Postgraduate Certificate

Respiratory Sleep Disorders (RSD): Clinical Aspects in Adults

tech technological university

Postgraduate Certificate
Respiratory Sleep Disorders (RSD): Clinical Aspects in Adults

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

Website: **www.techtitute.com/us/medicine/postgraduate-certificate/respiratory-sleep-disorders-clinical-aspects-adults**

Index

01
Introduction

It is estimated that respiratory disorders represent more than 70% of the demand in sleep units and consultations, also having more and more weight within Pneumology. Much progress has been made in recent years in this field, both in terms of diagnostic techniques and treatment. In terms of treatment, the development of fixed continuous positive airway pressure (CPAP) was the cornerstone for building what is today "Sleep Pneumology". Currently, the therapeutic options go much further, both within and outside CPAP, all of which means that sleep medicine professionals need to be continuously updated on the latest developments in this field.

> *The new scenarios in Sleep Medicine push us to propose new update programs that meet the real needs of experienced professionals, so that they can incorporate current advances into their daily practice"*

There is an increasing multidisciplinary interest in Sleep Medicine, a rapidly growing discipline. Whether approached from a global point of view or from "partial specialisation", depending on the original field of medicine or specific area of interest, it is always vital to have rigorous and up-to-date generic knowledge in all areas. This Postgraduate Certificate more than fulfills this objective, from an eminently practical point of view. Its approach sets it apart from many other courses on this very transverse discipline, which are often criticised for being too "descriptive" and "theoretical", therefore, not entirely useful in resolving many situations that arise in clinical management.

The format and pedagogical procedures of the program are in line with the reality and needs of the professional life of the Diploma students. This training offers, in a clear and didactic way, the possibility for the student to dive into the world of "sleep respiratory medicine" and especially in SAHS, acquiring and/or increasing clinical skills in this changing field, both in its mechanisms of onset, in the increasing and more numerous pieces of evidence of consequences and comorbidities, in the new possibilities in the field of non-invasive ventilation and in other alternative management options. All these essential fields are represented in an agile, useful and understandable way in the syllabus.

With the clear objective of combining scientific evidence and practical utility, this Diploma in Respiratory Sleep Disorders (RSD): Clinical Aspects in Adults has a wide, updated and unbeatable program, elaborated by a varied team of professional experts (physicians, psychologists, biologists, engineers, etc.) who contribute with their proven experience in the form of explanations and practical examples that are easy to clarify and abundant graphic-audiovisual support, absolutely essential in the teaching of this thriving discipline.

In addition, this Postgraduate Certificate has the advantage of being developed in a 100% online format, so students will be in charge of deciding when and where to study, distributing their study hours to suit them, so that they can combine their training with the rest of their daily commitments.

This **Postgraduate Certificate in Respiratory Sleep Disorders (RSD): Clinical Aspects's Degree in Adult** contains the most complete and up-to-date program on the market. The most important features include:

- Developing practical cases presented by experts inSleep Medicine
- The graphic, schematic, and practical contents provide students with scientific and practical information on the disciplines that are essential for professional practice
- Updates on Sleep Medicine and safety
- Practical exercises, where the self-assessment process can be carried out to improve learning
- Emphasis on innovative methodologies in Sleep Medicine
- 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

We offer you a comprehensive Postgraduate Certificate, allowing you to progress in the field of Respiratory Disorders in Sleep. Think no more and enrol with us"

*This Postgraduate Certificate
is the best investment you can
make when choosing a refresher
programme to update your existing
knowledge of Respiratory Disorders
in Sleep"*

*We offer you an interactive video
system which makes it easier for you
to study this Postgraduate Certificate.*

*Our 100% online training and our original
educational methodology allow you to
combine your studies with your other
daily commitments.*

The program's teaching staff includes professionals from the sector 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 provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

02

Objectives

The main objective of the program is the development of theoretical and practical learning, so that the doctor is able to master the latest techniques in the field in a practical and rigorous manner.

