

# Postgraduate Certificate Nursing in Community Health





## Postgraduate Certificate Nursing in Community Health

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

Website: [www.techtute.com/in/nursing/postgraduate-certificate/nursing-community-health](http://www.techtute.com/in/nursing/postgraduate-certificate/nursing-community-health)

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# 01

# Introduction

In today's health care context, the importance of Nursing in Community Health is becoming increasingly evident. With the increase of chronic diseases and the need to promote healthy lifestyles, Nursing professionals play a crucial role in prevention and care in communities. This is why TECH has developed this program that provides the most innovative tools for population mapping, health promotion strategies and salutogenic care. All from a 100% online methodology that offers the professional the flexibility needed to organize daily activities with this updating process.





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*Thanks to TECH you will carry out the most effective health promotion strategies to transform a community”*

In the current context, the relevance of Community Health lies in the need to address the health challenges and difficulties faced by communities. In this regard, chronic diseases such as diabetes, obesity and cardiovascular diseases are on the rise and represent a significant burden for health care systems. For this reason, Nursing professionals play a key role in this field, as they work directly with populations to identify their clinical needs, provide education and health promotion, as well as coordinate medical and social care.

For this reason, TECH has created this Postgraduate Certificate that provides nurses with an update in their knowledge of Community Health. In this way, they will deepen their knowledge of health promotion strategies, lines of action and the organization and management of health at the local level. In addition, the nurses will broaden their skills in community-oriented primary care, coordination between Primary Care and Public Health, local health plans, situation diagnosis and health education.

In order to facilitate this update, this course has been developed under a 100% online methodology, which makes it easier for the nursing professionals to combine their daily activities with those of this update, since they will not have a strict schedule to which they must adhere. In addition, with the Relearning method, the graduate will remember the most important concepts in less time.

This **Postgraduate Certificate in Nursing in Community Health** 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 Primary Care Nursing
- ♦ 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 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



*You will deepen in this Postgraduate Certificate in the new roles of Nursing for the field of Community Health"*



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*Implement revolutionary techniques to develop educational materials to promote citizen empowerment”*

The program’s teaching staff includes professionals from 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 professionals 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 professionals 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 experts.

*You will delve into the organization and management of health at the local level and address key areas such as physical activity, nutrition, tobacco and oral health.*

*Thanks to this program, you will be up to date in coordination actions between primary care and public health to provide comprehensive care focused on local needs.*



# 02 Objectives

This program aims to provide the nurses with the most updated knowledge and skills in the field of Community Health. In this way, they will be able to offer comprehensive care and promote the wellbeing of communities. Therefore, through this program, professionals will acquire skills to address the health needs of the people in their environment. This, by means of a syllabus that allows the nursing healthcare professionals to access all of its content from any device with an Internet connection.







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*You will develop effective communication skills and citizen participation, thanks to the quality content offered by this program"*



## General Objectives

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- Develop knowledge about the aspects of care in Primary Care, both for individuals, families and groups and the interactions that occur between them
- Broaden the professional domains of Primary Care Nursing and acquire knowledge for greater visibility, prestige, and a higher level of job autonomy
- Actively participate in the community in terms of community health programs
- Keep abreast of advanced practice trends in primary care nursing
- Promote best practices, based on scientific evidence, in response to advances in treatment research and technology





## Specific Objectives

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- ◆ Develop knowledge and skills in the use of tools for health promotion
- ◆ Manage the different approaches to work in health promotion and community health, from the action from the health center
- ◆ Record and interpret community responses to health problems
- ◆ Detect the factors that affect health at the community level
- ◆ Promote the development of health promotion research, identifying the needs for community education on these issues
- ◆ Promote the development of health plans and programs in health promotion and health education Identify and record community resources to meet health needs

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*You will design strategies based on an analysis of the community, offering comprehensive and coordinated care in the Primary Care setting”*



03

# Course Management

The faculty that make up this program have been meticulously selected for their extensive experience and expertise in the field of Primary Care Nursing. Thus, each of them has an outstanding professional background and has demonstrated excellence in patient care in these settings. Their clinical experience allows them to offer a practical and up-to-date perspective on each of the concepts that will be addressed in this Postgraduate Certificate.





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*Thanks to the excellent team of nursing professionals of this university program, you will obtain an effective update in Community Health"*



## Management



### **Dr. Sánchez Castro, Juan José Augusto**

- Head of Primary Care Service at A Estrada Health Center
- Specialist in Family and Community Medicine in the Galician Health Service
- Executive Director of Infomercados Financial Services
- Master's Degree in Business Valuation from Center for Financial Studies (CEF)
- Diploma in Health by the Ministry of Health and Consumption
- Degree in Medicine and Surgery from the University of Santiago de Compostela

## Professors

### Ms. Martín Ventoso, Carlota

- ♦ Primary Care Nurse Specialist
- ♦ Nurse in Galician Health Service
- ♦ Graduate in Nursing from University School of Nursing of Lugo

### Ms. López García, Salomé

- ♦ Nurse in the Catalan Health Service
- ♦ Graduate in Nursing from the University of Santiago de Compostela

