabling physiological birth
- Avoiding fetal distress
- Avoiding maternal exhaustion
- Protecting the perineum

Part 10: Pain Management Techniques During Labor

- Breathing exercises
- Position changes
- Massage
- Acupressure
- Visualization
- Music
- Aromatherapy

Part 11: The Immediate Postnatal Period

- Management of the third stage
- The first breastfeed
- Newborn Care

Part 12: Obstetric Medication and Procedures

- The cascade of intervention
- Post-natal implications
- Using research evidence to strengthen midwifery practice

Contact Information (Program Coordinator)	
Telephone	(+98 71) 36 47 42 54
Fax	(+98 71) 36 47 42 52
Mobile	(+98) 917 31 71 612
Email Address	mzarshenas@sums.ac.ir
Address	School of Nursing and Midwifery, Nemazee Sq., Zand St., Shiraz, Iran
Contact Person	Dr. Mahnaz Zarshenas

Glossary

¹Program Type

- To apply for B.Sc., M.D., Pharm.D., D.D.S., M.Sc., Ph.D., Specialty, and Sub-Specialty programs, please check our website at www.gsia.sums.ac.ir.
- The applicants should check non-degree programs at www.gsia.sums.ac.ir if they are intended to apply for SUMS Fellowship, Post-Doctorate, Short-Term Training, Medical Elective, and Summer Programs.

²Level of study

- Bachelor of Science (B.Sc.) is a four-year undergraduate program.
- Doctor of Medicine (M.D.) is a seven-year undergraduate program on general Medicine.
- Doctor of Dental Medicine (D.M.D.) is a six-year undergraduate program on Dentistry.
- Doctor of Pharmacy (Pharm.D) is a six-year undergraduate program on Pharmacy.
- Master of Science (M.Sc.) is a two- to three-year graduate program.
- Doctor of Philosophy (Ph.D.) is a three- to five-year graduate program. Including:
 - ✓ Doctor of Philosophy Ph.D. by coursework & research includes two years of Ph.D. courses, a comprehensive exam, and then 2 to 2.5 years of Ph.D. research.
 - ✓ Ph.D. by Research includes 12 credits of Ph.D. courses and then the rest of Ph.D. program would be research oriented.
- Specialty (Residency) is a three- to five-year graduate program offered to MD/MBBS degree holders.
- Subspecialty is a two- to three-year graduate program offered to specialty degree holders.
- Fellowship is a graduate program offered to specialty or subspecialty degree holders.

³Language Requirements

- SUMS minimal requirements for English language proficiency for undergraduate admission is a band score of 5.5 on IELTS, or a score of 69 on the TOEFL iBT or 525 on the TOEFL PBT. The following individuals are exempted from providing a certificate of English proficiency:
 - Applicants who are natives of English speaking countries
 - Applicants whose language of instruction in their previous degrees has been English.
- SUMS minimal requirements for English language proficiency for graduate admission is a band score of 5.5 on IELTS, or a score of 72 on the TOEFL iBT or 533 on the TOEFL PBT (or its equivalent in TOEFL). The following individuals are exempted from providing a certificate of English proficiency:
 - Applicants who are natives of English speaking countries
 - Applicants whose language of instruction in their previous degrees has been English.

NOTE 1: Please note that applicants from/educated in Persian Speaking countries (They shall both speak and write in Persian) who have applied for Degree-based programs may be exempted, based on the decision of the department, from submitting any certificates regarding their English Language Proficiency. Nevertheless, they are required to hand in their English Language Certificate which shall meet SUMS minimal language proficiency requirements, within one year from commencing their studies at SUMS.

NOTE 2: Language proficiency level for non-degree program applicants can be determined through online or in-person interviews at the respective department's discretion.

4 Admission Requirements

Degree Based Programs

Undergraduate applicants are required to provide us with Secondary School Certificate (SSC) and Higher Secondary School Certificate (HSSC), or their equals.

Graduate applicants who are applying for **M.Sc. level** should provide us with B.Sc. degree, SSC, and HSSC (Higher Secondary School Certificate) along with their official transcripts of records.

Graduate applicants who are applying for **Ph.D. level** should provide us with M.Sc. and B.Sc. degrees along with their official transcripts of records.

Graduate applicants who are applying for **Specialty level** should provide us with M.B.B.S./M.D. degree or its equivalent along with its official transcript of records. They should also submit their Certificate of Practice (COP)/Certificate of Internship.

Graduate applicants who are applying for **Subspecialty** should provide us with M.B.B.S./M.D. or its equivalent, and Specialty degree along with their official transcripts of records. They should also provide their Certificate of Practice (COP)/Certificate of Internship.

Non-Degree Based Programs

Academic Degrees and their Transcripts of Records for the applicants of Non-Degree Programs (Post-Doctorate, Fellowship, Short-Term Training, Medical Elective, and Summer Programs, etc.):

The applicants of Non-Degree Programs should submit their prior academic degree(s) along with the pertinent official transcript(s) of records.

Please note that applicants who are applying for Fellowship level should provide us with M.B.B.S./M.D. or its equivalent, and Specialty degree along with their official transcripts of records. They should also provide their Certificate of Practice (COP)/Certificate of Internship.