

Postgraduate Certificate

Cardiac Rehabilitation for Nursing





Postgraduate Certificate Cardiac Rehabilitation for Nursing

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

Website: www.techtitute.com/us/nursing/postgraduate-certificate/cardiac-rehabilitation-nursing

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Course Management

p. 12

04

Structure and Content

p. 16

05

Methodology

p. 20

06

Certificate

p. 28

01

Introduction

An essential part of the treatment and surgical approach to heart disease is the medical discharge of the patients and the care they must receive during the sometimes arduous rehabilitation process. This program, aimed primarily at nurses, delves precisely into the particularities of recovery from a heart condition depending on the medication, pathologies that may influence, lifestyle habits, etc. A 100% online program ideal for all nurses who are interested in deepening their knowledge in the attention and care of cardiological patients in the process of rehabilitation.





“

With this complete program you will delve into new specialized tools for the management of cardiological patients, especially those undergoing rehabilitation”

It is essential that there is a continuum of care for the cardiac patient after delicate operations and surgical interventions. Nurses in charge of monitoring this process must not only possess a series of specific characteristics to deal with the care of patients in this situation, but must also renew their knowledge of the most up-to-date treatments and common risk factors, among others. This update ranges from communication skills to better understand the patient's situation to a thorough knowledge of healthcare management systems inside and outside a healthcare facility.

This Postgraduate Certificate delves into the personalized care of patients, focusing on their medical and human singularities in order to understand the plurality of factors that can influence their recovery. The nurse who chooses to pursue this program will master the creation of care programs that foster in patients an active attitude towards their health care and awareness of their condition.

TECH Technological University has a wide range of tools to teach this program in an adequate and practical way for interested nurses. The nurse who enrolls in this Postgraduate Certificate will have a variety of virtual material that will provide support in the highly practical approach of this program.

This **Postgraduate Certificate in Cardiac Rehabilitation for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in cardiology
- ♦ The graphic, schematic, and practical contents which 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



Know all the details of the postoperative situation of cardiology patients based on the latest evidence and scientific postulates, presented in a convenient 100% online format"

“

Cardiology is one of the medical disciplines that makes more advances. Get up to date with this Postgraduate Certificate and delve into the most advanced Cardiac Rehabilitation for Nursing”

Update your knowledge on discharged cardiology patients with the most extensive didactic material, including real and practical cases for all topics covered.

Strengthen your daily practice in the care of patients with cardiological pathologies and incorporate the most relevant advances in risk factor management into your methodology.

The program's teaching staff includes professionals in 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 education programmed to learn in real situations.