*"Our main objective is to help our students to achieve academic and professional excellence"*

General Objective

♦ Master and/or update the necessary skills and knowledge for adequate practice in the field of Sleep Medicine at a global level, from the clinical and instrumental points of view

" *Train yourself for success with the help of this Postgraduate Certificate with which you will learn to develop yourself in the field of Sleep-Wake Disorders in the Pediatric Age" Clinical Aspects in Adults"*
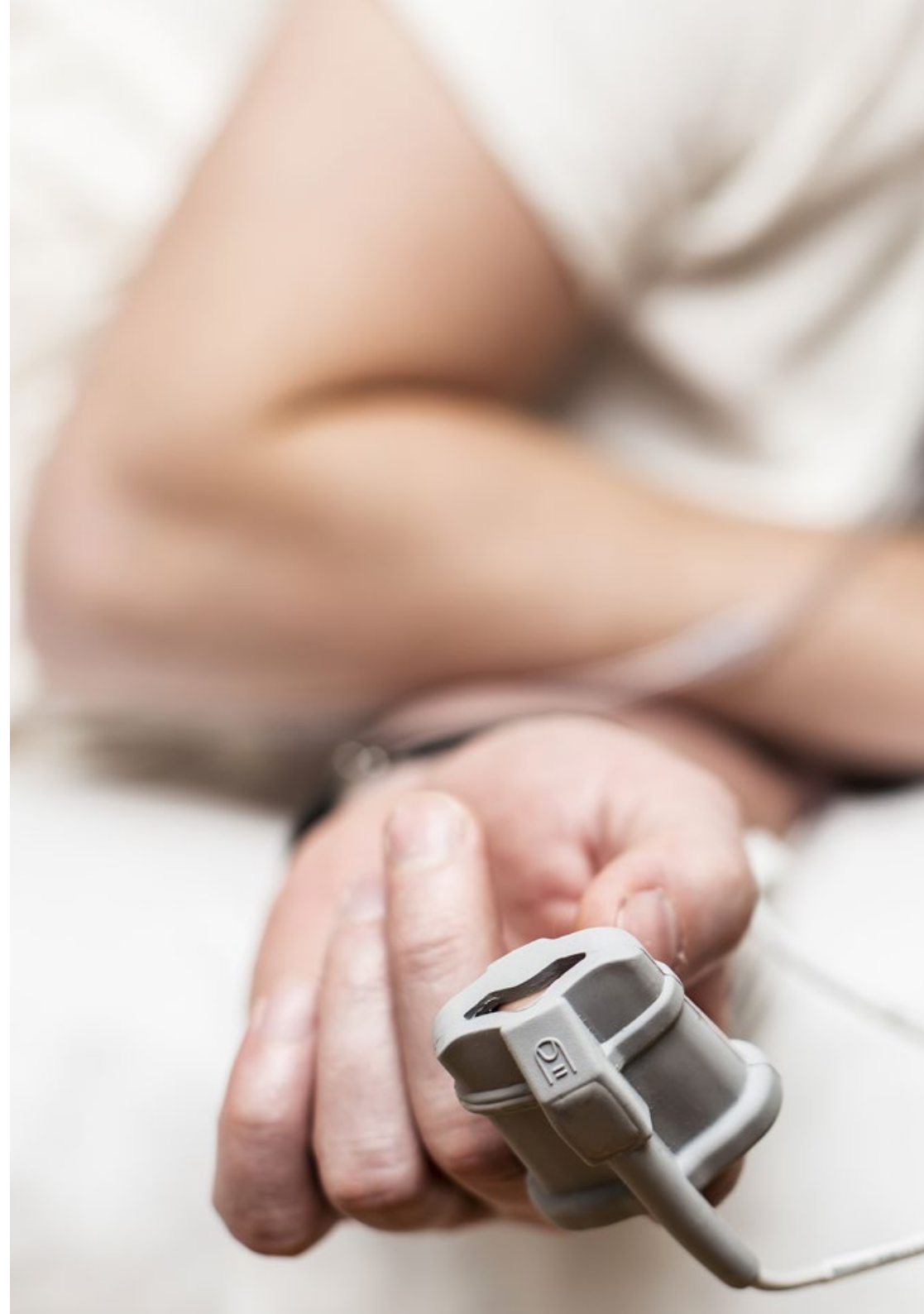
Specific Objectives

