

# Postgraduate Certificate Health and Disease Assessment in Old Age





## Postgraduate Certificate Health and Disease Assessment in Old Age

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-certificate/health-disease-assessment-old-age](http://www.techtute.com/us/medicine/postgraduate-certificate/health-disease-assessment-old-age)

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# 01

# Introduction

The evaluation of elderly patients presents certain particularities that are being modified by the progressive increase in life expectancy. Therefore, it is essential for physicians to update their knowledge of psychogeriatrics in order to correctly diagnose their patients. In this sense, TECH has developed a degree that includes the latest scientific advances in Health and Disease Assessment in Old Age. Including the three axes around which a good diagnosis revolves: psychic, physical and social. Contents that will be taught through a 100% online modality and without timetables. Thus favoring conciliation on the part of the physician.



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*Enroll in TECH and get up to date on the latest scientific advances in the evaluation of patients in the elderly”*



The evaluation of older patients involves added difficulties. In many occasions it is difficult for them to identify and express the problems they are suffering. Therefore, it becomes essential for physicians to be able to identify on their own the signs that reveal the psychopathology they are suffering from.

In this sense, TECH has developed a program with the latest advances in Psychogeriatrics and Psychodiagnosis. But also, with real cases explained by prestigious physicians who will indicate the processes that made it possible to evaluate the patient.

The syllabus also includes complete and concise explanations of psychological, physical and social assessment in the elderly. It provides a detailed description of their particularities and the activities recommended for elderly people who are in good health.

All this, through a 100% online modality, without timetables and with all the syllabus available from the first moment. This way, the students will be able to organize themselves according to their needs and reconcile their personal and professional lives.

The **Postgraduate Certificate in Health and Disease Assessment in Old Age** contains the most complete and up-to-date educational program on the market. The most important features include:

- The development of case studies presented by experts in Psychogeriatrics
- The graphic, schematic, and eminently 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



*TECH teachers will provide you with some tips on how to carry out the cognitive assessment in cases where the patient has difficulty communicating"*

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*Memory loss is common in all elderly people. However, with the keys that we provide in this degree, you will be able to determine more easily if it is a psychopathology”*

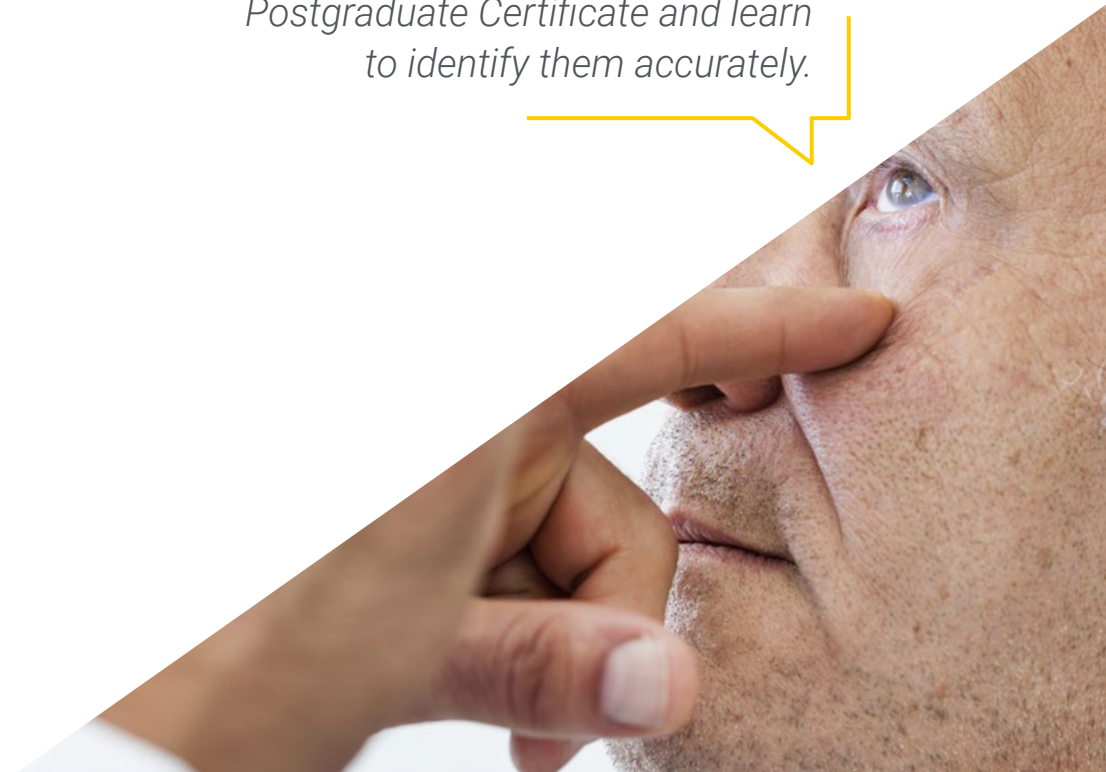
The program's teaching staff includes professionals from the sector who contribute their work experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive training 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 during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Factors such as the number of friends or economic capacity can influence the health of the elderly. By taking this degree, you will learn about the other elements that have an influence.*

