

# Hybrid Professional Master's Degree

## Acne Treatment





## Hybrid Professional Master's Degree

### Acne Treatment

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Technological University

Teaching Hours: 1,620 h.

Website: [www.techtute.com/us/medicine/hybrid-professional-master-degree/hybrid-professional-master-degree-acne-treatment](http://www.techtute.com/us/medicine/hybrid-professional-master-degree/hybrid-professional-master-degree-acne-treatment)

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# 01

# Introduction

Preventing scarring in patients with severe acne has favored the emergence of techniques and care tools such as laser therapies and Microneedling. However, medical professionals are not always up to date on these advances, nor on the most effective pharmacological therapies. That is why TECH has designed this program, where specialists will receive a complete update on these aspects. The degree is distinguished by its two distinct stages. The first phase dedicates 1,500 hours to theoretical and online learning of all the innovations in this area of Dermatology. In the second phase, a practical, on-site and intensive internship takes place in a renowned hospital center, where real cases will be dealt with under the guidance of the best experts.



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*Get up to date with the most complete degree in the educational market, which includes the most significant practical and theoretical innovations for the acne treatment”*

Acne has serious psychological implications for patients who suffer from it. As a result, medical sciences are continuously engaged in the search for better treatments against this dermatological condition. Therefore, in recent years, new procedures such as chemical peels, surgical drains and extractions or steroid infiltrations have emerged. At the same time, phototherapy techniques, with lasers and other light modalities, have proved to be one of the most outstanding innovations in this health field. Despite this, most specialists are not adequately trained to implement these innovations in their daily practice. Nor to apply the most powerful strategies against the appearance of scars and cysts on the part of patients.

In this context, TECH has designed a degree of excellence that will bring physicians up to date with the utmost rigor and thoroughness. This Hybrid Professional Master's Degree consists of two well-defined parts. The first one will be developed 100% online, on an interactive platform, where the graduate will have access to multiple theoretical contents. In order to assimilate this knowledge, they will also have at their disposal multimedia resources such as videos and infographics. Likewise, with the help of *Relearning*, they will consolidate their mastery of the syllabus in a fast and flexible way.

The second half of the program is followed by a rigorous clinical internship. The educational modality includes 3 weeks of intensive on-site training in a prestigious hospital center. From there, the physician will handle the most advanced technology and will apply the most recent procedures on real patients with Acne of varying intensity. Throughout the educational process, they will be accompanied by prestigious experts with whom they will discuss the most appropriate methods of intervention for each patient. Likewise, an associate tutor, designated by TECH, will be in charge of supervising your progress and inserting dynamic tasks in the educational exercise.

This **Hybrid Professional Master's Degree in Acne Treatment** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ More than 100 clinical cases presented by experts in acne treatment with an extensive professional career
- ♦ 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
- ♦ Assessment and monitoring of patients with specific therapeutic needs based on comprehensive systematized action plans for the main pathologies
- ♦ Presentation of practical workshops on procedures, diagnosis, and treatment techniques in acne patients
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ Practical clinical guides on approaching different pathologies
- ♦ All of this will be complemented by theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection
- ♦ Furthermore, you will be able to carry out a clinical internship in one of the best hospital centers



*Dedicate 3 weeks to your training, for the management of Phototherapy technologies, with the theoretical and practical teaching assistance of TECH*

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*Add to your theoretical knowledge on acne treatment, the latest considerations and scientific evidence on the impact of diet on the development of this pathology”*

In this Hybrid Professional Master's Degree, with a vocational nature and blended learning modality, the program is aimed at updating healthcare professionals who require a high level of qualification. The contents are based on the latest scientific evidence, and oriented in an educational way to integrate theoretical knowledge into practice, and the theoretical-practical elements will facilitate knowledge updates and decision-making in patient management.

Thanks to the multimedia content, developed with the latest educational technology, medical professionals will benefit from situated and contextual learning, i.e., a simulated environment that will provide immersive learning programmed to train in real situations. This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*This Hybrid Professional Master's Degree will incorporate into your professional practice the most sought-after skills for the treatment of nodular and cystic lesions by steroid infiltration.*

*This degree is all you need to expand your knowledge of Microneedling, to offer your patients the most modern solutions against the development of acne scars.*



02

# Why Study this Hybrid Professional Master's Degree?

With the advances in science and technology, acne treatment has become an increasingly innovative medical area. In it, there are now latent therapeutic instruments of the latest generation such as laser, radiofrequency, among others. Also, topical medications and specific drugs have been discovered that are very useful to intervene in this dermatological pathology. At the same time, it is a major challenge for specialists to keep up to date on all these aspects. For this reason, TECH proposes this Hybrid Professional Master's Degree where each one of them will delve in a theoretical and practical way in all the advances of this discipline. First, with an educational phase of 100% online studies, followed by an on-site and intensive internship in a renowned hospital center.



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*The world's largest digital university has designed a degree that brings together with excellence the theoretical and practical aspects of acne treatment and puts them in your hands to become a specialist of the highest caliber”*

### 1. Updating from the Latest Technology Available

The most innovative therapies in the field of acne treatment, based on sophisticated equipment such as laser or *Microneedling*, will be present throughout this program. The physicians will be able to analyze in a theoretical way how to implement them in their daily practice and, in addition, they will have a practical, on-site and intensive internship where they will delve into their management.