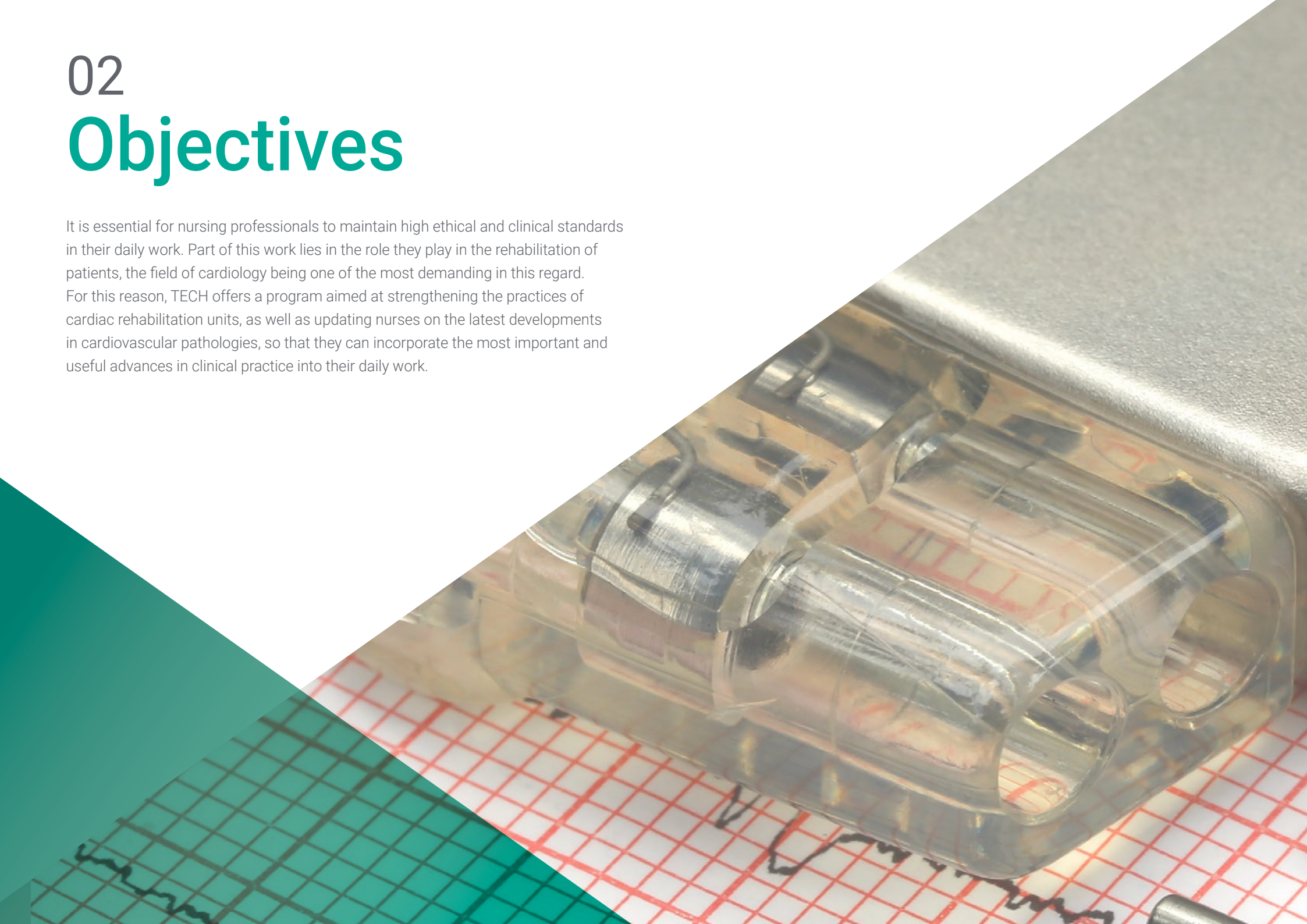
The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the students will be assisted by an innovative interactive video system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



02

Objectives

It is essential for nursing professionals to maintain high ethical and clinical standards in their daily work. Part of this work lies in the role they play in the rehabilitation of patients, the field of cardiology being one of the most demanding in this regard. For this reason, TECH offers a program aimed at strengthening the practices of cardiac rehabilitation units, as well as updating nurses on the latest developments in cardiovascular pathologies, so that they can incorporate the most important and useful advances in clinical practice into their daily work.





“

*Take advantage of the options
TECH offers you and expand your
knowledge as a health professional”*



General Objectives

- Update knowledge in the treatment and care of patients diagnosed with the main cardiovascular pathologies, including myocardial and pericardial diseases, coronary artery disease and arrhythmias
- Ensure that nurses' knowledge of cardiology is up to date and improve their qualification in order to encourage them in their daily work and increase their professional motivation
- Enhance the professionals' ability to make a balanced assessment of the use of health resources in relation to the individual, social and collective benefit that can be derived from such use
- Enable the establishment of communication tools among health professionals within a multidisciplinary team
- Improve the perception of the social role of nursing professionals, as individual agents in a general health care system and of the ethical requirements that this entails





Specific Objectives

- ♦ Analyze the functioning of Cardiac Rehabilitation Units and the different functions of the professionals
- ♦ Detect the different cardiovascular risk factors and know the guidelines for their control
- ♦ Learn the diagnostic techniques when classifying the prognostic risk of patients
- ♦ Know the benefits and application of cardiac rehabilitation programs