- Gain an in-depth knowledge of the clinical, scientific and technical aspects of sleep-related breathing disorders, in particular SAHS

- Bring up to date the student's clinical skills in TRS, with the aim of motivating them in their daily work

- Gain skills in identifying other sleep-related breathing disorders, beyond SAHS

- Develop and update skills in the personalised clinical management of patients with SAHS, primarily in the field of different non-invasive ventilation options and, beyond this, in the new developments in positional treatment and the recent findings and evidence in the pharmacological field

03

Course Management

The program's teaching staff includes leading experts in marketing management, who bring years of their own work experience to this program. Additionally, other recognized experts participate in its design and preparation, completing the program in an interdisciplinary manner.

The leading professionals in the field have come together to offer you the most comprehensive knowledge in this field, so that you can develop with total guarantees of success"

International Guest Director

Dr. Craig Canapari is an eminent specialist in **Pediatric Pulmonology and Sleep Medicine**. He has been internationally recognized for his commitment to the study and treatment of sleep disorders in children, as well as his work in the field of **pulmonary diseases**. Throughout his extensive professional career, Dr. Canapari has had an outstanding praxis focused on treating pediatric patients with chronic and life-threatening respiratory diseases.

As director of the **Pediatric Sleep Medicine Program** at **Yale-New Haven Children's Hospital**, Dr. Canapari has been dedicated to the management of various disorders such as **Sleep Apnea and Obstructive Sleep Apnea**. He also treats those suffering from general pulmonary problems, including cough, shortness of breath and asthma, as well as those suffering from **Muscular Dystrophy**. In this field, he is noted for his interdisciplinary approach, combining **Pneumology, Neurology** and **Psychiatry** in the research and treatment of these complex disorders.

In addition to his clinical expertise, Dr. Canapari is a celebrated researcher who has collaborated with other **Harvard** professionals to develop innovative tools, such as a smart phone application to assist parents in sleep training. His tireless efforts have also focused on how the use of CPAP machines can help children with **Obstructive Sleep Apnea** improve their quality of life. His in-depth knowledge in this area has led him to publish тне book **It's Never Too Late to Sleep Train:** The **Low-Stress Way to High-Quality Sleep for Babies, Kids, and Parents.**

To this must be added his exceptional work as an Assistant Professor of **Pediatrics**, specializing in **Respiratory Medicine**, at the **Yale School of Medicine**. There he contributes to both clinical care and the training of future **pediatric** and **pediatric pulmonology professionals**.

Dr. Canapari, Craig

- Director of the Pediatric Sleep Medicine Postgraduate Certificate Program at Yale-New Haven Children's Hospital

- Attending Physician in Pediatric Pulmonology and Sleep Medicine at Yale-New Haven Children's Hospital

- Assistant Professor of Pediatrics, Respiratory Medicine, Yale School of Medicine, Yale University School of Medicine

- Doctor of Medicine, University of Connecticut School of Medicine

- Specialist in Pediatric Pulmonology and Sleep Medicine

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

Management

Dr. Larrosa Gonzalo, Óscar

- Specialist in Clinical Neurophysiology, San Rafael Hospital

- Expert in Sleep Medicine (CEAMS accredited, first national exam, 2013)

- Coordinator and founder of the Sleep Medicine Unit of MIPsalud, Madrid. Specialist and clinical consultant in sleep medicine at the Center of Neurological Diseases in Madrid and at the Multidisciplinary Unit for Sleep Disorders in San Rafael Hospital in Madrid, Spain

- Member of the Spanish Sleep Society (SES), founding member and former coordinator of its working group on Sleep Behaviour and Behavioural Disorders

- Member of the Spanish Society of the Neurophysiology Clinic (SENFC), founding member and former coordinator of its working group on sleep disorders

- Honorary Member, medical advisor and recommended specialist of the Spanish Restless Legs Syndrome Association (AESPI)