*The increase in life expectancy is intensifying certain psychopathologies. Enroll in this Postgraduate Certificate and learn to identify them accurately.*



# 02 Objectives

The ultimate goal of this degree is for the physician to apply the latest knowledge in psychogeriatrics and evaluation of the elderly patient in their practice. To this end, the most recent research and studies will be reviewed, the keys to psychological, physical and social evaluation will be provided, and the activities that an elderly person should be able to perform in optimal health will be detailed.





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*The Relearning methodology used by TECH will allow you to assimilate learning without the need to dedicate excessive hours of study”*



## General Objectives

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- Analyze the latest research in the area of Psychogeriatrics
- Define the general parameters of Health and Disease in Old Age



*TECH and its students share the same objective: to expand knowledge in Psychogeriatrics in order to offer the best possible care to the elderly"*





## Specific Objectives

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- Conduct a physical, psychological and social evaluation
- Determine how psychological and social factors affect physical activity
- Observe the ability to solve problems



# 03

# Course Management

TECH teachers have been selected from among highly prestigious physicians for their excellence in the practice of medicine and for their extensive academic careers. This will enable students to obtain the highest quality education possible. In addition, it will be possible to work with real cases explained by the professionals who participated in them. Allowing extrapolation of theoretical knowledge to daily practice.



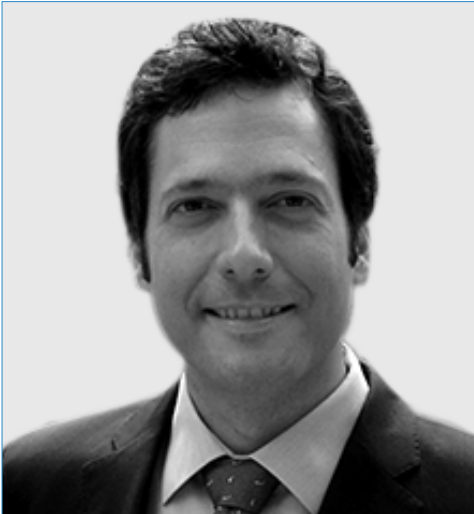




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*TECH's teaching staff will accompany you throughout the learning process so that you can solve any doubts you may have at any time"*

## Management



### Dr. Anasagasti, Aritz

- ◆ European specialist psychologist in Psychotherapy by the EFPA at the CEP health center in Bilbao
- ◆ President of Emotional Network
- ◆ Master in Time-Limited Psychotherapy and Health Psychology
- ◆ Psychogeriatrics Specialist
- ◆ Creator of the homebased intervention
- ◆ Member of the Basque Association of Gestalt Therapy
- ◆ Reciprocal Interaction Psychotherapist
- ◆ Specialist in neurodegenerative diseases from the Basque Country University
- ◆ Responsible for the computer development of Emotional Management and treatment in the elderly

## Coordination



### Dr. Aguado Romo, Roberto

- ◆ Psychologist specializing in Clinical Psychology
- ◆ European specialist psychologist in psychotherapy
- ◆ Managing Director of evaluation and psychotherapy centers in Madrid, Bilbao, and Talavera de la Reina
- ◆ Author of Time-Limited Psychotherapy
- ◆ Researcher at CerNet, Emotional Network, and European Institute for Time-Limited Psychotherapies

## Professors

### Dr. Fernández Sánchez, Angel

- ♦ European specialist psychologist in Psychotherapy from the EFPA
- ♦ Health Psychologist. Master's Degree in Clinical and Health Psychology
- ♦ Director of the Evaluation and Psychotherapy Center of Madrid
- ♦ Tutor in charge of the Psychodiagnosis and Psychological Intervention area of the CEP
- ♦ Author of the TEN. technique
- ♦ Head of studies on the Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in Clinical Hypnosis and Relaxation

