

# Internship Program Update in Pediatric Rheumatology



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Internship Program  
Update in Pediatric  
Rheumatology

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# 01 Introduction

In pediatric rheumatology, 360° care is a necessity. Therefore, practical specialization in a quality, state-of-the-art hospital environment, at all levels, becomes an exceptional opportunity for growth. This academic space will allow the medical professional to work in a multidisciplinary team and acquire the experience of the most updated intervention, in an immediate and real way. With an innovative approach, this program focuses on the patient and how to carry out the integral treatment of Rheumatic and Musculoskeletal Diseases in children and adolescents. The professional will be able to keep abreast of new scientific postulates and the most up-to-date therapeutic and diagnostic methods in a setting equipped for this purpose, in a state-of-the-art clinical center.



*This program will bring you up to date with the most advanced therapeutic and diagnostic methods of rheumatic diseases in the pediatric patient"*





This Internship Program will offer a comprehensive approach as it covers all the most important aspects of care for rheumatic and musculoskeletal diseases: from pre- and post-diagnostic care for families, pharmacological criteria, to psychological and emotional care for the affected person and their environment. A holistic approach that will be acquired throughout this program updated according to the latest scientific evidence.

During the course of the course, the professional will have the opportunity to update the basic knowledge necessary to face the situations that arise around a child or adolescent suspected of suffering from an SMED. It is therefore essential for physicians to be able to respond adequately to the evolution of scientific and technological knowledge, and to the evolution of their field of action in the different healthcare systems, by means of an adequate updating of their knowledge.

In addition to all this, there is the irruption that technological innovation has had in the area of the disciplines related to Pediatric Rheumatology. Numerous advances have been made thanks to technology that bring us closer to a better diagnostic and therapeutic knowledge of patients with rheumatologic conditions. Therefore, TECH in its interest to offer an updated and quality higher education, presents this 100% practical program that will allow you to develop, in a real patient and in a hospital setting with state-of-the-art resources, your maximum potential and growth in the area of rheumatologic diseases care.

Over the course of 3 weeks, pediatric patients with musculoskeletal pain or rheumatologic pathologies will be treated by the best specialists, using the latest techniques based on scientific evidence, and achieving results that would have been difficult to achieve before.

# 02

## Why Study an Internship Program?

The health professional must be up to date with the different scientific postulates that address the therapeutics and diagnoses of pathologies in his or her area of specialization. One of the most effective methods for the study of new methods and techniques is through practical study. Therefore, TECH in its interest to offer high academic level training with maximum effectiveness has determined a 100% practical study plan, through which the doctor will address a series of activities related to the care of pediatric patients in a clinical center of reference, of their own choice in the locality of their choice from a list available for this program.



*This program contains a series of activities that the professional will develop alongside experts to care for pediatric patients with ESRD in an advanced way”*

### 1. Updating from the latest technology available

From diagnostic imaging, pharmacology and new doses, as well as new treatments in pediatric rheumatology, to the actions of specialists add value to innovation in the treatment of ESRD. For this reason, and with the aim of bringing the professional closer to these updates TECH presents this Internship Program with which the professional will enter a cutting-edge clinical environment for 3 weeks accompanied by an expert who will guide him/her through each of the processes.

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

During the development of this academic space, the specialist will have the opportunity to integrate a team of versed specialists in the area of Pediatric Rheumatology. In addition, the activity plan concentrates an agenda designed to keep you up to date with the advances and novelties in pharmacological treatments, preventive methods, etc. This was developed by TECH's team of professionals and the intervention of physicians with extensive experience.

### 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 Pediatric Rheumatology. In this way, you 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**

TECH at the forefront of education in the world, has developed this 100% practical program that contemplates a new learning model, 100% practical, which allows you to get in front of the latest generation procedures in the field of Medicine, specifically in ERyME and, best of all, to take it to the daily professional practice in just 3 weeks.

#### **5. Expanding the Boundaries of Knowledge**

To make this Internship Program possible, TECH makes available to the professional a series of prestigious centers in different locations. With the freedom to choose the one that best suits your needs and preferences. There, you will be able to share with specialists with different visions and therapeutic approaches that will enrich the academic experience that breaks down all the frontiers of knowledge.



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

# 03 Objectives

The general objective of the Internship Program in Update in Pediatric Rheumatology is to ensure that the professional updates the diagnostic and therapeutic procedures of the specialty in an exclusively practical way, through a hospital stay designed with clinical and academic rigor, under the guidance of renowned professionals in a hospital center of the highest scientific quality and technological innovation.



## General Objectives

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- Master the latest techniques, modern scientific postulates and application of cutting-edge technologies in Pediatric Rheumatology
- Distinguish between different types of musculoskeletal problems in children, approach and refer if necessary
- Know the specific approach and common cases that occur in the clinical setting of rheumatologic and musculoskeletal diseases in pediatric patients
- Identify social and environmental factors and reflect on their impact on the quality of life of patients and their families







## Specific Objectives

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- Update procedures for the care of a child with suspected HFMD
- Determine the usefulness and efficacy of the most advanced diagnostic tests used in the area
- Identify the manifestations of pain in the patient
- Recognize the consequences of the patient's pain in the family environment
- Distinguish the most common and the rarest causes of pain in the different body regions of the musculoskeletal system
- Apply the differential diagnosis in the suspicion of arthritis in its different forms of onset
- Review the association of fever with other systemic manifestations of inflammation of the eye, skin, and digestive system
- Recognize the rheumatologic significance of inflammation and fever and other symptoms such as gait disturbance, hyperlaxity or deformity
- Review actions to avoid, such as overdiagnosis and medicalization of the extremes of reality
- Review the most up-to-date pharmacological and non-pharmacological treatments
- Define the adverse effects of medications
- Follow the evolution of a pharmacological treatment in children and adolescents
- Provide a psychological approach to patients and their families in the treatment of RMDs
- Know the indication of physical exercise as a rehabilitation technique
- Recognize the opportunity of orthopedic surgery
- Describe the appropriate nutritional guidelines
- Distinguish the different existing social supports
- Choose specific preventive attitudes according to diseases and treatments and treatments
- Recognize osteoporosis in children and its necessary consideration
- Create and maintain appropriate communication with adolescent patients and the interdisciplinary team and with the interdisciplinary team



