

# Postgraduate Certificate

Aging Effects and Dermo-  
Aesthetic Treatments in  
Aesthetic Nursing





## Postgraduate Certificate

### Aging Effects and Dermo- Aesthetic Treatments in Aesthetic Nursing

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

Website: [www.techtute.com/us/nursing/postgraduate-certificate/postgraduate-certificate-aging-effects-dermo-aesthetic-treatments-aesthetic-nursing](http://www.techtute.com/us/nursing/postgraduate-certificate/postgraduate-certificate-aging-effects-dermo-aesthetic-treatments-aesthetic-nursing)

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# 01

# Introduction

Nowadays, aging is one of the greatest personal and social concerns that exist. People of very different ages observe with concern how their skin is gradually deteriorating without them being able to prevent it. This has meant that the disciplines related to dermo-aesthetics have progressed in recent years to offer the best treatments to their patients. The nursing field has been no different, as innovative techniques have recently emerged that professionals in this field need to master in order to provide quality services. This degree, therefore, is what nurses need to update their knowledge and be able to apply novel and high-level treatments to their patients.







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*Learn all about the effects of aging  
and become a nurse specializing  
in dermo-aesthetic treatments"*

In the field of aesthetics there are a number of issues to which a large number of people are paying more and more attention. One of them is aging. Aging is difficult to combat and, in terms of appearance, is quickly reflected in the skin, which is the largest organ of the human body.

For this reason, new aesthetic treatments are frequently applied in this field and these treatments are often transferred to different disciplines. Nursing is one of them, since it has been able to incorporate the best techniques and methods of skin care to counteract aging and thereby ensure that patients are satisfied and their personal well-being is enhanced.

This Postgraduate Certificate in Effects of Aging and Applied Dermo-Aesthetic Treatments to Aesthetic Nursing offers, therefore, to its students the possibility to specialize in this field and to be able to progress professionally thanks to the skills and competences that they will acquire throughout the program.

This **Postgraduate Certificate in Aging Effects and Dermo-Aesthetic Treatments in Aesthetic Nursing** 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 aging and dermo-aesthetic treatments
- ♦ 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 the self-assessment process can be carried out 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



*Increase the well-being of your patients thanks to the treatments you will learn in this program"*

“

*Enroll now and get the best career opportunities in the field of dermo-aesthetic treatments”*

*Specialization is key in the nursing field.*

*Dermo-aesthetic nursing needs experts in anti-aging treatments.*

The program includes, in its teaching staff, professionals from the sector who bring to this program the experience of their work, in addition to recognized specialists from prestigious reference societies and universities.

Its multimedia content, developed with the latest educational technology, will allow professionals to learn in professionals a situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to prepare in real situations.

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



# 02 Objectives

The main objective of this Postgraduate Certificate in Effects of Aging and Cosmetic Assessment in Aesthetic Nursing is to offer its students the possibility to turn their professional lives around thanks to the knowledge and skills they will acquire by completing this program. In this way, thanks to it, the nursing professionals who take it will achieve all their vital and professional goals quickly, being able to enter the exciting field of dermo-aesthetic care.





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*Improve your position as a  
nursing professional thanks to  
this Postgraduate Certificate"*



## General Objectives

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- Acquire the fundamental knowledge of all anti-aging modalities and aesthetic treatments, incorporating the necessary tools to perform this specialty in daily practice
- Perform a comprehensive management of the aesthetic patient, being able to make an accurate diagnosis and apply the most appropriate treatment
- Get up to date and reinforce the knowledge in dermatology necessary for the correct care of aesthetic nursing patients
- Provide nurses with the necessary tools and guidelines to deal efficiently with the different dermatological pathologies



*Anti-aging treatments are in high demand. Don't let this opportunity pass you by"*





## Specific Objectives

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- ♦ Present the historical background to anti-aging medicine
- ♦ Define and become familiar with the most frequently used concepts in anti-aging medicine
- ♦ Examine the most accepted theories of aging and interrelate them with each other
- ♦ Understand the aging mechanisms associated with mitochondria
- ♦ Define telomere-related aging processes
- ♦ Establish the relationship between immunosenescence, aging and disease onset
- ♦ Analyze the importance of circadian rhythms in aging and acquire the skills to treat their alterations in an appropriate manner
- ♦ Evaluate the importance of the exposome in aging and generate channels to adapt it to the needs and expectations of the individual

03

# Structure and Content

This Postgraduate Certificate is composed of 1 module, divided into 10 subjects, in which students will learn about issues such as theories of aging, molecular theory and oxidative stress, anatomical changes associated with aging, diagnostic imaging methods and different approaches to various pathologies.

As a result, nursing professionals who complete this program will know all about the effects of aging and how to apply dermo-aesthetic treatments within this field.





