

# Postgraduate Certificate

## Geriatric Rheumatic Patient Approach





## Postgraduate Certificate Geriatric Rheumatic Patient Approach

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-certificate/geriatric-rheumatic-patient-approach](http://www.techtute.com/us/medicine/postgraduate-certificate/geriatric-rheumatic-patient-approach)

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# 01

# Introduction

The Geriatric Rheumatic Patient Management is a specific medical approach for the elderly population suffering from rheumatic pathologies. It is important to take into account that aging has a direct impact on the development of these diseases, so their diagnosis and treatment must be addressed in a comprehensive and specific manner. That is why TECH presents a program which aims to delve into the concept of aging, the different pathologies that may occur in this population, integrating the disease with the functional and social aspect of the patient. In addition, the program is taught with a 100% online and theoretical-practical methodology to achieve a better understanding and application of the knowledge acquired.





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*Improve your clinical practice with pharmacovigilance programs and prescription quality indicators that you will see by taking this Postgraduate Certificate in Geriatric Rheumatic Patient Approach"*

The specialized care of geriatric patients with rheumatic diseases is a matter of vital importance in the field of medicine, since this population presents a series of particularities and special needs that must be adequately addressed. With the aging of the population, more and more elderly people require care for this type of diseases, so it is necessary to have qualified professionals in this area.

This is why TECH presents this Postgraduate Certificate in Geriatric Rheumatic Patient Approach, which aims to provide health professionals with the necessary tools for proper and effective management of this population. This program will address topics such as the physiology of aging, demography and epidemiology of aging, medical assessment and complementary tests in the elderly, comprehensive geriatric assessment, among others.

In addition, during this program, participants will acquire fundamental knowledge about rheumatic diseases in the geriatric population, their diagnosis, treatment and follow-up. Also, topics related to pharmacotherapy in the elderly patient, geriatric syndromes and the importance of physical exercise in aging will be addressed.

The Postgraduate Certificate is a 100% online program where the graduate, through multimedia didactic material, complementary readings and simulations of clinical case studies, will delve into aging, the most frequent diseases, as well as advances in diagnostic techniques and pharmacological and non-pharmacological treatments. All of them, from a theoretical-practical perspective and a pedagogical methodology that moves away from long hours of study, the *Relearning system*.

This **Postgraduate Certificate in Geriatric Rheumatic Patient Approach** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of case studies presented by experts in medicine focused on the approach to the geriatric rheumatic patient
- ◆ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ◆ Practical exercises where self-assessment can be used to improve learning
- ◆ Its special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*Stand out in a booming sector by discovering the most used scales in the functional, mental and social evaluation of the geriatric patient in our Postgraduate Certificate"*



*Learn about pharmacokinetic differences and their impact on pharmacological prescription in the elderly population in this TECH program in Geriatric Rheumatic Patient Approach"*

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

Its multimedia content, developed with the latest educational technology, will allow the professional a situated and contextual learning, that is, a simulated environment that will provide an immersive education programmed to learn 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 during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Learn in an innovative way with TECH's Relearning methodology and become an expert in the Approach to the Geriatric Rheumatic Patient.*

*Approach the geriatric patient as a whole: functional, social and disease aspect in a global approach in this Postgraduate Certificate.*



# 02 Objectives

The objective of this Postgraduate Certificate in Management of the Geriatric Rheumatic Patient is to offer a complete and updated education in diagnostic and therapeutic procedures in Geriatric Rheumatology. During the program, the graduate will have access to rigorous scientific information that will allow them to apply a holistic approach in the treatment of geriatric patients, using the latest pharmacological and non-pharmacological advances in the most frequent pathologies. In addition, to achieve this objective, the course focuses on aspects such as delving into the concept of aging, integrating the functional and social aspect of the geriatric patient in its global approach and many other topics which you will learn about below.