*With this program you will be able to master the new diagnostic and therapeutic procedures for patient management working on a wide variety of rheumatologic conditions in pediatric ages"*

# 04 Educational Plan

The Internship Program of this program in Pediatric Rheumatology Update consists of a practical stay in a prestigious hospital center for 3 weeks with intensive days from Monday to Friday, working alongside an assigned tutor and integrating a multidisciplinary team. This stay will allow you to see real patients and apply the most innovative diagnostic procedures, as well as to plan the latest generation of therapy for each pathology presented in the office.

In this training proposal, completely practical in nature, the activities are aimed at developing and perfecting the competencies necessary for the provision of health care in areas and conditions that require a high level of qualification, and which are oriented towards specific training for the exercise of the activity, in an environment of patient safety and high professional performance.

It is undoubtedly an opportunity to learn by working in the innovative hospital of the future where real-time health monitoring of patients is at the heart of the digital culture of its professionals. This is a new way of understanding and integrating health processes, making it the ideal teaching scenario for this innovative experience in the improvement of the physicians professional competencies for the 21st century.

The practical teaching 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 the professors and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for Clinical Analysis (learning to be and learning to relate).





The procedures described below will form the basis of the practical part of the training, and their completion 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
<b>Management of the patient with symptoms of HFMD</b>	Obtain a complete history of the child's symptoms, along with family history
	Explore the patient's physiology to rule out swelling, warmth or redness of the joints, joint deformities or cramps and movement difficulties
	Review laboratory tests and recent imaging previously performed and in case of not possessing refer the realization of the most appropriate as: CT, MRI or Bone Scintigraphy
	Identify the manifestations of pain in the patient
	Perform different tests such as the study of synovial fluid, HLA system, ASLO, among others
<b>Non-Pharmacological Treatment and Psychosocial Support</b>	Ruling out the need for orthopedic surgery
	Determine an appropriate nutrition plan for the patient
	Prescribe regular physical activity
	Indicate the Physiotherapy adjusted to the patient's needs
	Participate in orthopedic surgery
	Perform biological therapies, subcutaneous or intravenous, or JAK inhibitor therapies
<b>Pharmacological treatment in pediatric rheumatology</b>	Prescribe nonsteroidal anti-inflammatory drugs and low doses of cortisone
	Indicate Methotrexate for the treatment of juvenile idiopathic arthritis
	Perform symptomatic treatments
	Performing Targeted Treatments
	Evaluate the evolution of the pediatric patient with the assigned treatments
<b>Preventive Activities</b>	Implement the Vaccination Plan
	Indicate Chemoprophylaxis
	Perform Tuberculosis Screening
	Perform screening for osteoporosis in children

# 05

## Where Can I Do the Internship Program?

TECH offers today's professionals a series of hospital centers with the highest level of assistance and up-to-date care methods. In this way, you will be able to carry out your Internship Program alongside the most expert specialists in Pediatric Rheumatology and join the multidisciplinary work team that will give you the update you are looking for to incorporate it into your regular clinical practice.

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*Choose a prestigious clinical center in the locality of your choice and immediately put into action everything you have learned with the best professionals in the sector”*





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



Medicine

### Hospital Maternidad HM Belén

Country	City
Spain	La Coruña

Address: R. Filantropía, 3, 15011, A Coruña

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

**Related internship programs:**

- Update in Assisted Reproduction
- Hospitals and Health Services Management



Medicine

### Hospital HM Rosaleda

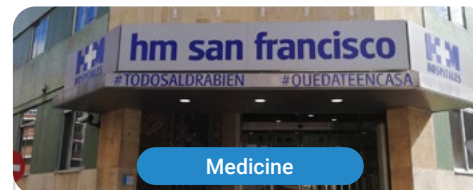
Country	City
Spain	La Coruña

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.

**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.

**Related internship programs:**

- Update in Anesthesiology and Resuscitation
- Trauma Nursing



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.

**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.

**Related internship programs:**

- Aesthetic Medicine
- Clinical Nutrition in Medicine



Medicine

### Hospital HM Torrelodones

Country City  
Spain 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 City  
Spain 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

### Policlínico HM Cruz Verde

Country City  
Spain 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	City
Spain	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 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:**

- Gynecological Care for Midwives
- Nursing in the Digestive Tract Department



Medicine

### Policlínico HM Virgen del Val

Country	City
Spain	Madrid

Address: Calle de Zaragoza, 6, 28804,  
Alcalá de Henares, Madrid

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

**Related internship programs:**

- Diagnosis in Physiotherapy
- Physiotherapy in Early Care

# 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 educational entity undertakes to take out civil liability insurance to cover any eventuality that may arise during the stay at the internship center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. In this way, the professional will not have to worry in case they have to face an unexpected situation and will be covered until the end of the practical 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 Pediatric Rheumatology** contains the most complete and up-to-date program in the professional and academic landscape.

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

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

Title: **Internship Program in Update in Pediatric Rheumatology**

Duration: **3 weeks**

Attendance: **Monday to Friday, shifts of 8 consecutive hours**

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



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