

Postgraduate Certificate

Integrative Approach to Chronic Diseases





Postgraduate Certificate Integrative Approach to Chronic Diseases

Course Modality: Online

Duration: 3 months.

Certificate: TECH Technological University

7 ECTS Credits

Teaching Hours: 175 hours.

Website: www.techtute.com/medicine/postgraduate-certificate/postgraduate-certificate-integrative-approach-chronic-diseases

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01

Introduction

Reducing or supplementing medication use and iatrogenesis in chronic disease is possible with the intervention of Integrative Medicine. This medical discipline, which is booming, is also one of the most effective means of diagnosis and treatment of this type of ailments. Through a holistic approach, the results of conventional medicine are combined with the proven benefits of complementary medicine. For this reason, TECH together with SESMI have created this program, a multidisciplinary approach in which the professional will find a new way of working at the forefront of the latest techniques and advances.





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Learn about a different medical approach that will provide you with a comprehensive intervention in patients with chronic pathology”

Integrative Medicine is a field of Health Sciences that is in full development in the most advanced countries, with a large percentage of the population using complementary or alternative forms of treatment at least once in their lifetime: 48% in Australia, 70% in Canada, 42% in the USA, 38% in Belgium, and 75% in France.

The push for this approach is motivating its inclusion in public health services in countries such as the United Kingdom, Germany, Belgium, the Netherlands and the Nordic countries. For example, 90% of pain management services in the United Kingdom and 70% in Germany include acupuncture among the treatments they provide.

In 1998, the European Union completed a COST (European Cooperation in the field of Scientific and Technical Research) project on non-conventional medicine. With the participation of several government, including Spain, they attempted to demonstrate the possibilities, limitations, and significance of alternative medicine, establishing a common scientific framework, harmonizing legislation, and helping to control healthcare costs. The CAMBRELLA project, a pan-European research network on natural therapies, was launched in January 2010 and has been funded with more than 1.5 million euros through the EU's Seventh Framework Program. The working groups that make up CAMBRELLA focus on terminology, legal framework, patient needs, the role of natural therapy treatments in healthcare systems and research methodology.

The World Health Organization expressed in this regard the explicit desire to incorporate Traditional Medicine on a global level in its 2014-2023 Strategy.

This **Postgraduate Certificate in Integrative Approach to Chronic Diseases** contains the most complete and updated scientific program on the market. The most important features of the syllabus are:

- More than 75 clinical cases presented by experts in Integrative Medicine and Health.
- Graphic, schematic, and eminently practical contents with scientific and practical information on the disciplines that are essential for professional practice.
- Diagnostic-therapeutic developments on assessment, diagnosis, and treatment in Integrative Medicine and Health.
- Practical exercises where the self-evaluation process can be carried out to improve learning.
- Clinical iconography and diagnostic image tests.
- Algorithm-based interactive learning system for decision-making in the presented clinical situations.
- Incidence in evidence-based medicine and research methodologies in Integrative Medicine and Health.
- 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.



Incorporate new advances in your medical training and be at the forefront in the diagnosis and treatment of chronic diseases in Integrative Medicine"

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Backed by the WHO, Integrative Medicine is increasingly becoming a necessary complement to public health systems. Don't miss the opportunity to specialize in this field with the best experts in the field"

The teaching staff is made up of prestigious and renowned Spanish professionals, including experts from the field of integrative medicine and health, with a long career in health care, teaching and research, who have worked in different hospitals throughout the country, developing professional and teaching experience that they deliver in an extraordinary way in this Postgraduate Certificate.

The methodological design of this Postgraduate Certificate has been developed by a multidisciplinary team of e-learning experts. Integrating the latest advances in educational technology for the creation of numerous multimedia educational tools that allow the professional, based primarily on the problem-based learning method, to address real problems in their daily clinical practice. This will allow them to advance by acquiring knowledge and developing skills that will impact their future professional work.

This program is designed around Problem Based Learning, whereby the physician must try to solve the different professional practice situations that arise during the course. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts.

You will learn through experience, with more than seventy real cases with the effectiveness of the Problem-Based Learning teaching system.