### 2. Gaining In-depth Knowledge from the Experience of Top Specialists

Through this degree, TECH will provide access to great experts. In the theoretical phase of this Hybrid Professional Master's Degree, the doctor will receive personalized guidance from a prestigious teaching staff. Then, in the practical phase, they will be advised and supervised by a staff of professionals with extensive experience and training in the use of the most advanced technologies in the acne treatment.

### 3. Entering First-Class Clinical Environments

TECH has chosen in detail those centers where specialists will perform their clinical internships. To this end, it has taken into account the latest generation instruments and updated professionals that are combined in them. By accessing these advantages, the graduate will complete their update with full guarantees to implement a health practice more in line with the latest scientific evidence.





#### 4. Combining the Best Theory with State-of-the-Art Practice

In an educational scenario where there is a proliferation of degrees with a high theoretical load, TECH sets itself apart by implementing a first class Hybrid Professional Master's Degree. In it, in addition to studying online and in depth all the news about acne treatment, specialists will develop a rigorous clinical practice. Through it, they will implement everything learned in the previous phase, in a direct way, in the approach of real patients, under the close supervision of an associate tutor.

#### 5. Expanding the Boundaries of Knowledge

TECH is willing to take its students beyond their educational horizons with this degree. For this reason, it has proposed the realization of an Internship Program in prestigious hospital facilities, located in different cities around the world. There, the graduate will become familiar with the most modern resources and will put into effect international healthcare standards.

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*You will have full practical immersion  
at the center of your choice”*

# 03 Objectives

This Hybrid Professional Master's Degree will enable physicians to achieve their immediate objectives of improvement and updating with respect to acne treatment, with full guarantees. This is thanks to its educational modality, pioneer in its type, which includes the theoretical approach of the subject, from a 100% online and interactive platform. In addition, it includes a practical, on-site and intensive internship in a leading hospital facility, where each specialist will be able to apply new methods and use the latest technology. All this, under the personalized advice and guidance of the most qualified experts.





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*This program constitutes a unique opportunity to master Microneedling and other trends related to the removal of scars in patients with severe lesions caused by acne”*



## General Objective

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- This Hybrid Professional Master's Degree in Acne Treatment is ideal for the specialist to get up to date on the therapeutic options available for the treatment of Acne. Through the degree, you will update your skills to be able to anticipate possible complications and side effects generated by some treatments against this dermatological condition. Also, they will acquire high experience to individualize the management of the esthetic after-effects of acne, choosing and combining the best options from among the multiple techniques available

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*Don't miss the opportunity to become a specialist in the treatment of acne scars and enroll as soon as possible in this degree”*





## Specific Objectives

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### Module 1. Pathophysiology of Acne and Implications for Treatment

- ◆ Understand the pathophysiological basis of acne and its implications for the development of drugs and physical therapies
- ◆ Identify the physical and chemical diseases that can occur as a result of poorly executed acne treatment

### Module 2. Topical Treatments

- ◆ Manage the action mechanisms, recommended guidelines, side effects and precautions to be taken with topical and oral antibiotics in acne
- ◆ Delve into the action mechanisms, recommended guidelines, side effects and precautions to be taken with topical and oral retinoids in acne

### Module 3. Oral Antimicrobials

- ◆ Identify the main oral antimicrobials that have a favorable impact on the treatment of acne
- ◆ Master the mechanisms of oral treatment and evaluate its efficacy compared to other types of treatment
- ◆ Examine the main oral microbial drugs and compare them with antimicrobials, identifying which has the greatest impact on the treatment of acne

### Module 4. Hormonal Treatment

- ◆ Address the action mechanisms, recommended guidelines, side effects and precautions to be taken with hormonal treatments for acne
- ◆ Apply the main oral treatments for acne and their repercussions on other pathologies or their emergence

### Module 5. Systemic Retinoids

- ♦ Indicate and perform chemical peeling treatments, choosing the most appropriate product for each case
- ♦ Manage alternative acne treatments and see their efficacy in improving the skin

### Module 6. Light Source Treatment of Active Acne

- ♦ Configure the most suitable parameters for treatments with light sources
- ♦ Know the most effective light sources for the different alternative treatments in acne reduction

### Module 7. Treatment of Acne Scars

- ♦ Master the basics of biophotonic therapy and photodynamic therapy, as well as the most appropriate treatment guidelines for each case
- ♦ Assessing the veracity of drugs and ointments that improve skin wounds
- ♦ Define the correct application techniques so as not to injure the skin in the application methods

### Module 8. Diet and Acne

- ♦ Make dietary recommendations to patients with acne in accordance with current scientific evidence
- ♦ Rate foods that irritate the skin and their impact on the development of acne
- ♦ Recognizing the nutrients and benefits of unprocessed food





### **Module 9. Treatment of Acne in Special Circumstances**

- ♦ Individualize treatment in certain cases, such as pregnant women, high phototypes, adult women, neonatal acne or iatrogenic conditions
- ♦ Choose and combine the most effective treatments for the cosmetic management of acne scars
- ♦ Know which pathologies can be affected by the use of anti-acne drugs

### **Module 10. Psychological Impact of Acne: Detection and Management**

- ♦ Early detection of psychological disorders and acquire coping strategies to deal with these complications
- ♦ Master warning signs of self-harm and suicidal behavior in acne patients

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*Enroll now and advance in your field of work with a comprehensive program that will allow you to put into practice everything you have learned”*

# 04 Skills

Completion of the two phases of this degree will enable the physician to practice according to the latest scientific trends in the acne treatment. For this, it will have an innovative educational modality where all these innovations are collected in a theoretical and practical way and their assimilation is facilitated together with great experts.