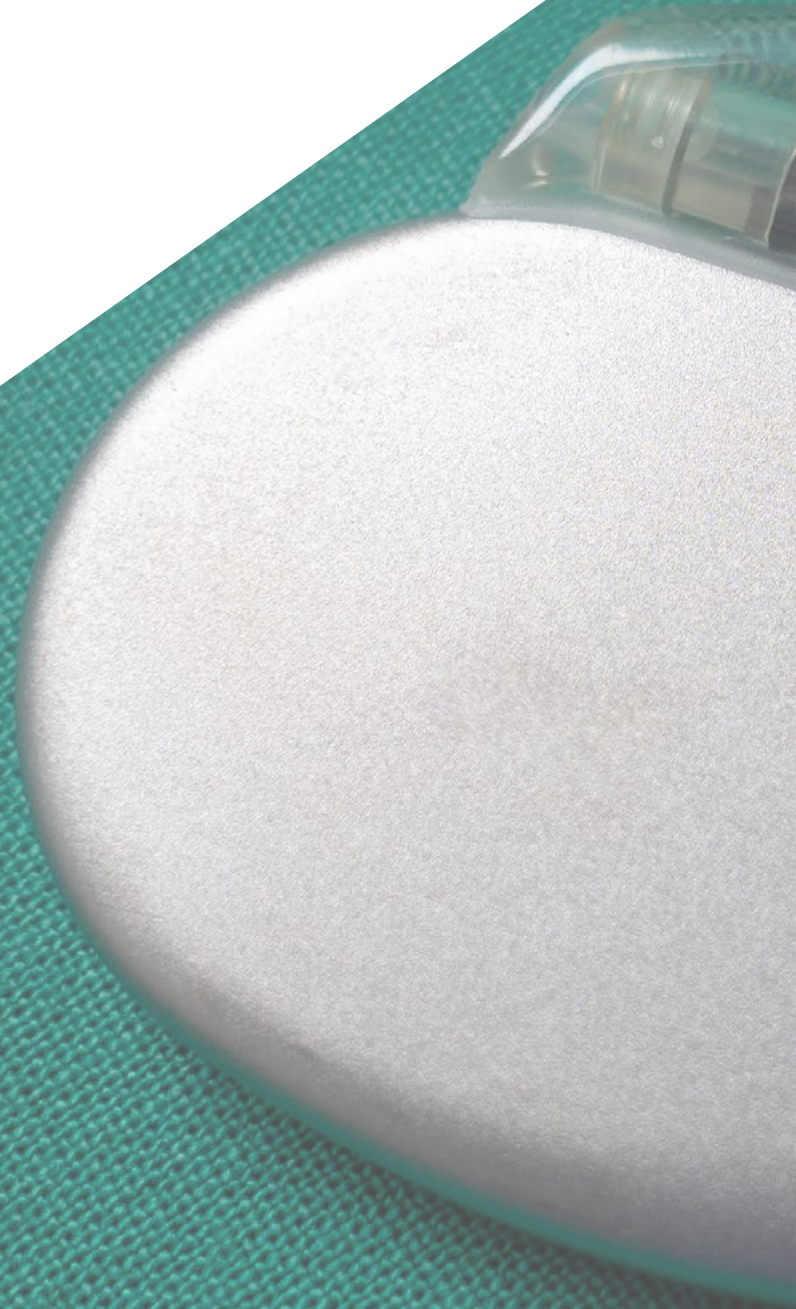


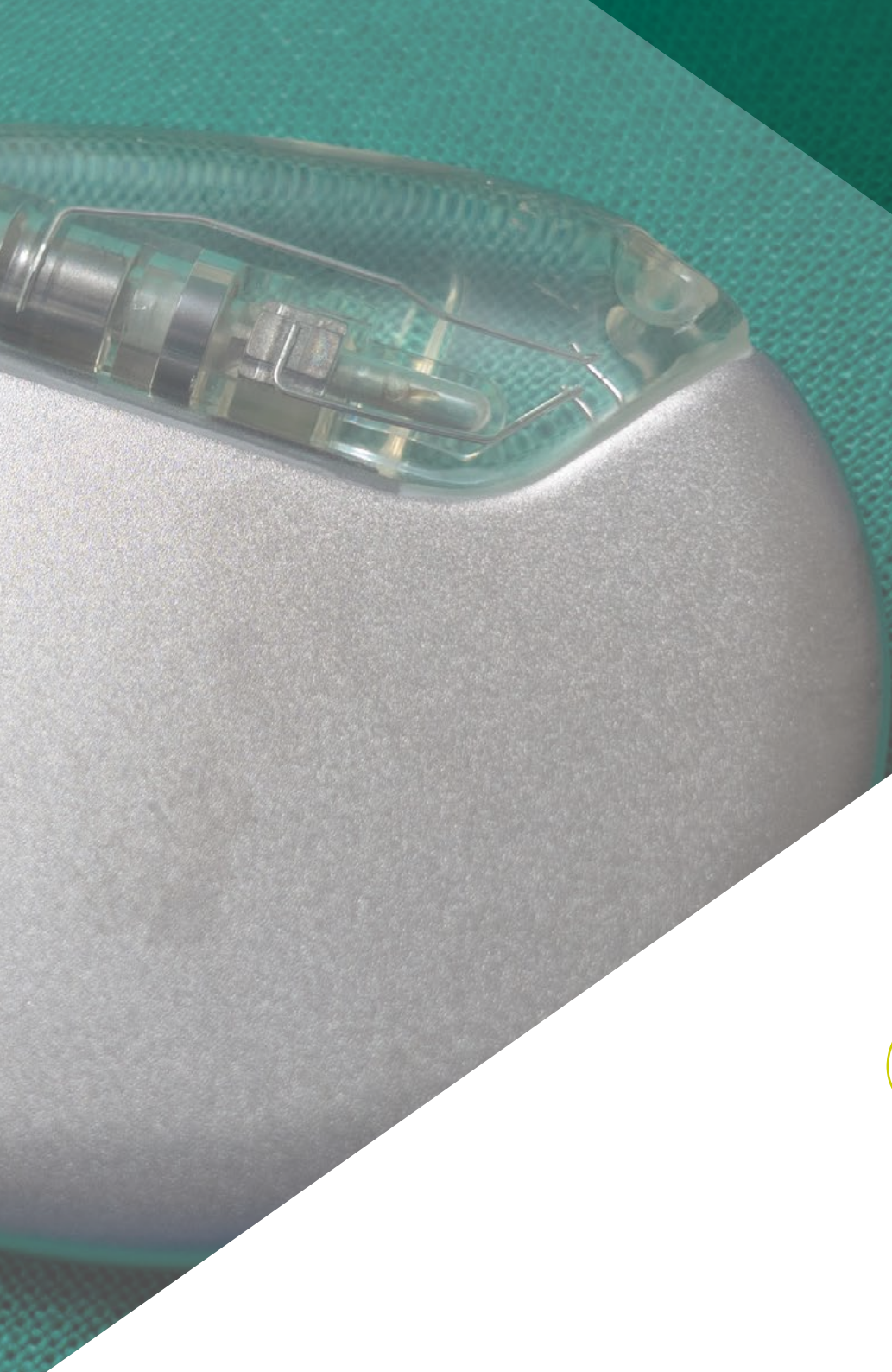
Delve into diagnostic tests ECG, Ergometry, Ergospirometry, imaging tests and more issues of special interest in Cardiac Rehabilitation"

