

Internship Program Update in Bariatric Surgery



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Internship Program
Update in Bariatric Surgery

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01 Introduction

Obesity is a major health problem in contemporary society. In order to alleviate the collateral effects it produces, such as endocrine and/or metabolic pathologies, in recent years there has been an impulse of research in this field, producing a brutal advance in the bariatric surgical procedure. This makes necessary an update on the part of the surgeon, who now has a great opportunity to catch up thanks to this program. This program, therefore, has been designed to bring the most recent developments in this area to the specialist, who will be able to incorporate the most innovative techniques into their daily work after a 3-week on-site internship in a prestigious clinical center.

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This Internship Program will allow you to learn, in a 100% practical and real environment, the latest advances in Bariatric Surgery”





Bariatric surgery has become in recent years an effective tool in the fight against obesity. This type of intervention is very useful in patients with problems that prevent them from a normal weight loss based on nutrition and physical exercise. Therefore, more and more research is focused on improving this procedure in order to minimize its associated risks and increase its long-term benefits. Thinking of surgeons who want to get up-to-date in this type of surgery, TECH launches this 100% practical program.

It is a program that will allow the professional to learn first hand, and with the accompaniment of specialists from the center itself, the most current procedures in Bariatric Surgery. In addition, they will come into contact with patients in this area, and will be able to carry out a number of practical activities, guaranteeing an immediate and dynamic update, applying the theory in a 100% real environment.

All this will be guided by a tutor specialized in the area, whose professional career and clinical experience will serve as a guide in a comprehensive update in just 120 hours of internship. In addition, the Internship Program guarantees access to the most advanced medical and, in this case, surgical technology, in the use of which the graduate will be able to work through the most innovative and effective approach strategies for each case presented in the consultation. It is, therefore, a unique and unparalleled opportunity to invest 3 weeks in perfecting your skills through an exceptional academic experience, at the same level of demand that characterizes today's medical field.

02

Why Study an Internship Program?

Postgraduate education should go far beyond offering an academic update. In the medical field, the specialist must be provided with new knowledge based on the latest scientific evidence and, to achieve this, it is not enough to offer only theoretical content, it is necessary to provide the tools to put it all into practice. With this idea in mind, TECH has designed a unique and disruptive academic product in the current educational panorama, which will allow the specialist to enter a real clinical environment where they can put into practice the latest procedures and techniques in the field of Bariatric Surgery. During 3 intensive weeks they will be integrated into a multidisciplinary work team, where they will see firsthand both the latest scientific discoveries in the area and how to apply them to their own surgical praxis. A unique academic opportunity that not only revolutionizes traditional pedagogical systems, but also puts the specialist at the center of the equation to offer learning with real utility and adapted to their needs.

1. Updating from the latest technology available

Bariatric Surgery has been revolutionized in recent years thanks to advances such as the application of minimally invasive techniques or even the improvement of the Roux-en-Y gastric bypass. For this reason, and with the aim of bringing the specialist closer to this technology, TECH presents this Internship Program with which the professional will enter a cutting-edge clinical environment, accessing the latest technology in this surgical field.

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

The large team of professionals that will accompany the specialist throughout the internship provides a first-class endorsement and a guarantee of unprecedented updating. With a specifically designated tutor, the student will be able to see real patients in a state-of-the-art environment, which will allow them to incorporate the most effective procedures and approaches in Bariatric Surgery into their daily practice.

3. Entering First-Class Clinical Environments

TECH carefully selects all available centers for Internship Programs. Thanks to this, the specialist will have guaranteed access to a prestigious clinical environment in the area of Bariatric Surgery. In this way, they will be able to see the day-to-day work of a demanding, rigorous and exhaustive sector, always applying the latest theses and scientific postulates in its work methodology.



4. Putting the acquired knowledge into daily practice from the very first moment

The academic market is plagued by teaching programs that are poorly adapted to the daily work of the specialist and that require long teaching hours, often not very compatible with personal and professional life. TECH offers a new learning model, 100% practical, that allows them to get in front of state-of-the-art procedures in the field of Bariatric Surgery and, best of all, to put it into professional practice in just 3 weeks.

5. Expanding the Boundaries of Knowledge

TECH offers the possibility of doing this Internship Program, not only in national, but also in international centers. This way, the specialist will be able to expand their frontiers and catch up with the best professionals, who practice in first class centers and in different continents. A unique opportunity that only TECH, the largest online university in the world, could offer.