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*This program is offered as a unique opportunity for those health professionals who wish to specialize in the approach to the geriatric rheumatic patient and improve the quality of care for this population"*



## General Objectives

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- ◆ Delve into the processes of aging, its clinical, diagnostic and prognostic implications
- ◆ Research on the specific biological and physiological determinants of geriatric patients
- ◆ Delve into the reasons why pathologies manifest themselves differently in geriatric patients, as well as the pharmacological characteristics that condition their treatments
- ◆ Update knowledge about the biopsychosocial determinants related to the aging process
- ◆ Promote comprehensive and holistic care in geriatric patients with rheumatic pathologies, whether measured by the immune system, bone metabolism, paraneoplastic or degenerative manifestations





## Specific Objectives

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- ◆ Delve into the concept of aging, updating the knowledge of the biological and physiological bases of the involutive process
- ◆ Delve into the different pathologies and their peculiarities in the elderly population
- ◆ Provide a global approach to the geriatric patient, integrating the disease with the functional and social aspect as a whole
- ◆ Study the pharmacokinetic differences in this elderly population that condition pharmacological prescription, as well as pharmacovigilance programs and prescription quality indicators
- ◆ Delve into the handling of the most frequently used scales in the evaluation of the functional, mental and social spheres of the elderly patient

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*Study at your own pace and at any time of the day thanks to TECH and its latest generation online platform, where you will have the most updated resources and the best experts in the geriatric sector”*

03

# Course Management

In line with its commitment to provide high quality education to all, TECH strives to offer a program of excellence to all interested professionals. This is why a rigorous selection process is carried out to select the teachers that make up the teaching team of the Postgraduate Certificate in Geriatric Rheumatic Patient Approach. Graduates will have access to information developed by experts in rheumatology, pain, geriatric patient care, as well as prevention strategies and management of frailty in the national health system. This multidisciplinary and comprehensive knowledge will allow students to update their knowledge in the field of Geriatric Rheumatology.





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*Learn from the best professionals in the field and acquire the skills and knowledge necessary to provide holistic, quality care to your geriatric patients"*

## International Guest Director

El Doctor Vikas Majithia es una figura de renombre internacional en el campo de la Reumatología, reconocido por su liderazgo y contribuciones en la investigación clínica y la práctica médica. Así, ha dedicado su carrera al tratamiento de enfermedades inflamatorias como la Artritis Reumatoide, la Artritis Psoriásica, el Lupus y la Vasculitis, y es un experto en procedimientos como la Artrocentesis y las Inyecciones Articulares.

De este modo, cuenta con una carrera distinguida en el ámbito académico y médico, destacando su rol como Jefe de la División de Reumatología en la Clínica Mayo de Florida, Estados Unidos. Además, ha ejercido como Director de la División de Reumatología en el Centro Médico de la Universidad de Mississippi, donde ha supervisado. También ha trabajado como reumatólogo en el Centro Médico VA GV (Sonny) Montgomery, brindando atención a veteranos por más de una década.

Asimismo, su dedicación a la investigación clínica lo ha llevado a ser el investigador principal en numerosos ensayos y estudios, contribuyendo con más de 40 publicaciones revisadas por pares y varios capítulos de libros. De hecho, su compromiso con la investigación continua lo mantiene al frente de proyectos clave, siendo responsable de la implementación de estudios clínicos avanzados en la Clínica Mayo, entre ellos el estudio CLASSIC en Espondiloartritis Axial, el estudio de Defensores de Pacientes en Lupus (PALS), financiado por PICORI, y el estudio RAPROPR para evaluar los resultados en pacientes con Artritis Reumatoide entre varios medicamentos biológicos no-TNF.

Entre sus logros más destacados, ha recibido múltiples reconocimientos, incluyendo el prestigioso Premio Pionero en Medicina y Ciencia, así como el Premio de Literatura de la Fundación de Investigación y Educación por Investigación Estudiantil, otorgado por la Sociedad Americana de Farmacéuticos del Sistema de Salud, siendo considerado uno de los Mejores Doctores de América.