- Director of the Online Course "RESTLESS LEGS SYNDROME (WILLIS-EKBOM DISEASE)", (AESPI/Information without borders) for healthcare professionals, July 2016 - July 2017

Professors

Dr. Díaz de Terán López, Teresa

- Specialist in Internal Medicine. Physician specializing in Pneumology
- Assistant Specialist Physician in the Pulmonology Department and in the Multidisciplinary Unit of Sleep Disorders and Ventilation of the Marqués de Valdecilla University Hospital, Santander, Spain
- Member of the following scientific societies:
- Spanish Society of Pulmonology and Thoracic Surgery (SEPAR)
- Castilian-Leonese and Cantabrian Society of Respiratory Pathology (SOCALPAR)
- Spanish Society of Sleep (SES)
- Principal investigator in 1 research project and associate investigator in 5 multidisciplinary research projects in Sleep Medicine
- Training placement at Lane Fox Unit, St Thomas' Hospital, London (2017, 3 months)

Dr. Juarros Martínez, Santiago Antonio

- Head of the Respiratory Sleep Disorders Unit, Clinical Hospital of Valladolid
- Specialist Degree in Pneumology, University of Valladolid, Spain
- Degree in Occupational Medicine, Complutense University of Madrid, Spain
- Expert in Sleep Medicine
- Master's Degree in Advances in Diagnosis and Treatment of Sleep Disorders of the Catholic University San Antonio (University of Murcia)
- Member of the European Respiratory Society, the Spanish Sleep Society, the Spanish Society of Pneumology and Thoracic Surgery, and the Sociedad Castellano-Leonesa y Cántabra de Patología Respiratoria (Member of the Scientific Committee of the European Respiratory Society)

Dr. Vargas Arévalo, Carmen Rosa

- Assistant Physician of Pneumology, Clinical Hospital of Barcelona and Hospital Palamós
- Physician specializing in Pneumology
- PhD Candidate in Medicine, University of Barcelona (UB)-Clinical Hospital of Barcelona
- International Expert in Methodology of Non-Invasive Mechanical Ventilation by the Andalusian Society of Intensive Care Medicine and Coronary Units
- University Expert in Pathology of the Pleura, University of Barcelona

Dr. Ruiz Cubillán, Juan José

- Attending Physician, Pneumology Department, Marqués de Valdecilla University Hospital, Santander, Spain
- Physician specializing in Pneumology
- Master's Degree in Respiratory Support and Mechanical Ventilation, Universitat de València
- Member of the Spanish Society of Respiratory Pathology (SEPAR) and the European Respiratory Society (ERS)

Dr. Ortega González, Ángel

- Assistant Physician in the Pneumology Department, Coordinator of the Specialized Unit of Home Ventilation and MIR Tutor of Pneumology at Hospital General Nuestra Señora del Prado, Talavera de la Reina (Toledo, Spain)
- Specialist in Pneumology via MIR, Clinical University Hospital Fundación Jiménez Díaz, Madrid, Spain
- Master's Degree in Respiratory Support and Mechanical Ventilation, Valencia University
- Postgraduate Master's Degree in Clinical Unit Management, University of Murcia.
- University Expert in Patient Safety, Organization and Teams, Cádiz University

Dr. Abascal Bolado, Beatriz

- Specialist in Pneumology, area of Obstructive Pulmonary Diseases, Marqués de Valdecilla University Hospital, Santander, Spain

- Master's Degree in Advances in Diagnosis and Treatment of Airway Diseases, Catholic University San Antonio of Murcia

- Master in Advances in Diagnosis and Treatment of Diffuse Interstitial Lung Diseases (EPID), Catholic University San Antonio of Murcia

- Master's degree in clinical management of care units by the Spanish Society of Cardiology

- Member of the Spanish Society of Respiratory Pathology (SEPAR) and the European Respiratory Society (ERS)

Dr. González Martínez, Mónica

- Assistant Specialist Facultative Area in the Pulmonology Department and co- in the Multidisciplinary Unit of Sleep Disorders and Ventilation of the Marqués de Valdecilla University Hospital, Santander, (Spain.)