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*Through this program, you will acquire professional skills of the utmost rigor, with which to determine precisely which acne treatment is best suited to each patient”*



## General Skills

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- Propose an updated acne treatment
- Recognize cases of secondary acne
- Schedule physical therapies
- Master new lines of research that exist
- Avoid or minimize complications
- Diagnose psychopathological alterations secondary to treatment
- Treat the esthetic after-effects of acne

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*Get the most rigorous skills for the management of biophotonic and photodynamic therapies with this very comprehensive TECH degree”*





## Specific Skills

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- ♦ Know the appropriate drugs for acne
- ♦ Use of antibiotics in the acne treatment, as well as topical retinoids and hormonal treatments
- ♦ Indicate the use of chemical peels of light source treatments
- ♦ Include biophotonic and photodynamic therapies in treatments, if applicable
- ♦ Appropriate dietary guidelines for acne treatment
- ♦ Make recommendations for the use of cosmetic treatments for acne scars
- ♦ Recognize psychological disorders and implement a therapeutic approach
- ♦ Conduct acne treatments in specific cases

05

# Course Management

TECH has made a meticulous selection of teachers for this degree program. Based on this rigorous process, it has managed to design a faculty of prestigious specialists. These professionals have a distinguished track record that includes, in addition to their clinical work, participation in research and clinical trials, authorship of academic articles and participation in scientific communications. They have been responsible for the development of the theoretical framework of this Hybrid Professional Master's Degree and have fulfilled this goal with rigor, also providing multimedia resources of great educational value such as videos and infographics.





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*The teachers of this program are up to date on the links between acne and diet, contents that will be reflected with excellence in the agenda of this Hybrid Professional Master's Degree”*

## International Guest Director

Dr. Joshua Zeichner is an international eminence in the field of Dermatology and Cosmetic Medicine. In both fields he has based his professional career, acquiring the most advanced skills in care and for the development of empirical studies. Based on these skills of excellence, the expert has taken on challenges such as the position of Director of Cosmetic and Clinical Research in the Department of Dermatology at Mount Sinai Hospital in the United States.

He has also been awarded the prestigious Skin Genius Award by Elle magazine for his innovative approaches to the treatment of aging skin and faces. In turn, his peers have voted for his name to fill New York Magazine's Best Doctors lists since 2018. Also, he has had rankings as one of the Top Doctors in the New York Metropolitan Area by Castle Connolly and New York City Super Doctors, renowned catalogs that evidence Dr. Zeichner's dedication to his patients.

In addition to his medical knowledge and practice, often focused on Acne, this expert has therapeutically addressed other pathologies and general skin conditions. Among them, he has stood out for his comprehensive management of Eczema, Rosacea, Psoriasis and Cancer in different areas of the epidermis. At the same time, he has mastered the use of Botox and dermal fillers, as well as Laser and Chemical Peels.

Dr. Zeichner's opinion is also frequently used by the media. For this reason, his name has been mentioned many times in reports published by magazines and newspapers such as Allure, Vogue, Cosmopolitan, Elle, Glamour and The New York Times. Likewise, he regularly participates in congresses and lectures on Dermatology around the world.



## Dr. Zeichner, Joshua

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- Director of Cosmetic and Clinical Research in Dermatology at Mount Sinai Hospital
- Specialist in Dermatologic Cosmetics, Acne Treatment and Anti-Aging Skin.
- Physician Consultant at Mount Sinai Beth Israel, Mount Sinai Brooklyn, Mount Sinai Queens and Mount Sinai West hospitals
- Officially Board Certified by the American Board of Dermatology
- Specialist Practitioner at St. Vincent Brooklyn Queens Catholic Medical Center
- John Hopkins University, M.D.
- Dermatology Residency and Dermopharmacology Fellowship at The Mount Sinai Hospital
- Graduate of the University of Pennsylvania

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Management



### Dr. Leis Dosil, Vicente Manuel

- ♦ Dermatologist and Director of Idelia Dermatología
- ♦ Dermatologists at the University Hospital HLA Moncloa
- ♦ Associate Professor at University Europe
- ♦ Degree in Medicine and Surgery from the Faculty of Medicine and Odontology of Santiago University of Compostela
- ♦ Diploma in Advanced Studies, Dermatology and Venereology at the Complutense University of Madrid
- ♦ University Expert in Integral Management of Health Services, National University of Remote Education(UNED)
- ♦ University Expert in Clinical Dermatology, Surgical Dermatology and Cutaneous Oncology by the University of Alcalá
- ♦ Member of: Spanish Academy of Dermatology and Venereology (AEDV), Hospital Advisory Committees to advise on the organization of operating rooms and on continuous care and relations with Primary Care

## Professors

### Dr. Ruiz de Almirón, Antonio Clemente

- ♦ Dermatologist at the Clemente clinic
- ♦ Dermatologists, Dermatology Department, Virgen de la Arrixaca University Hospital
- ♦ Dermatologist Specializing in General Dermatology, Laser and Aesthetic Dermatology
- ♦ Author of numerous field national and international specialized publications
- ♦ Speaker at conferences and congresses worldwide
- ♦ Member of: Board of Directors of the Spanish Academy of Dermatology and Venereology, Spanish Group of Surgical Dermatology, Laser and Cutaneous Oncology and Spanish Group of Aesthetic and Therapeutic Dermatology