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*The best contents for you to specialize  
in dermo-aesthetic treatments applied  
to aging are here"*



### Module 1. Aging and Cosmetic Assessment in Aesthetic Nursing

- 1.1. History of Antiaging Medicine
- 1.2. Theories of Aging. Pathophysiology
- 1.3. Species and Longevity
- 1.4. Mechanisms of Cellular Aging
- 1.5. Mitochondrias
- 1.6. Chronobiology I. Suprachiasmatic Pineal Nucleus. Circadian Rhythm
- 1.7. Chronobiology II. Sleep and Wakefulness
- 1.8. Immunity. Immunosenescence
- 1.9. Telomeres and Telomerase
- 1.10. Exposome and Aging





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*This is the best program you will find if you are looking to specialize in dermo-aesthetic nursing"*

# 04 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 Nursing School we use the Case Method

In a given situation, what should a professional do? 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. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology 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, in an attempt to recreate the real conditions in professional nursing 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. Nurses 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 nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.

*The nurse 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 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 we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. 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 really 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.



#### Nursing 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 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 them as many times as you want.



#### Interactive Summaries

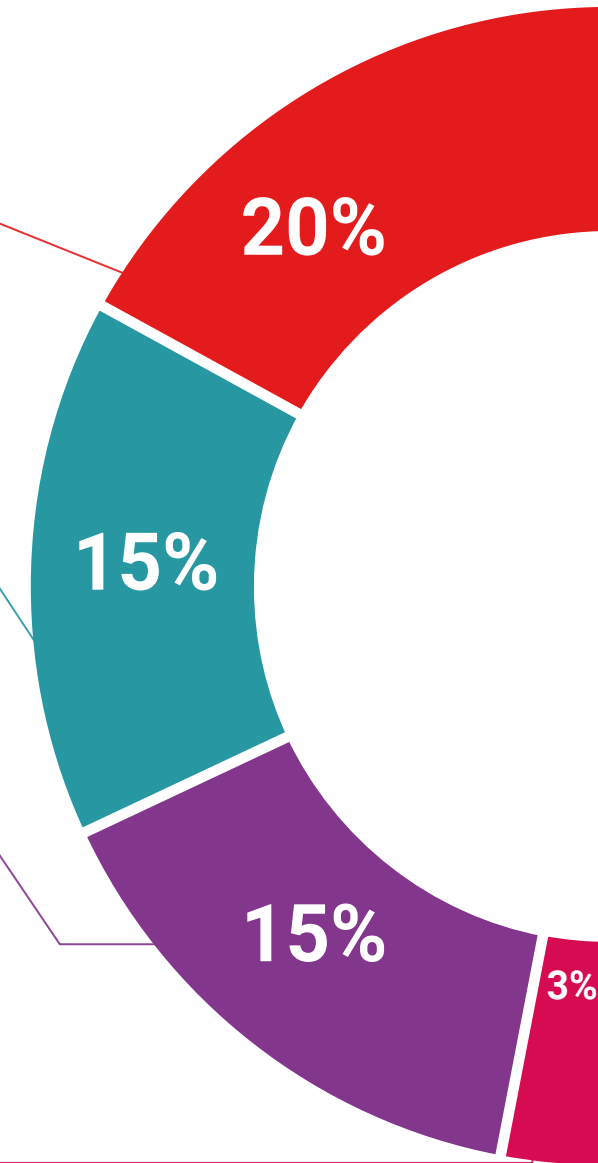
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".