03

Course Management

This course was designed by a selection of the best specialists in health care and cardiology nursing. Practicing nurses with a very diverse experience in the field, perfectly qualified to offer the best information both for the analysis and classification of cases and on the most efficient rehabilitation models, which also gives the entire syllabus a necessary practical and real approach.





“

*Learn about the technical
vicissitudes of cardiac rehabilitation
from the best specialists in the field”*

Management



Ms. Capote Toledo, María Luz

- ◆ Coordinator of the Hemodynamics and Arrhythmia Room at the Hospital university Príncipe de Asturias and Hospital university Severo Ochoa
- ◆ Supervisor of Heart Failure, Cardiac Rehabilitation, Cardiopulmonary Explorations (Imaging, Ergometry and Holter, and High-Resolution Cardiology Consultations at Clinical Hospital San Carlos in. Madrid
- ◆ Supervisor of Hemodynamics and Electrophysiology at San Carlos Clinical Hospital
- ◆ Degree in Nursing from the Complutense University of Madrid
- ◆ Master 's Degree in Health Care Quality, Rey Juan Carlos University in Madrid in collaboration with the Laín Entralgo Agency

Professors

Ms. Sánchez García, Silvia

- ◆ Supervisor of the and Hemodynamics Cardiology Units at La Paz University Hospital
- ◆ Staff Supervisor of the Oncogynecology Unit at the Hospital Universitario La Paz
- ◆ Supervisor of Pediatric Intensive Care Unit
- ◆ Postgraduate Specialist in Nursing in the Childhood Hemodynamics Unit
- ◆ Link Nurse
- ◆ Nurse from the Lactodietary Unit
- ◆ Head of the Oncology Unit at La Paz University Hospital
- ◆ Emergency Traumatology Nurse at La Paz University Hospital
- ◆ Sub-inspector Nurse of the Health Inspection of Area 8 in the General Direction of Quality, Accreditation, Evaluation and Inspection
- ◆ Nurse of the Internal Medicine and Surgery Units at El Escorial Hospital
- ◆ Nurse of the Hemotherapy Unit at the Central Defense Hospital Gómez Ulla
- ◆ Nurse of the Hemotherapy Unit and the Hematology Unit at the San Carlos Clinical Hospital
- ◆ Postgraduate Certificate in Nursing
- ◆ Professional Master's Degree in Health Administration



04

Structure and Content

The syllabus of this program follows in detail the technical aspects of cardiac recovery, either pharmacological administration or treatment and care protocols. Throughout the 150 hours of this Postgraduate Certificate, nurses will delve into the identification and management of risk factors, cardiac rehabilitation exercises and a variety of other topics related to the care of cardiac patients and their recovery. All this with a Relearning methodology that avoids long hours and time investment in overcoming the entire syllabus.