### Dr. Olivares Rueda, Teresa

- ♦ Specialist in Advanced Aesthetic and Laser Techniques
- ♦ Physician in the Virgen de la Arrixaca Clinical symptoms University Hospital
- ♦ Health Center Physician Abanilla, Spain
- ♦ Doctor at Alzira Health Center Spain
- ♦ Pediatric Specialist at the Virgen de la Arrixaca Clinical University Hospital
- ♦ Master's Degree in Advanced Aesthetic and Laser Techniques from CEU Cardenal Herrera University
- ♦ Master's Degree in Aging from the University of Murcia
- ♦ Degree in Medicine and Surgery from the University of Murcia
- ♦ Member of DERMUS and AEP

**Dr. Barchino, Lucía**

- ◆ Specialist in Dermatology
- ◆ Specialist in Medical and Surgical Dermatology and Venereology at the Gregorio Marañón University General Hospital
- ◆ Head of the Gynecological Dermatology Monographic Clinic at the Gregorio Marañón University General Hospital
- ◆ PhD in Medicine and Surgery from the Autonomous University of Madrid(UAM)

**Dr. Iglesias Pena, Nicolás**

- ◆ Dermatologist at the Lucus August University hospital
- ◆ Dermatologist at the San Rafael University Hospital
- ◆ Collaborator and designer of research projects related to Cutaneous Oncology
- ◆ Dermatologist in the University Hospital Complex of A Coruña
- ◆ Dermatologists in the University Hospital Complex Ferrol
- ◆ Dermatologist at Adeslas Medical Center. A Coruña
- ◆ Dermatologist at Salud Galicia
- ◆ Dermatologist at Carballo Clinic
- ◆ Degree in Medicine from the University of Santiago de Compostela
- ◆ Specialty in Medical-Surgical Dermatology and Venereology in EOXI (Estrutura Organizativa de Xestión Integrada). A Coruña
- ◆ Master's Degree in Aesthetic Dermatology from the University of Alcalá. de Henares
- ◆ Professional Master's Degree in Pediatric Dermatology by CEU Cardenal Herrera University
- ◆ Master's Degree in Clinical Dermatopathology and Clinical Correlation, Alcalá University. Henares
- ◆ Member of the Spanish Academy of Dermatology and Venereology

**Dr. Moya Cortés, Lucía**

- ◆ Psychologist Specialist in Clinical and Analytical Psychotherapy
- ◆ Clinical Psychologist at Clínica Valdelasfuentes
- ◆ Clinical Psychologist at Anagnor Psicólogos
- ◆ Bachelor in Psychology from the Autonomous University of Madrid
- ◆ Masters in Psychosocial intervention in crisis situations, emergencies and catastrophes at the Autonomous University of Madrid (UAM)
- ◆ Master's Degree in General Health Psychology at the University Pontificia Comillas
- ◆ Postgraduate Diploma in Clinical and Intervention in Trauma in the Spanish Society of Psychosomatic Medicine and Psychotherapy
- ◆ Expert in Brief Psychotherapy with Children and Adolescents at the Spanish Society of Psychosomatic Medicine and Psychotherapy

**Dr. Garrido Gutiérrez, Carolina**

- ◆ Medical Specialist in-Surgical Dermatology and Venereology
- ◆ Dermatologist at the Infanta Sofía University Hospital
- ◆ Expert Dermatology Physician with Private Practice at the Hospital Universitario Infanta Sofía

**Dr. Cornejo, Paloma**

- ◆ Director and Chief of Dermatology at the Clinic Dr. Paloma Cornejo
- ◆ Head of the Dermatology Service at the Laser Medical Institute
- ◆ Dermatologist at the Ruber Hospital
- ◆ Specialist in Dermatology and Venereology at the Dermatology Department of the 12 de Octubre University Hospital

# 06

## Educational Plan

This Hybrid Professional Master's Degree has the most up-to-date syllabus in the educational panorama related to the acne treatment. The syllabus includes several didactic modules where the physiopathology of this dermatological disease and its main complications are addressed. At the same time, the course covers the topical and pharmacological drugs most commonly used for its intervention. It also explores those trends to intervene the condition and reduce scars through the use of lasers and other resources. All of these contents are presented in a 100% online and interactive platform, available at all times until 1,500 hours of study have been completed.





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*In order to guarantee you a better self-management of your learning, TECH has foreseen that the theoretical stage of this Hybrid Professional Master's Degree is not subject to rigid schedules or pre-established evaluation chronograms”*

### Module 1. Pathophysiology of Acne and Implications for Treatment

- 1.1. Sebaceous Secretion
- 1.2. Hypercornification
- 1.3. Microbiota
- 1.4. Inflammation
- 1.5. Metabolic Syndrome
- 1.6. Pollution
- 1.7. Syndromes with Acne
- 1.8. Complementary Studies in Patients with Acne

### Module 2. Topical Treatments

- 2.1. Benzoyl Peroxide
- 2.2. Topical Antibiotics
- 2.3. Topical retinoids
- 2.4. AHA
- 2.5. Azelaic Acid
- 2.6. Dapsone
- 2.7. New Drugs
- 2.8. Magistral Formulation in Acne
- 2.9. Acne Skin Care
  - 2.9.1. Specific Cosmetics
  - 2.9.2. Supportive Cosmetics to the Treatments
  - 2.9.3. Corrective Makeup