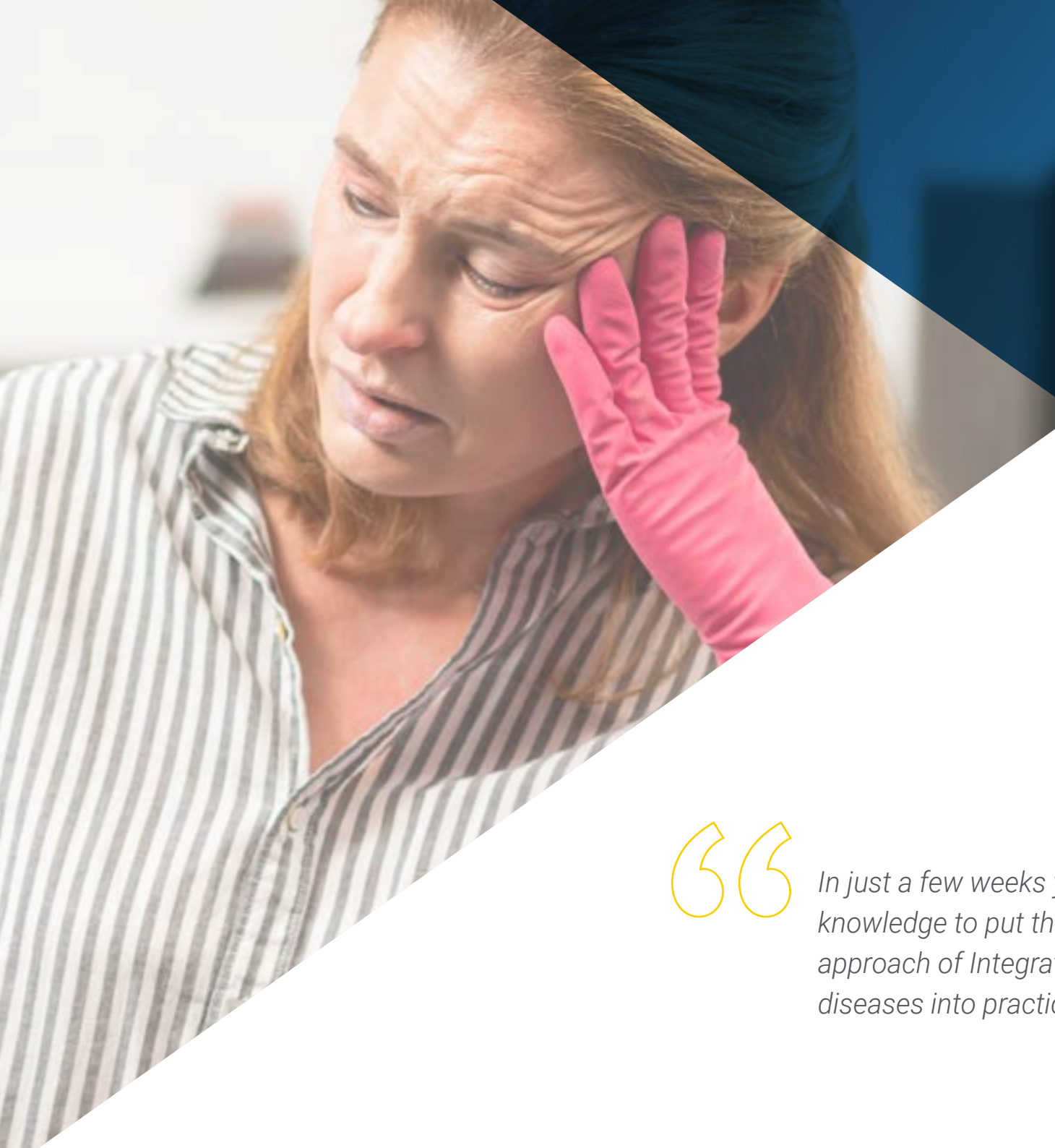
The most powerful digital platforms on the educational market will allow you to study at your own pace, wherever and whenever you want.



02 Objectives

The program design of this **Postgraduate Certificate in Integrative Approach to Chronic Diseases** is aimed at the acquisition of knowledge and practices in this medical field through the use of a problem-based learning system, which will place the student in real situations. In this way, TECH, together with SESMI, creates a practical environment of high didactic efficiency. Thus, the program has been produced by a team of experts with contents that will enable the future graduate to reach the proposed objectives.





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In just a few weeks you will get the necessary knowledge to put the benefits of the integrative approach of Integrative Medicine in chronic diseases into practice"



General Objectives

- ♦ Acquire the knowledge and skills required to assess the suitability of each discipline in the clinical setting, so as to provide quality care based on scientific evidence.
- ♦ Acquire up-to-date knowledge of Health Sciences Professionals in the various fields of Integrative Medicine.
- ♦ Promote work strategies based on an integrative approach and multimodal rehabilitation as a reference model for achieving excellent care.
- ♦ Promote the acquisition of technical skills and abilities through an effective multimedia system.
- ♦ Encourage professional stimulation through continuing education and research

You will identify at-risk and vulnerable populations, environmental conditions and their relationship to chronic diseases to develop competent diagnoses.