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

03 Objectives

The main objective of this Internship Program in Update in Bariatric Surgery is to bring the specialist closer to the latest advances in this surgical area. For this purpose, it offers an on-site internship in a prestigious clinical center, where they will be able to put into practice the most innovative techniques in this field, preparing themselves to apply them, later on, in their own daily work. All this with access to real patients and with the guidance of great experts from the hospital itself.



General Objectives

- Learn, from the experience of highly qualified personnel, the latest approaches in Bariatric Surgery
- Know the general surgical criteria in each of the bariatric surgical techniques
- Know how to handle correctly the necessary tools for Bariatric Surgery in any of its modalities
- Assess specific medical and nutritional complications during bariatric procedures
- Obtain a general vision of the psychotherapy approach in postoperative follow-up care
- Establish the success or failure criteria after bariatric surgery





Specific Objectives

- ◆ Learn the key elements of obesity surgery
- ◆ Perform an exhaustive review of the latest scientific evidence available
- ◆ Describe and understand the most advanced techniques in bariatric surgery
- ◆ Describe the theoretical framework and praxis of multidisciplinary obesity teams
- ◆ Describe the medical legal aspects of Bariatric Surgery
- ◆ Describe the different endoscopic and percutaneous techniques in the treatment of obesity
- ◆ Analyze the short-term to medium-term results achieved with these procedures
- ◆ Evaluate complications
- ◆ Establish the mechanisms of action for each technique
- ◆ Know the historical background and beginnings of obesity surgery
- ◆ Know how to apply the different surgical techniques in the treatment of obesity
- ◆ Establish which is the most appropriate surgical technique for each patient
- ◆ Know ERAS protocols in Bariatric Surgery
- ◆ Break down the different sections within the protocol
- ◆ Analyze the results obtained through the implementation of these protocols
- ◆ Understand the importance of multidisciplinary management
- ◆ Describe the semiology peculiarities of the bariatric patient and the different tools available for the diagnosis of complications

- Define the general characteristics and the surgical strategy in revision surgery
- Determine how different techniques can influence the evolution of the patient
- Monitor the nutritional evolution of the patient
- Establish the basic recommendations in relation to the special nutritional requirements of children, adolescents and elderly candidates for Bariatric Surgery
- Know the nutritional requirements during pregnancy and breastfeeding in women who have previously undergone Bariatric Surgery
- Identify the specific nutritional risks of the menopause after Bariatric Surgery
- Know the history, concept and indications of metabolic surgery
- Understand the Anatomico-Physiological basis of metabolic surgery and inflammatory mediators
- Study the role of gastrointestinal hormones in the resolution of Type 2 Diabetes Mellitus after Bariatric Surgery
- Know the available evidence on Bariatric Surgery in patients with BMI < 35 kg/m², in super obese patients, adolescents and women who wish to procreate
- Determine the adverse effects of Bariatric Surgery on bone metabolism and muscle mass
- Assess current recommendations for Bariatric Surgery in patient candidates for solid organ transplantation or those who have associated cardiological, renal or psychiatric diseases





- ♦ Establish the significance of postoperative gastroesophageal reflux and abdominal wall alterations
- ♦ Know the criteria used for the initial assessment of a patient with aesthetic consequences of obesity after Bariatric Surgery
- ♦ Establish quality standards and appropriate educational programs
- ♦ Identify the most recent technical advances (robotic surgery and NOTES)

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Getting up-to-date in such a complex field as Bariatric Surgery will be very easy thanks to the practical orientation of this updating program”

04

Educational Plan

This program includes a 3-week internship in a clinical center of reference in the field of Bariatric Surgery. Therefore, this internship will be carried out in 8-hour consecutive shifts, in order to guarantee that the specialist is updated without interruptions, in a fluid way, and from Monday to Friday. In addition, they will be accompanied by great experts in this type of intervention, with whom they will be able to meet real patients suffering from this type of pathology.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide health care in areas and conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

The internship will be carried out with the active participation of the student performing the activities and procedures of each area of knowledge (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 clinical practice (learning to be and learning to relate).