## Dr. Majithia, Vikas

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- ♦ Jefe de la División de Reumatología, Departamento de Medicina, Clínica Mayo, Florida, Estados Unidos
- ♦ Director de la División de Reumatología en el Centro Médico de la Universidad de Mississippi
- ♦ Reumatólogo en el Centro Médico VA GV (Sonny) Montgomery
- ♦ Beca en Reumatología por el Centro Médico de la Universidad de Mississippi
- ♦ Máster en Salud Pública por la Escuela de Salud Pública Bloomberg de Johns Hopkins (BSPH)
- ♦ Doctorado en Medicina por el Instituto de Ciencias Médicas de Posgrado Pandit Bhagwat Dayal Sharma
- ♦ Licenciado en Medicina y Ciencias Biológicas por el Instituto de Ciencias Médicas de Posgrado Pandit Bhagwat Dayal Sharma

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

## Management



### Dr. García Martos, Álvaro

- ◆ Specialist in Rheumatology at the Hospital Universitario del Tajo
- ◆ Specialist in Rheumatology at the Hospital Universitario 12 de Octubre
- ◆ Associate Professor of Rheumatology at the University Alfonso X, El Sabio
- ◆ Research proficiency from the Complutense University of Madrid
- ◆ Degree in Medicine from the University of Cantabria
- ◆ Master's Degree in Rheumatic Diseases mediated by the Immune System, Universidad Rey Juan Carlos and the Spanish Society of Rheumatology
- ◆ EFSUMB Certification: Musculoskeletal Ultrasound level 1
- ◆ Levels A and B of Musculoskeletal Ultrasound of the Spanish Society of Sports Medicine

## Professors

### Dr. Ruiz Pinto, Ana

- ◆ Assistant specialist in Geriatrics at the Hospital Universitario del Tajo
- ◆ Research Sufficiency by the University of Alcalá de Henares
- ◆ Master's Degree in Clinical Management, Medical and Healthcare Management from the CEU Cardenal Herrera University
- ◆ Member of: Humanization Commission of the Hospital Universitario del Tajo, Socio-sanitary Commission of the Hospital Universitario del Tajo, Subcommittee of the Program for the Optimization of Antimicrobial Use of the Hospital Universitario del Tajo, Early Mobilization Working Group of the Hospital Universitario del Tajo

#### **D. Díaz Alcalde, Víctor**

- ◆ CEO and personal trainer at PROHEALTH by Víctor Díaz
- ◆ Teacher at the Institute of Nutrition and Health Sciences (ICNS) of the Catholic University of Murcia
- ◆ Physical trainer and injury readaptor at Club Atlético de Madrid
- ◆ Sports Coordinator at Fitness Place Sport Center
- ◆ Master's Degree in Physical Activity and Health from the European University Miguel de Cervantes
- ◆ Postgraduate Diploma in preventive exercise applied to people with chronic pathologies, Francisco de Vitoria University
- ◆ Postgraduate Diploma in planning and prescription of therapeutic exercise by Isabel I University
- ◆ Postgraduate Diploma in prevention, intervention and functional recovery of injuries by the Polytechnic University of Madrid
- ◆ Degree in Physical Activity and Sports Sciences from the Universidad Autónoma de Madrid



04

# Structure and Content

With the aim of providing a complete education in the field of Geriatric Rheumatology, the highly specialized teaching team has developed a syllabus that delves into the particular aspects of Geriatric Patients from a physiological, biological and molecular perspective. In addition, through a variety of additional didactic resources, participants will be able to update their knowledge on specific characteristics of the geriatric patient on an individualized basis. All this, with the advantage of having a virtual platform available 24 hours a day, accessible from any device with internet connection.