### Module 3. Oral Antimicrobials

- 3.1. Tetracyclines:
  - 3.1.1. Doxycycline
  - 3.1.2. Minocycline
- 3.2. Azithromycin
- 3.3. Erythromycin
- 3.4. Clindamycin
- 3.5. Cotrimoxazol
- 3.6. Amoxicillin and Cephalosporins
- 3.7. Sulfone
- 3.8. Antibiotic Resistance
- 3.9. Optimization of the Guidelines
- 3.10. Treatment Combinations

### Module 4. Hormonal Treatment

- 4.1. Candidates for Hormonal Treatment
- 4.2. Complementary Studies, Hormonal Profile
- 4.3. Oral Hormonal Contraceptives
- 4.4. Hormonal Contraceptives in Other Devices
  - 4.4.1. Hormonal Contraceptive Devices
  - 4.4.2. Usefulness in the Treatment of Acne
- 4.5. Cyproterone Acetate
- 4.6. Spironolactone
- 4.7. Metformin
- 4.8. Corticoids
  - 4.8.1. Systemic Corticoids
  - 4.8.2. Intralesional Corticoids
- 4.9. Acne in Men with Hormonal Treatments

### Module 5. Systemic Retinoids

- 5.1. Isotretinoin: Pharmacology
- 5.2. Mechanism of Action
- 5.3. Teratogeny
  - 5.3.1. Risk of Malformations
  - 5.3.2. Pregnancy Prevention Recommendations
  - 5.3.3. Monitoring
- 5.4. Side Effects on the Lipid Profile
- 5.5. Hepatotoxicity
- 5.6. Interactions and Precautions for Use
- 5.7. Posology
- 5.8. Isotretinoin at Low Doses
- 5.9. Monitoring During Treatment
- 5.10. Myths and Realities

## Module 6. Light Source Treatment of Active Acne

- 6.1. Intense Pulsed Light
- 6.2. Pulsed Dye Laser
- 6.3. Nd:YAG Laser
- 6.4. Erbium Laser
- 6.5. KTP Laser
- 6.6. Infrared Laser
- 6.7. Photodynamic Therapy
  - 6.7.1. Photosensitizers
  - 6.7.2. Light Sources
  - 6.7.3. Protocols
- 6.8. Biophotonic Therapy
  - 6.8.1. Mechanism of Action
  - 6.8.2. Procedure
  - 6.8.3. Treatment Guidelines
- 6.9. LEDs and Acne
- 6.10. New Light Sources

## Module 7. Treatment of Acne Scars

- 7.1. Scar Assessment
- 7.2. Microneedling
- 7.3. Platelet-rich Plasma
- 7.4. Unfractionated CO<sub>2</sub> and Er:YAG Lasers
- 7.5. Fractionated Ablative Lasers
- 7.6. Fractionated Non-Ablative Lasers
- 7.7. Radiofrequency
- 7.8. Chemical Peel
- 7.9. Dermal Fillers
- 7.10. Surgery
  - 7.10.1. Abscess Drainage
  - 7.10.2. Punches
  - 7.10.3. Subdivision

## Module 8. Diet and Acne

- 8.1. Myths and Realities, Current Situation
- 8.2. Metabolic Syndrome
- 8.3. Relationship with BMI
- 8.4. Foods at Risk
- 8.5. Dietary Intervention
- 8.6. Supplements and Acne
- 8.7. Ethnic and Cultural Diversity
- 8.8. Acne and Vitamin D
- 8.9. Microbiota
  - 8.9.1. Repercussion of Microbiota Alteration
  - 8.9.2. Probiotics
  - 8.9.3. Abnormalities

## Module 9. Treatment of Acne in Special Circumstances

- 9.1. Neonatal acne
- 9.2. Acne in Pregnancy and Lactation
- 9.3. Adult Female Acne
- 9.4. Acne Fulminans
- 9.5. Keloid Acne of the Nape
- 9.6. Iatrogenic Acneiform Conditions
- 9.7. Cosmetic Acne
- 9.8. Professional Acnes

## Module 10. Psychological Impact of Acne: Detection and Management

- 10.1. Quality of Life in Patients with Acne
- 10.2. Body Dysmorphic Disorder and Acne
- 10.3. Anxiety and Depression
- 10.4. Deterioration in Sexual Life and Relationships
- 10.5. Treatment-related Mood Changes
- 10.6. Suicide Risk in Patients with Acne
- 10.7. Excoriated Acne
- 10.8. Psychotherapy in Patients with Acne
- 10.9. When Should the Patient be Referred to Psychiatry?

07

# Clinical Internship

The second part of this Hybrid Professional Master devotes 120 hours to on-site learning of the most innovative therapeutic strategies with respect to acne. By means of a practical and on-site internship, coordinated with leading hospitals, physicians will be able to update their skills and handle the most modern equipment with full guarantees.





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*Complete your update on new methods for dealing with severe and active acne with a practical and on-site internship of the highest educational rigor”*

After completing the online study of the most up-to-date content related to acne treatment, the physician will have the opportunity to apply this knowledge. This process of developing new skills and competencies will take place in a practical and on-site internship, coordinated in detail by TECH. The internship process will devote 3 weeks to update the specialists from a renowned hospital facility.

There, they will find the latest technological and therapeutic resources. Through them, they will approach real patients who require different techniques to improve their dermatological conditions. Likewise, they will be able to be linked to institutions that best suit their needs, choosing the one that best suits their geographic location.