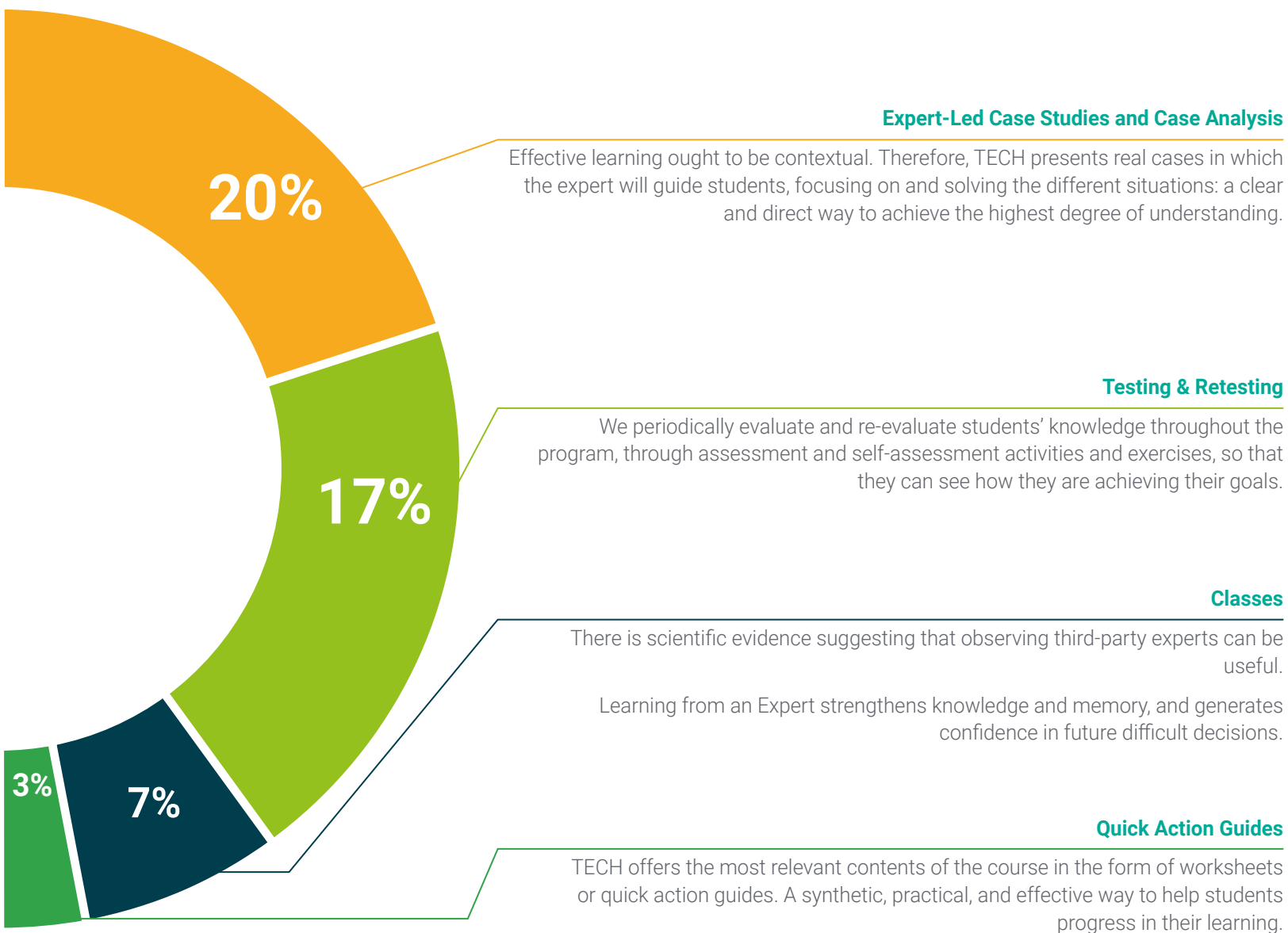


#### Additional Reading

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.









# 05 Certificate

The Postgraduate Certificate in Aging Effects and Dermo-Aesthetic Treatments in Aesthetic Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate 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 Aging Effects and Dermo-Aesthetic Treatments in Aesthetic Nursing** 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.

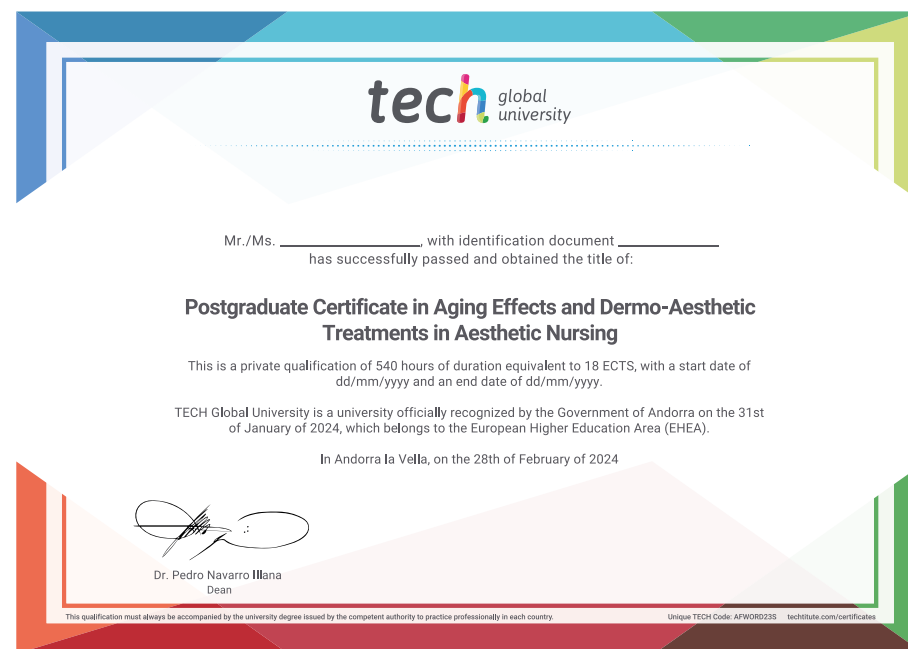
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

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Duration: **6 weeks**

Accreditation: **6 ECTS**





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