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*Enhance your knowledge of Geriatric Rheumatology from the comfort of your home with this 100% online Postgraduate Certificate"*

## Module 1. Specific characteristics of the geriatric patient

- 1.1. Physiology of aging
  - 1.1.1 Aging
  - 1.1.2 Biological process of aging
- 1.2. Demography and epidemiology of aging
  - 1.2.1 Aging in Spain and the rest of the world
  - 1.2.2 Morbimortality in the elderly population and new challenges
- 1.3. Longevity and life expectancy
  - 1.3.1 Senescence processes and possible pathways of regulation
  - 1.3.2 Healthy aging
- 1.4. Disease in the elderly
  - 1.4.1 Intrinsic capacity, frailty and functional continuum
  - 1.4.2 Acute, chronic and multimorbidity disease
  - 1.4.3 Specialized geriatric care
- 1.5. Pharmacotherapy in the elderly patient
  - 1.5.1 Pharmacokinetic and pharmacodynamic modifications
  - 1.5.2 Pharmacovigilance
  - 1.5.3 Prescription quality
- 1.6. Medical assessment and complementary tests in the elderly patient
  - 1.6.1 Medical History
  - 1.6.2 Physical Examination
  - 1.6.3 Complementary Tests
- 1.7. Comprehensive geriatric assessment (CGA)
  - 1.7.1 Components of the IGV
  - 1.7.2 Instruments used in IGV



- 1.8. Geriatric syndromes (GS)
  - 1.8.1 Characteristics of GS
  - 1.8.2 Classification and prevalence of GS
  - 1.8.3 Recommendations for the preventive and therapeutic management of SGs
- 1.9. Aging and physical exercise
  - 1.9.1 Neuromuscular system and aging
  - 1.9.2 Cardiovascular function, physical exercise and aging
  - 1.9.3 Biomechanics and mobility assessment
- 1.10. Health care of the elderly patient
  - 1.10.1 Levels of care and social resources
  - 1.10.2 BORRAR
  - 1.10.3 Management and quality of care in health care for the elderly



*Do not miss the opportunity to specialize in Geriatric Rheumatology with this 100% online program and take advantage of one of the most innovative methodologies, Relearning to maximize your learning"*



05

# 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.



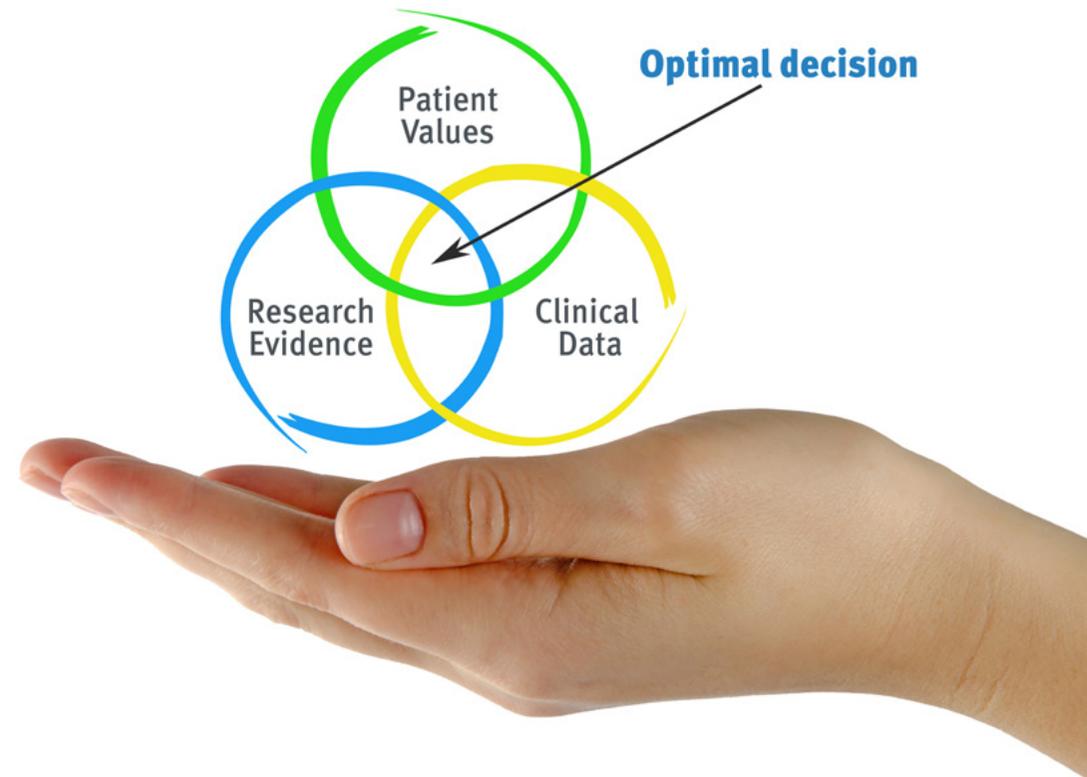
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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.