- D. in the Department of Pathology, Microbiology, Preventive Medicine and Public Health and Toxicology, University of Zaragoza, Spain and Public Health and Toxicology, University of Zaragoza, Spain

- Physician specializing in Pneumology

Dr. Andretta Juárez, Guido Eduardo

- Fourth year Resident Medical Intern (MIR), Hospital Universitario Marqués de Valdecilla, Santander, Spain

- Degree in Medicine and General Surgery

Dr. Ciorba Ciorba, Cristina

- Physician specializing in Pneumology

- Multidisciplinary sleep unit. Navarra Hospital Complex, Pamplona

- Master's Degree in Advances in Diagnosis and Treatment of Sleep Disorders of the University of Murcia

- Master's Degree in Neuromuscular Diseases and Respiratory Complications, University of Versailles, Paris

- Expert in Sleep Medicine. Accredited by FESMES

- Expert in Non-Invasive Mechanical Ventilation by the International School of NIMV

- Member of the Spanish Sleep Society, Spanish Society of Pneumology and Thoracic Surgery, and the European Respiratory Society

Dr. Cristeto Porras, Marta

- 4th year resident in Pneumology at the Marqués de Valdecilla University Hospital

- Graduate in Medicine from the University of Salamanca

- Training in Sleep Pathology and Ventilation. He has presented several communications on sleep medicine at national congresses

- Stay in France to complete training in the Outpatient Home Respiratory Unit and in the Functional Respiratory Care and Rehabilitation Unit of the Pneumology and Resuscitation Service R3S of the Pitié-Salpêtrière Hospital in Paris

- It belongs to different scientific societies such as the Sociedad Castellanoleonesa y Cántabra Respiratory Pathology (SOCALPAR), the Spanish Society of Respiratory Pathology (SEPAR), the Area Respiratory Sleep Disorders, Mechanical Ventilation and Critical Respiratory Care (TRS-VM-CRC) or the European Respiratoy Society (ERS)