On the other hand, the physician will be able to discuss in first person with great experts in the field. From the interaction with these specialists and their personalized guidance, they will become familiar with the latest acne treatments. In addition, an associate tutor will include tasks of varying complexity and will supervise the assimilation and realization of the activities included in this degree.

The practical part will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for the practice of medicine (learning to be and learning to relate).

The procedures described below will form the basis of the practical part of the internship, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:



*A team of great experts, qualified with an optimal handling of the latest trends in acne treatment, will advise your medical progress throughout this internship"*



Module	Practical Activity
<b>Latest alternatives of topical medications in the Acne Treatment</b>	Manage moderate acne with topical medications containing retinoic acids or tretinoin are often helpful for moderate acne
	Use creams or gels containing 20% azelaic acid to control the discoloration that occurs with some types of acne
	Prevent clogging of acne hair follicles through salicylic acid
	Addressing inflammatory acne, especially in women, using dapsone gel
<b>New trends in Acne treatment with oral drugs</b>	Reducing bacteria that affect the skin and cause acne through antibiotics, taking into account the need to implement reducing cycles in order to diminish subsequent resistance to this class of drugs
	Indicate, mainly to female patients, the use of oral contraceptives combined with progestin and estrogen
	Block the effect of androgen hormones in the sebaceous glands, using drugs such as spironolactone and other anti-androgen agents to address acne in women and adolescents
	Prescribe Vitamin A medications in people whose moderate or severe acne has not responded to other treatments
<b>Treatments with light for active acne and other therapeutic trends</b>	Use systemic corticosteroids as anti-inflammatories and immunosuppressants
	Apply a moderate thermal impact on the sebaceous glands by means of the Infrared Laser
	Reducing scars resulting from acne through fractional non-ablative laser and also prevent the formation of new ones
	Treat the patient with severe active Acne through the use of Photodynamic and Biophotonic Therapy
	Stimulate the skin's collagen production, with the aim of reducing the signs of aging, blemishes and scars through Microneedling
	Improve the appearance of the skin through chemical peeling
	Carefully remove open and closed comedones and cysts through surgical techniques of drainage and extraction, typical of Dermatology
Treat nodular and cystic lesions through steroid infiltration	
<b>Dietary trends for the acne treatment</b>	Reduce the patient's intake of carbohydrates and high glycemic index foods following the ketogenic diet
	Evaluate the implementation of diets rich in Omega 3 in patients with Acne
	Include specific nutritional supplements and probiotics in the diet of patients with severe acne

## Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



## General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

**1. TUTOR:** During the Hybrid Professional Master's Degree, students will be assigned two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned an academic tutor whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE:** If the students does not show up on the start date of the Hybrid Professional Master's Degree, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** Professionals who pass the Hybrid Professional Master's Degree will receive a certificate accrediting their internship at the center.

**5. EMPLOYMENT RELATIONSHIP:** the Hybrid Professional Master's Degree shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Hybrid Professional Master's Degree. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** The Hybrid Professional Master's Degree will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

# 08

## Where Can I Do the Clinical Internship?

The clinical internship of this Hybrid Professional Master's Degree will take place in a prestigious hospital institution, supported by the latest therapeutic resources and highly trained medical staff. Therefore, the specialists will update their skills for acne treatment, from a highly qualified professional scenario, where they will acquire the necessary knowledge to undertake an excellent work practice after completing their studies. In addition, you will be able to choose the instance that best suits your geographical location, since TECH has coordinated the realization of this intensive internship in facilities located in different cities.



“

*Update your professional competences in relation to Acne Treatment through this clinical internship that will put at your disposal the most modern technological devices and therapeutic procedures”*



The student will be able to complete the practical part of this Hybrid Professional Master's Degree at the following centers:



**Medicine**

### Hospital HM Modelo

Country	City
Spain	La Coruña

Address: Rúa Virrey Osorio, 30, 15011, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

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**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



**Medicine**

### Hospital HM Rosaleda

Country	City
Spain	La Coruña

Address: Rúa de Santiago León de Caracas, 1, 15701, Santiago de Compostela, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

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**Related internship programs:**

- Hair Transplantation
- Orthodontics and Dentofacial Orthopedics



**Medicine**

### Hospital HM San Francisco

Country	City
Spain	León

Address: C. Marqueses de San Isidro, 11, 24004, León

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

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**Related internship programs:**

- Update in Anesthesiology and Resuscitation
- Nursing in the Traumatology Department



**Medicine**

### Hospital HM Regla

Country	City
Spain	León

Address: Calle Cardenal Landázuri, 2, 24003, León

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

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**Related internship programs:**

- Update on Psychiatric Treatment in Minor Patients



**Medicine**

### Hospital HM Nou Delfos

Country	City
Spain	Barcelona

Address: Avinguda de Vallcarca, 151, 08023 Barcelona

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

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**Related internship programs:**

- Aesthetic Medicine
- Clinical Nutrition in Medicine



**Medicine**

### Hospital HM Madrid

Country	City
Spain	Madrid

Address: Pl. del Conde del Valle de Súchil, 16, 28015, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

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**Related internship programs:**

- Palliative Care
- Anaesthesiology and Resuscitation



**Medicine**

### Hospital HM Montepíncipe

Country	City
Spain	Madrid

Address: Av. de Montepíncipe, 25, 28660, Boadilla del Monte, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