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*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

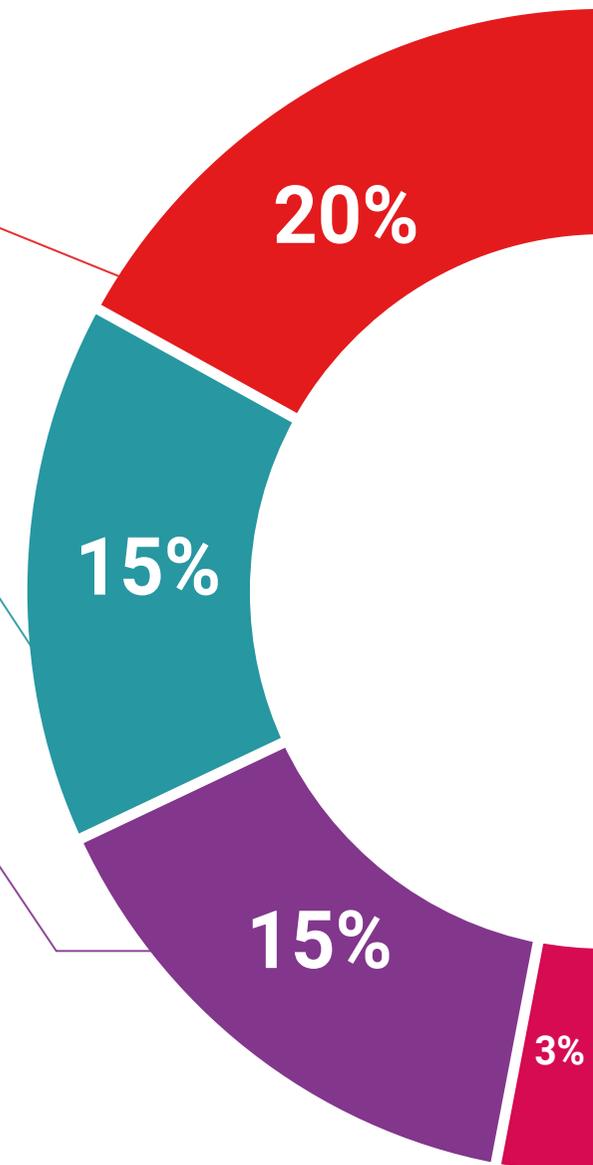
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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.



# 06 Certificate

The Postgraduate Certificate in Geriatric Rheumatic Patient Approach guarantees, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate program issued by TECH Global University.



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

This program will allow you to obtain your **Postgraduate Certificate in Geriatric Rheumatic Patient Approach** endorsed by **TECH Global University**, the world's largest online university.

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

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

Title: **Postgraduate Certificate in Geriatric Rheumatic Patient Approach**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



**Postgraduate Certificate**  
Geriatric Rheumatic  
Patient Approach

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- » Duration: 6 weeks
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- » Credits: 6 ECTS
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# Postgraduate Certificate

## Geriatric Rheumatic Patient Approach