The procedures described below will form the basis of the practical part of the training, 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:

Module	Practical Activity
Surgical Treatment of Obesity	Support in the application of different endoscopic and percutaneous treatments: intragastric balloon (Oballon, ELIPSE), <i>Endobarrier</i> , <i>endoscopic plication (Apollo)</i> , <i>gastric electrical stimulation (gastric pacemaker)</i> , <i>ASPIRE method</i> , etc
	Practice with surgical treatments of morbid obesity: adjustable gastric banding, Roux-en-Y gastric bypass, duodenal switch, Nissen-Sleeve, etc
	Practice of other techniques: SAGIS/SASI, Intestinal Bipartition, Gastric Plication, etc
Perioperative Management	Provide support in the collection and analysis of patient information to establish realistic goals and expectations
	Participate in the psychological assessment of the patient
	Practice in the perioperative nutritional management for patients under bariatric surgery
Bariatric Surgery Patient Emergencies	Perform emergency scans in patients with a history of Bariatric Surgery
	Analysis of complications of endoscopic procedures (intragastric balloon, POSE, Apollo)
	Practice fistula management after Bariatric Surgery
	Assessment of the Intestinal Obstruction of the Upper and Lower Digestive Tract (Bridles, Internal Hernias, Trocars, etc.) after Bariatric Surgery
	Participate in the analysis of acute digestive complications: marginal or anastomotic ulcer, stenosis, diarrhea, proctalgia, etc.
	Analysis in the management of bleeding after Bariatric Surgery (Upper GI Hemorrhage, Hemoperitoneum, etc.)
	Assessment of possible hepato-biliary complications secondary to post-surgical intestinal malabsorption Bacterial Overgrowth
	Assess possible medical complications related to Bariatric Surgery (Dumping syndrome, reactive hypoglycemia, cardiopulmonary, renal)

Module	Practical Activity
Revision Surgery and Post-operative Monitoring	Practice in different types of revision surgery: after adjustable gastric banding, after vertical gastrectomy, after duodenal switch, after SADI-S, etc.
	Participate in postoperative monitoring consultations and screening for nutritional deficiency
	Practice the postoperative supplementation to be prescribed and the nutritional recommendations
	Assess what type of treatment is assigned to the patient with complications (critical patient)
Transplantation, Abdominal Wall and Special Situations in Bariatric Surgery	Participate in postoperative assessment of specific complications: anemia, protein deficiency and neurological problems
	Participate and support in the treatment of special situations in Bariatric Surgery: solid organ transplantation and Bariatric Surgery, obesity and gastroesophageal reflux, pregnancy and Bariatric Surgery, effects of Bariatric Surgery on bone metabolism, etc



Receive specialized education in an institution that can offer you all these possibilities, with an innovative academic program and a human team that will help you develop your full potential”

05 Where Can I Do the Internship Program?

In order to guarantee that the learning process is totally effective, TECH has made sure to select the best clinical centers to carry out these internships. Therefore, the specialist will be able to be up-to-date in a real and prestigious environment, receiving advice and guidance from surgeons and physicians of great reputation in the field of Bariatric Surgery. For this reason, this experience can positively mark the career of the professional, who will have acquired the necessary skills to work based on the latest advances in the discipline.

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You will be able to spend your internship in a center of great international prestige, where you will meet real patients and carry out various practical activities”





The student will be able to do this program at the following centers:



Hospital Fuensanta

Country	City
Spain	Madrid

Address: C. de Arturo Soria, 17, 28027 Madrid

Clinical center with medical services in multiple specialties

Related internship programs:

- Nursing Management
- Nursing in the Digestive Tract Department



Instituto de Obesidad (IOB)

Country	City
Spain	Madrid

Address: Calle Apolonio Morales 4 Bis,
Esquina Menéndez Pidal, 28036 Madrid

Clinic specialized in surgical and counseling assistance to obese patients

Related internship programs:

- Diet Therapy
- Update in Bariatric Surgery

06 General Conditions

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 Internship Program, students will be assigned with 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 with 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 Internship Program, 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 Internship Program will receive a certificate accrediting their stay at the center.

5. EMPLOYMENT RELATIONSHIP: The Internship Program shall not constitute an employment relationship of any kind.

6. PRIOR EDUCATION: Some centers may require a certificate of prior education for the Internship Program. 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 Internship Program 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.

07 Certificate

This **Internship Program in Update in Bariatric Surgery** contains the most complete and up-to-date program in the professional and academic landscape.

After the student has passed the evaluations, they will receive their corresponding TECH Internship Program diploma issued by TECH Technological University via tracked delivery.

The diploma issued by TECH will reflect the grade obtained in the test.

Program: **Internship Program in Update in Bariatric Surgery**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour consecutive shifts**

Total Hours: **120 h. of professional practice**



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