---

**Related internship programs:**

- Palliative Care
- Aesthetic Medicine



Medicine

### Hospital HM Torrelodones

Country: Spain City: Madrid

Address: Av. Castillo Olivares, s/n, 28250, Torrelodones, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Medicine

### Hospital HM Sanchinarro

Country: Spain City: Madrid

Address: Calle de Oña, 10, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Medicine

### Hospital HM Nuevo Belén

Country: Spain City: Madrid

Address: Calle José Silva, 7, 28043, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- General and Digestive System Surgery
- Clinical Nutrition in Medicine



Medicine

### Hospital HM Puerta del Sur

Country: Spain City: Madrid

Address: Av. Carlos V, 70, 28938, Móstoles, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Palliative Care
- Clinical Ophthalmology



Medicine

### Policlínico HM Arapiles

Country: Spain City: Madrid

Address: C. de Arapiles, 8, 28015, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Pediatric Dentistry



Medicine

### Policlínico HM Cruz Verde

Country: Spain City: Madrid

Address: Plaza de la Cruz Verde, 1-3, 28807, Alcalá de Henares, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Advanced Clinical Podiatry
- Optical Technologies and Clinical Optometry



Medicine

### Policlínico HM Distrito Telefónica

Country: Spain City: Madrid

Address: Ronda de la Comunicación, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Optical Technologies and Clinical Optometry
- General and Digestive System Surgery



Medicine

### Policlínico HM Gabinete Velázquez

Country: Spain  
City: Madrid

Address: C. de Jorge Juan, 19, 1° 28001, 28001, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Clinical Nutrition in Medicine
- Aesthetic Plastic Surgery



Medicine

### Policlínico HM Moraleja

Country: Spain  
City: Madrid

Address: P.º de Alcobendas, 10, 28109, Alcobendas, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Rehabilitation Medicine in Acquired Brain Injury Management



Medicine

### Clínica Famed Coslada

Country: Spain  
City: Madrid

Address: Calle de los almendros, 3, 28821, Coslada, Madrid

Center specialized in Aesthetic Medicine, Dentistry, Physiotherapy and Podiatry.

**Related internship programs:**

- Advanced Integrative Medicine and Health
- Aesthetic Medicine





Medicine

### Policlínico HM Sanchinarro

Country	City
Spain	Madrid

Address: Av. de Manoteras, 10,  
28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Family Therapy and Stress for Doctor



Medicine

### Policlínico HM Imi Toledo

Country	City
Spain	Toledo

Address: Av. de Irlanda, 21, 45005, Toledo

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Electrotherapy in Rehabilitation Medicine
- Hair Transplantation



Medicine

### Be Medic

Country	City
Spain	Madrid

Address: C/Marie Curie, 4 Planta  
Superior Starbucks y Vips, 28521 Rivas-  
Vaciamadrid, Madrid

At Be Medic we perform face and body procedures focused on rejuvenation, reduction of imperfections or targeted fat reduction.

**Related internship programs:**

- Aesthetic Plastic Surgery
- Reconstructive Plastic Surgery

09

# 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 we use the Case Method

What should a professional do in a given situation? 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. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning 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, trying to recreate the real conditions in the physician's professional 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. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate 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.



## 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 the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving 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, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. 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 highly 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.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and 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 the videos as many times as you like.



#### Interactive Summaries

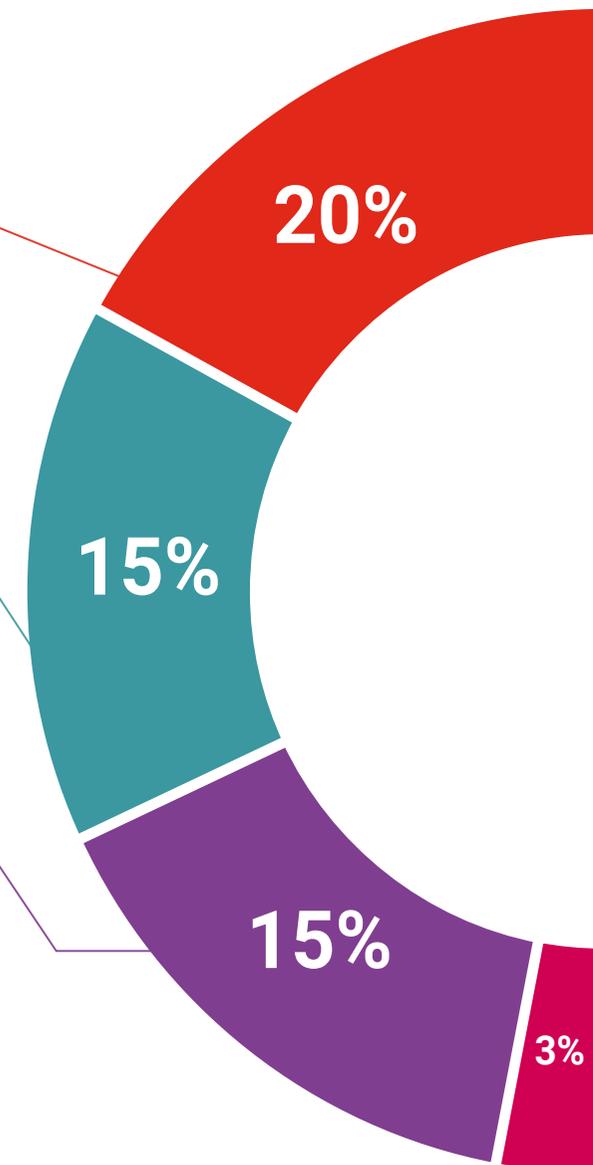
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