Specific Objectives

- ◆ Identify cultural, socioeconomic, and historical factors that shape population health disparities
- ◆ Demonstrate social and cultural competence in the context of a comprehensive care plan.
- ◆ Define the clinical practice model, contextualized to the individual's health situation and appropriate goal setting.
- ◆ Know the different philosophical systems of Integrative Medicine from an anthropological perspective
- ◆ Recognize the pathophysiological processes that are common to all chronic diseases.
- ◆ Know the diagnostic tools useful in these processes.
- ◆ Explain basic aspects related to the module
- ◆ Identify at-risk and vulnerable populations, environmental conditions, and associated chronic diseases

03

Course Management

This program includes in its teaching staff reference specialists in integrative medicine and the approach to chronic diseases, as well as other related fields that complete the latest updates on this medical alternative, pouring into this training the experience of their work. In addition, other specialists of recognized prestige participate in its design and elaboration, completing the program in an interdisciplinary manner, which is common in this discipline. This is why the syllabus has a highly qualified team with extensive experience in integrative medicine, which will offer the best possible resources for students in the development of their skills during the course.





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Learn from revered professionals, the latest advances in procedures in the field of an Integrative Approach to Chronic Diseases”

Management



Dr. Menassa, Alejandra

- ♦ President of the Spanish Society of Integrative Health and Medicine (SESMI)
- ♦ Head of CMI's Mental Health Unit
- ♦ Psychoanalyst and Professor at Grupo Cero School of Psychoanalysis
- ♦ Member of SEMI (Spanish Society of Internal Medicine).
- ♦ Expert in ozone therapy in Internal Medicine from the University of Havana.
- ♦ Master's Degree in Evaluation of bodily and psychosocial damage by the European Institute
- ♦ Internal Medicine Physician



Rodríguez, Pedro

- ♦ Director of the Therapeutic Yoga postgraduate course at the CEU Cardenal Herrera
- ♦ Director of Medintegra
- ♦ Partner of Biomédica Sc.
- ♦ Educational partner of the G-SE international team
- ♦ Head of sanitary area C.A.I. Alicante City Council
- ♦ Board member of the Spanish Association of Integrative Health and Medicine
- ♦ Member of the Spanish Association of Community Nursing
- ♦ Member of the International Association of Yoga Therapist
- ♦ Member of the Expert Team of the European Foundation of MTC
- ♦ Nurse.
- ♦ Master's Degree in Mental Health Catholic University of Valencia
- ♦ Master's Degree in Nutrition University of the Balearic Islands
- ♦ Expert in Immunonutrition Catholic University of Valencia
- ♦ Specialist in Natural Medicine (Osteopathy, Kinesiology and Acupuncture), Faculty of Medicine, University of Murcia.
- ♦ Diploma in Acupuncture by ADEATA and FEDINE

Professors

Dr. García Gutiérrez, Rosario

- ♦ Physician Specialist in Rheumatology and Family Medicine. Psychoanalyst of the Grupo Cero School of Psychoanalysis. Director of the Clinical Department at Grupo Cero. Member of SESMI.

Dr. Vinyes, David

- ♦ Neurologist. Degree in Medicine and Surgery (Autonomous University of Barcelona, 1992) Master's Degree in Neurosciences (UAB, 2016). Master's Degree in Medicine Anthropology (University of Tarragona, 1995). Training in Neural Therapy since 1993 (CIMA Colombia, Dr. Julio César Payán) Medical Director of the Institut de Tèrapia Neural i Medicina Reguladora. Director of the Master's Degree in Neural Therapy and Neuro-Focal Dentistry (Universitat de Barcelona UB - Campus Sant Joan de Déu) since 2003 director of the blended Master's Degree in Medical Neural Therapy and Dentistry (UB - Campus SJD) since 2016.

Dr. Josepa Rigau

- ♦ President and Trainer at the Spanish Association of Microimmunotherapy. Cum Laude doctor in Medicine and Surgery (1969 by the Rovira i Virgili University of Tarragona, Spain. Specialist and Master's Degree in Biological and Antiaging Medicine (2005-2007) from the University of Alcalá. Master's Degree in Pharmacogenetics, Pharmacogenomics and Personalized Medicine (2013-2014) from the University of Barcelona. Master's Degree in Environmental Medicine (ongoing).

Dr. Pellicer, Cristina

- ♦ PhD. Physician trained in thoracic surgery. Master's Degree in Clinical Oncology from the University of the Basque Country. Master's Degree in Clinic PNI from the University of Salamanca and PNI in Europe. Trained in multiple health and complementary disciplines.

Salgado, Carmen

- ♦ Degree in Pharmacy. Degree in Biochemistry and Molecular Biology. University expert in Naturopathy. Master's Degree in Orthomolecular Nutrition. Bachelor's Degree in Traditional Chinese Medicine.