04
Structure and Content

The structure of the syllabus has been designed by a team of professionals with knowledge of the implications of medical preparation, who are aware of the relevance of the up-to-date specialization, and are committed to quality teaching using new educational technologies.
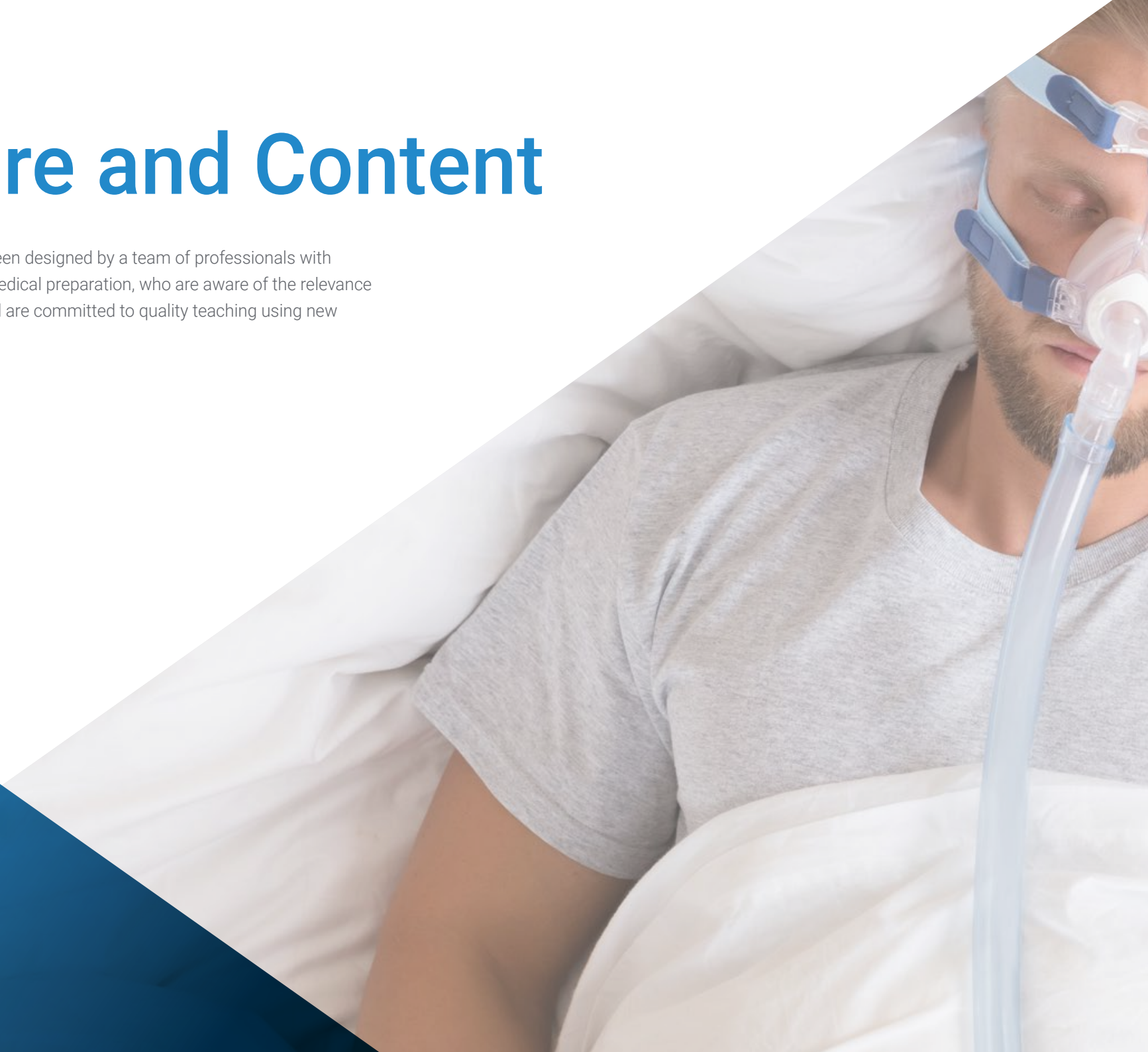
A comprehensive teaching program, structured in well-developed teaching units, oriented towards efficient and swift learning"

Module 1. Sleep Disordered Breathing (RBD): Clinical Aspects in Adults

A unique, key, and decisive training experience to boost your professional development"

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, 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.*

"

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

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.

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.

Re-Learning Methodology

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

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.

01
learning from evidence

02
relearning from evidence

03
testing

04
learning from an expert

05
neurocognitive context dependent learning

06
Von-Restorff effect

07
case based learning through storytelling

08
competencies testing (retesting)

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, 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.

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 (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:
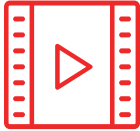
Study Material

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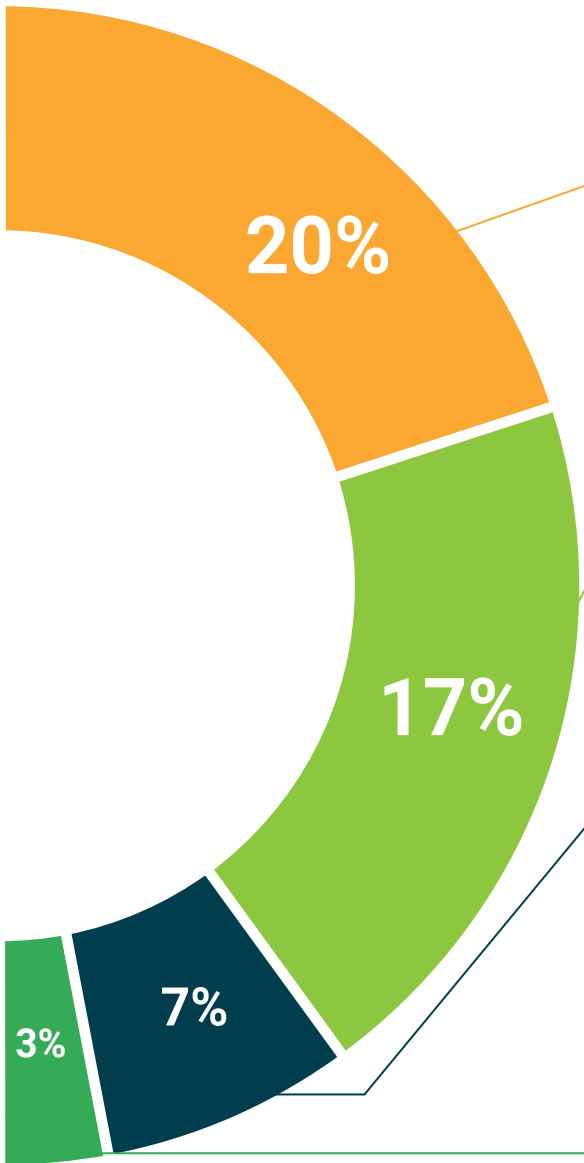
This exclusive multimedia content presentation training Exclusive system was awarded by Microsoft as a "European Success Story".