“

A syllabus with a strong practical focus designed to help you go deeper and update your knowledge in the most efficient and practical way possible"

Module 1. Cardiac Rehabilitation

- 1.1. RHC: Evidence and Bases
 - 1.1.1. Indications
 - 1.1.2. Personal
 - 1.1.3. Material
- 1.2. Risk Factors and Risk Management
 - 1.2.1. High Blood Pressure
 - 1.2.2. Dyslipidemia and Atherosclerosis
 - 1.2.3. Obesity
 - 1.2.4. Diabetes
 - 1.2.5. Sedentary Lifestyle
 - 1.2.6. Tobacco and Other Toxic Habits
 - 1.2.7. Stress and Factors
- 1.3. Diagnostic Tests
 - 1.3.1. ECG
 - 1.3.2. Ergometry
 - 1.3.3. Ergospirometry
 - 1.3.4. Imaging Tests
 - 1.3.5. Catheterization
- 1.4. Risk-Based Cardiac Rehabilitation Stratification and Programs
 - 1.4.1. Ischemic Heart Disease
 - 1.4.2. High-Risk
 - 1.4.3. HF
 - 1.4.4. Valvulopathies
 - 1.4.5. Devices (Pacemaker, ICD, CRS)
 - 1.4.6. Heart Attack
 - 1.4.7. Treatments
- 1.5. Phases and Objectives of the Cardiac Rehabilitation Program
 - 1.5.1. PHASE 1: During Admission
 - 1.5.2. PHASE 2: Outpatient
 - 1.5.3. PHASE 3: Maintenance
- 1.6. Cardiac Rehabilitation Exercises
 - 1.6.1. Physical Activity, Exercise and Training
 - 1.6.2. Physiology of Exercise
 - 1.6.3. Principles of Exercise
 - 1.6.4. Prescription of Exercise
- 1.7. Outpatient Cardiac Rehabilitation
 - 1.7.1. Outpatient Cardiac Rehabilitation Models
 - 1.7.2. Programs Guided by Primary Care Teams
 - 1.7.3. Home-based programs: Telecare and virtual CR
- 1.8. Treatments Most Commonly Used by Patients in Cardiac Rehabilitation
 - 1.8.1. Drugs Most Commonly Used by Patients in Cardiac Rehabilitation Programs
 - 1.8.1.1. Nitrates
 - 1.8.1.2. ACE Inhibitors (Angiotensin-Converting Enzyme Inhibitors)
 - 1.8.1.3. Beta-Blockers
 - 1.8.1.4. Calcium Antagonists
 - 1.8.1.5. Platelet Aggregation Inhibitors
 - 1.8.1.6. Anticoagulants
 - 1.8.1.7. Statins
 - 1.8.2. Invasive Treatment
 - 1.8.2.1. Intravenous Fibrinolysis
 - 1.8.2.2. Coronary Angioplasty
 - 1.8.2.3. Cardiac Surgery
- 1.9. Advantages of Cardiac Rehabilitation
 - 1.9.1. Benefits of Cardiac Rehabilitation over Conventional Treatment
 - 1.9.2. Working in Multicultural Teams
 - 1.9.3. Work with Groups of Patients
 - 1.9.4. Individualized Work for Each Patient



- 1.10. Results of Rehabilitation Programs
 - 1.10.1. Quality of Life and Prognosis
 - 1.10.2. Social and Labor Return
 - 1.10.3. Adherence to Treatment and Long-Term Lifestyle Changes
 - 1.10.4. Normalizing the Patient's New Situation
 - 1.10.4.1. Social and Family Relationships
 - 1.10.4.2. Work Relationships
 - 1.10.4.3. Sexuality
 - 1.10.4.4. Sports

“

Cardiology is constantly advancing, so this Postgraduate Certificate will also serve as a very useful reference guide in your daily work”

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.





“

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.

“

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.





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 suggesting that observing third-party experts can be useful. 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 Cardiac Rehabilitation for Nursing guarantees students, in addition to the most rigorous and up-to-date education, 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 Cardiac Rehabilitation for Nursing** contains the most complete and up-to-date scientific 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: **Postgraduate Certificate in Cardiac Rehabilitation for Nursing**

Official N° of Hours: **150 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.

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 Cardiac Rehabilitation for Nursing

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

Postgraduate Certificate Cardiac Rehabilitation for Nursing