### Dr. Martínez-Lorca, Manuela

- ♦ Doctorate in Psychology from the University of Castilla-La Mancha
- ♦ Health Psychologist. Lecturer in the Department of Psychology at the UCLM
- ♦ Master in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies.
- ♦ Specialist in Clinical Hypnosis and Relaxation

### Dr. Roldan, Lucia

- ♦ Health Psychologist
- ♦ Cognitive-behavioral intervention specialist
- ♦ Master in Time-Limited Psychotherapy and Health Psychology

- ♦ Expert in energy therapy intervention

### Dr. Otero, Verónica

- ♦ European specialist psychologist in Psychotherapy at the CEP health center in Bilbao
- ♦ Head of the children and youth area of intervention with PTL in the CEP of Bilbao
- ♦ Master in Time-Limited Psychotherapy and Health Psychology
- ♦ Child and Adolescent Specialist

### Dr. Zabala Baños, María Carmen

- ♦ Doctorate in Psychology from the Castilla la Mancha University
- ♦ Health Psychologist. Master's Degree in Clinical and Health Psychology
- ♦ Master in Time-Limited Psychotherapy and Health Psychology
- ♦ Psychosocial and Work Rehabilitation Specialist
- ♦ UCLM European specialist psychologist in psychotherapy. EFPA
- ♦ Specialist in Clinical Hypnosis and Relaxation

# 04

## Structure and Content

The syllabus of the Postgraduate Certificate in Health and Disease Assessment in Old Age approaches the assessment of the elderly patient from two different perspectives. But always, based on the latest studies and research. On the one hand, the different elements involved in the psychological, physical and social evaluation will be defined. Such as medical history, blood tests, cognitive assessment or social network sharing. On the other hand, the presence or absence of activities that denote good health will be analyzed. Such as autonomy in movement, the ability to read or the ability to hold a conversation.







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*TECH has elaborated an extensive and complete syllabus so as not to leave out basic elements of evaluation and diagnosis in the elderly"*

## Module 1. Health and Disease Assessment in Old Age

- 1.1. Physical and Mental Health in Aging
- 1.2. Physical Evaluation
  - 1.2.1. Medical History
  - 1.2.2. General Physical Evaluation
  - 1.2.3. Analysis
  - 1.2.4. Neurological Examination.
  - 1.2.5. Other Examinations.
- 1.3. Psychical Assessment.
  - 1.3.1. Medical History
  - 1.3.2. Life History
  - 1.3.3. Cognitive Assessment.
  - 1.3.4. Memory and Attention Assessment
  - 1.3.5. Behavioral Assessment
  - 1.3.6. Evaluation of the Most Frequent Psychological Disorders in the Elderly
- 1.4. Social Assessment
  - 1.4.1. Shared Social Network
  - 1.4.2. Belonging to Groups
  - 1.4.3. How Many Friends Do They Have at the Moment?
  - 1.4.4. How Many Friends Did They Have Before?
  - 1.4.5. Financial Capacity
  - 1.4.6. Recent and Old Relationships
  - 1.4.7. Social Involvement.
- 1.5. Physical Aging.







- 1.6. Physical Activity
  - 1.6.1. Movement Autonomy
  - 1.6.2. Ability to Travel or Move Around
  - 1.6.3. Motor Coordination.
  - 1.6.4. Level of Tiredness and Fatigue
  - 1.6.5. Daily Life Activities
- 1.7. Mental Activity.
  - 1.7.1. Ability to Read
  - 1.7.2. Ability to Have a Get-Together
  - 1.7.3. Flexibility/Rigidity in Reasoning
  - 1.7.4. Creativity in Old Age
- 1.8. Problem Solving Activity.
  - 1.8.1. Ability to Hold a Conversation
  - 1.8.2. Leave the Monologue
  - 1.8.3. Empathize.
  - 1.8.4. Conflict Resolution
  - 1.8.5. Allow Win-Win Relationships

“*Put into practice, together with prestigious physicians, the most up-to-date techniques for detecting psychopathologies in the elderly”*

# 05

# Methodology

This training program provides you with 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 abundant 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 Harvard 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 Spanish-speaking 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 high 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 termed Learning from an Expert strengthens knowledge and recall capacity, and generates confidence in the face of difficult decisions in the future.



#### 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 Health and Disease Assessment in Old Age guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.







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

The **Postgraduate Certificate in Health and Disease Assessment in Old Age** contains the most complete and up-to-date scientific program on the market

After passing the assessments, the student will receive, their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained through the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional from career evaluation committees.

Title: **Postgraduate Certificate in Health and Disease Assessment in Old Age**

Official N° of Hours: **175 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.

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



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