Dr. Crespo de la Rosa Juan Carlos

- ♦ PhD in Medicine and Surgery University of Seville. Degree in Medicine and Surgery. University of Seville. Master's Degree in Acupuncture. University of Seville. Master's Degree in Biological Medicine. University of Seville. Master's Degree in Homeopathy. University of Seville. Master's Degree in Antiaging Medicine. Seville University and Alcalá de Henares University. Professor of the Department of Pharmacology, Pediatrics and Radiology at the University of Seville.

Serrano Gandía, Juan

- ♦ Graduate in Biological Sciences. Specialist in Biochemistry and Molecular Biology. Teacher at the Master's Degree in Integrative Supplements at the ESI. Scientific Committee of the OSMI. Author of the following books: Cancer with a biological approach and Anti-cancer power, and co-editorial director of Integrative Oncology. Essential and clinical handbook.

Blázquez, Elisa

- ♦ Nutritionist. Nutritional coach. Head of the Nutrition and Dietetics Department of the Integrative Medicine Clinic and author of the book "Integrative Diet".

Dr. Teresa Lajo

- ♦ Physician specialized in endocrinology and nutrition. Master's Degree in administration and management of health services and cognitive behavioral therapy. Head of endocrinology, Moncloa University Hospital. Professor of Endocrinology at the European University

Díaz Díez, Camino

- ♦ Medical coordinator for Blue Healthcare. Specialist in Family and Community Medicine. Member of the Spanish Society of General Medicine (SEMERGEN) Member of the Spanish Society of Integrative Health and Medicine (SESMI). Master's Degree in evidence-based Supplements and Nutrition. Currently studying the Master's Degree in Environmental Medicine. Degree in Medicine and Surgery from the Complutense University of Madrid.

04

Structure and Content

The structure of the contents has been designed by a team of professionals from the best hospitals and universities in the country, aware of the relevance of keeping up-to-date to intervene in the treatment and monitoring of the patient with chronic diseases through the use of Integrative Medicine, committed to quality teaching through new educational technologies. Thus, the content of the postgraduate certificate has been structured in such a way that it includes the necessary information for the student on his/her way to medical excellence aimed at this specific field, counting on quality teaching and the advances of the new technologies that are applied in the sector, together with the traditional one.





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Successfully join the new approach to chronic diseases from Integrative Medicine, a booming science in the most developed countries"

Module 1. Approach to Frequent Chronic Diseases in Integrative Medicine I

- 1.1. Environmental Illnesses
 - 1.1.1. Fibromyalgia
 - 1.1.2. Chronic Fatigue
 - 1.1.3. Electrosensitivity
 - 1.1.4. Multiple Chemical Sensitivity
- 1.2. Dermatology
- 1.3. Digestive System
 - 1.3.1. Gastritis
 - 1.3.2. Liver Diseases
 - 1.3.3. Celiac Disease in Adults
- 1.4. Respiratory System
- 1.5. Neurology
 - 1.5.1. Migraines
 - 1.5.2. Epilepsy
 - 1.5.3. CVA
 - 1.5.4. Peripheral Neuropathies





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You will learn how to approach epilepsy, COPD, allergies or chronic fatigue from Integrative Medicine”

05

Methodology

This training program provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used 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 Re-learning, 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

In a given situation, what would you do? Throughout the program, you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, 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 can experience a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gervas, 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 potential 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 professional medical 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 grasp concepts, but also develop their mental capacity by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on 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.



Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

Our 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, which represent a real revolution with respect to simply studying and analyzing cases.



The physician will learn through real cases and by solving 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 Re-learning 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 we have trained more than 250,000 physicians with unprecedented success, in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

Re-learning 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 (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



In this program you will have access to the best educational material, prepared with you 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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Latest Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



Interactive Summaries

We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.





Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



Testing & Re-testing

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your goals.



Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an expert strengthens knowledge and memory, and generates confidence in our future difficult decisions.



Quick Action Guides

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



06

Certificate

The Postgraduate Certificate in Integrative Approach to Chronic Diseases guarantees you, in addition to the most rigorous and updated specialization, access to a Postgraduate Certificate issued by TECH Technological University.



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Successfully complete this training and receive your university degree without travel or laborious paperwork”

This **Postgraduate Certificate in Integrative Approach to Chronic Diseases** contains the most complete and updated scientific program on the market.

After students have passed the assessments, they will receive, by certified mail, their **Postgraduate Certificate** issued by TECH Technological University.

The certificate issued by **TECH Technological University** will specify the qualification obtained through the course, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: Postgraduate Certificate in Integrative Approach to Chronic Diseases

ECTS: 7

Official Number of Hours: 175



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



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