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.

20%

17%

7%

3%

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 & Re-testing

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 your 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

This Postgraduate Certificate in Respiratory Sleep Disorders (RSD): Clinical Aspects in Adults guarantees you, in addition to the most rigorous and up-to-date training, access to a Postgraduate Certificate issued by TECH Technological University.

> *Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"*
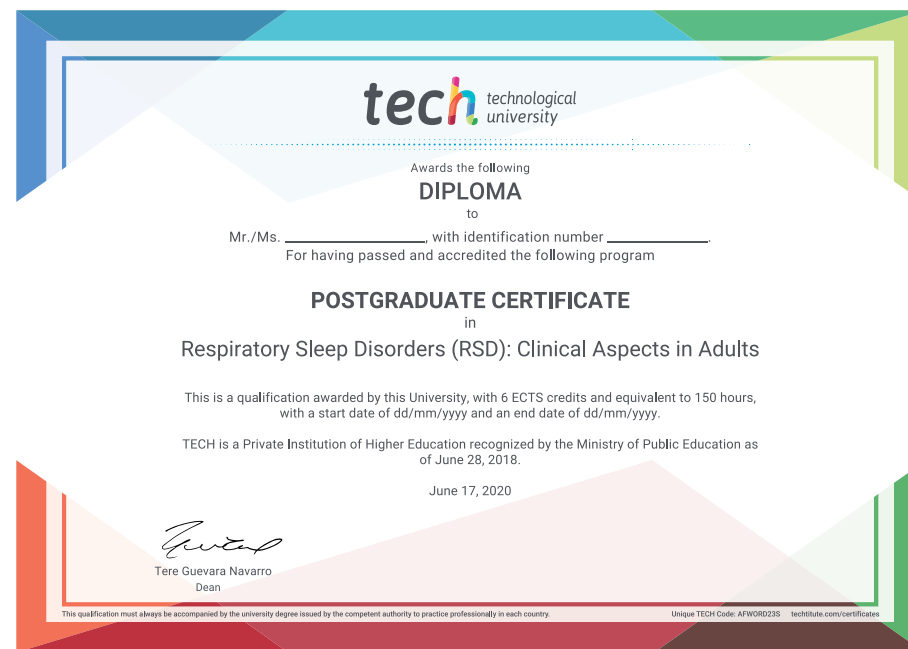
This **Postgraduate Certificate in Respiratory Sleep Disorders (RSD): Clinical Aspects in Adults** contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they 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 in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **This Postgraduate Certificate in Respiratory Sleep Disorders (RSD): Clinical Aspects in Adults**

Official Nº of Hours: **150 h.**

tech technological university

Awards the following
DIPLOMA
to
Mr./Ms. _____, with identification number _____.
For having passed and accredited the following program

POSTGRADUATE CERTIFICATE
in
Respiratory Sleep Disorders (RSD): Clinical Aspects in Adults

This is a qualification awarded by this University, with 6 ECTS credits and equivalent to 150 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro
Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country.   Unique TECH Code: AFWORD23S   techtitute.com/certificates

*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.

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Postgraduate Certificate
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