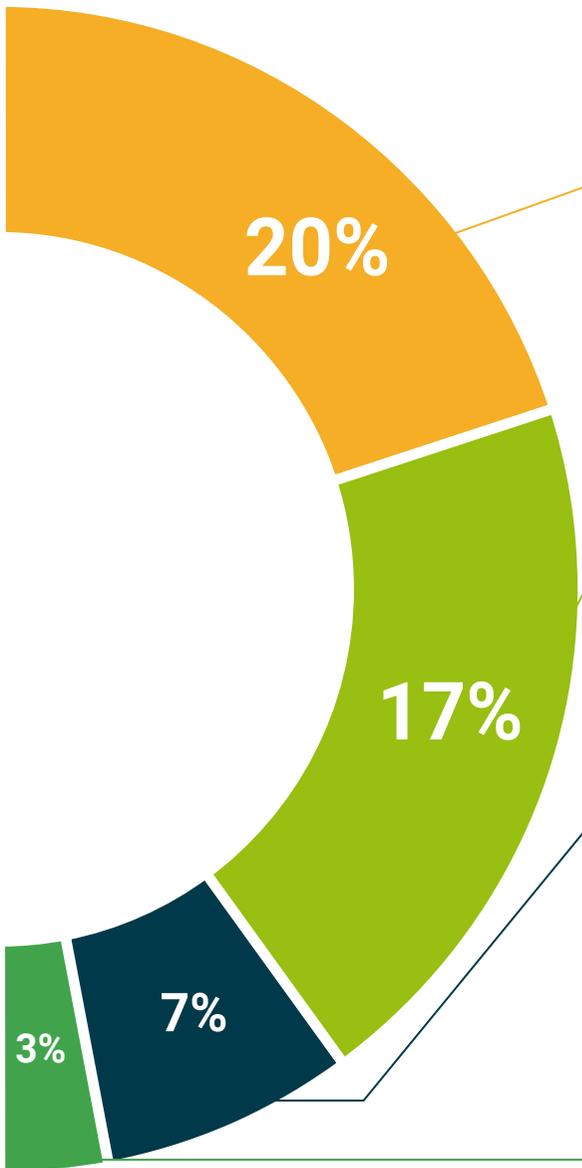
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 on the usefulness of learning by observing experts. The system known as 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.



# 10 Certificate

This Hybrid Professional Master's Degree in Acne Treatment guarantees students, in addition to the most rigorous and up-to-date education, access to a Hybrid Professional Master's Degree diploma issued by TECH Technological University.





“

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

This **Hybrid Professional Master's Degree in Acne Treatment** contains the most complete and up-to-date program on the professional and educational field.

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

In addition to the diploma, students will be able to obtain an academic transcript, as well as a certificate outlining the contents of the program. In order to do so, students should contact their academic advisor, who will provide them with all the necessary information.

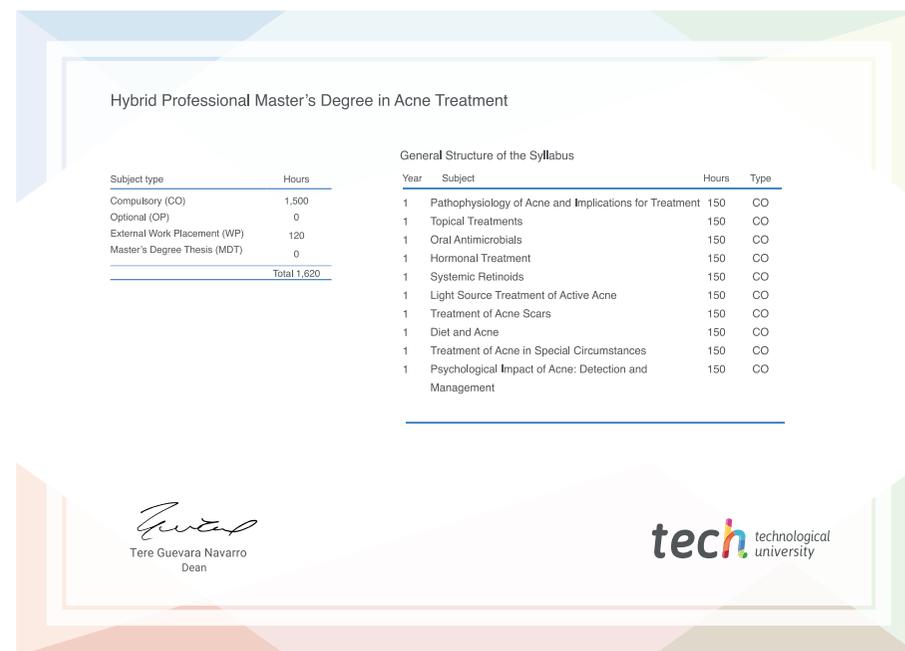
Title: **Hybrid Professional Master's Degree in Acne Treatment**

Modality: **Hybrid (Online + Clinical Internship)**

Duration: **12 months**

Certificate: **TECH Technological University**

Teaching Hours: **1,620 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 information  
knowledge present quality  
development languages  
virtual classroom



## Hybrid Professional Master's Degree

Acne Treatment

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Technological University

Teaching Hours: 1,620 h.

# Hybrid Professional Master's Degree

## Acne Treatment