### Ms. Fernández Melcón, Lucía

- ♦ Nurse in Clinic University Hospital of Santiago de Compostela
- ♦ Postgraduate Grade in Nursing from the Pontificia University of Salamanca

### Ms. Cobas Couto, Elvira

- ♦ Community Care Nurse Specialist
- ♦ Entrepreneurship consultant and coach
- ♦ Lecturer at the University of A Coruña
- ♦ Professional Master's Degree in Community Nursing from the University of A Coruña
- ♦ Professional Master's Degree in Research Methods in Health Sciences, University of Alcalá
- ♦ Degree in Nursing from the José Timoteo Montalvao Machado de Chaves School of Nursing

### Dr. Neira Varela, Noemi

- ♦ Nurse in the Galician Health Service
- ♦ Master's Degree in Oncology Nursing in Barcelona
- ♦ Graduate in Nursing from Povisa University School

### Ms. Matalobos Luis, María Teresa

- ♦ Primary Care Nurse Specialist
- ♦ Coordinator of Service at A Estrada Health Center.
- ♦ Grade in Nursing from the University of Santiago de Compostela.

### Mr. Negreira Rodríguez, Samuel

- ♦ Occupational Nurse at Previlabor
- ♦ Company Nurse at NEXGRUP S.A.
- ♦ Nurse Assistant at Surgical Hospital Model of A Coruña
- ♦ Nurse Assistant at CUF Infante Santo Hospital of Lisboa
- ♦ Nurse Assistant at the Arquitecto Marcide Hospital Complex
- ♦ Master's Degree in Occupational Risk Prevention from the University of A Coruña.
- ♦ Specialization in Occupational Safety, Hygiene, Ergonomics and Applied Psychosociology, European University Miguel de Cervantes.
- ♦ Expert in management of technical guides of the "Healthy Company" and "Prevention Management OHSAS 18001" seals.
- ♦ Degree in Nursing in A Coruña University

# 04

## Structure and Content

This qualification offers a complete syllabus covering the fundamental aspects of Nursing in Community Health. This will allow the nurses to update their knowledge in health demographics, relevant indicators, prioritization elements and determinants of health, as well as health promotion and its evidence. In addition, there will be the opportunity to delve into the theoretical framework of salutogenesis, including the analysis of the model and the sense of coherence. All this content, presented with a variety of multimedia materials such as video summaries, accessible from any device with Internet connection.



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*Through the Relearning method, you will optimize your study time by focusing efficiently on the most relevant concepts"*

## Module 1. Community health. Health promotion

- 1.1. Health and disease: concept
  - 1.1.1. Health demography. Demographic indicators and their usefulness for the work: birth rate, fertility, mortality, migrations, vegetative growth
  - 1.1.2. Elements of prioritization: magnitude, significance, vulnerability and cost
  - 1.1.3. Determinants of health, influence on individual and collective health, nursing actions
  - 1.1.4. Health Promotion: concept and evidence
- 1.2. Theoretical Framework Salutogenesis and Health Assets
  - 1.2.1. Personal, family and community health assets
  - 1.2.2. Analysis of the Salutogenic Model
  - 1.2.3. Sense of Coherence
  - 1.2.4. An asset-based model
- 1.3. Asset mapping
  - 1.3.1. Theoretical mapping of health assets
  - 1.3.2. Design of intervention strategies based on the identified assets
  - 1.3.3. Analysis and selection of relevant assets in the community and in the primary health care setting
  - 1.3.4. Future trends and developments in the use of asset mapping in Primary Care Nursing
- 1.4. Community health. Scope of action and functions
  - 1.4.1. Fields of Action
  - 1.4.2. Functions
  - 1.4.3. Roles and responsibilities of community health nursing in primary care
  - 1.4.4. Methods of health needs assessment in the community
- 1.5. Health Promotion Strategy
  - 1.5.1. National health status profile
  - 1.5.2. Guiding Profiles
  - 1.5.3. Strategic Lines of Action
  - 1.5.4. Interventions to select
  - 1.5.5. Evidence on health promotion





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- 1.6. Health organization and management at the local level
    - 1.6.1. Physical Activity
    - 1.6.2. Feeding
    - 1.6.3. Tobacco
    - 1.6.4. Oral health
  - 1.7. Community-oriented primary care
    - 1.7.1. Definition of community
    - 1.7.2. Health diagnosis
    - 1.7.3. Coordination between primary care and public health
    - 1.7.4. Primary Care in network
  - 1.8. Local health plans in a vertebrating Primary Health Care
    - 1.8.1. Conceptual framework
    - 1.8.2. Diagnosis of the Situation
    - 1.8.3. Strategic Plan
    - 1.8.4. Comprehensive Care |
  - 1.9. Education for Health Citizen empowerment
    - 1.9.1. Principles and approaches to empowerment-centered health education
    - 1.9.2. Effective communication and teaching skills in Nursing for health education
    - 1.9.3. Citizen participation and informed decision making
    - 1.9.4. Design and development of educational materials to promote citizen empowerment
  - 1.10. Transforming society through salutogenic care
    - 1.10.1. Transforming society through salutogenic care
    - 1.10.2. Advanced Practice Nursing in Community Care
    - 1.10.3. Empowerment of People
    - 1.10.4. Holistic Approach of care

# 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.



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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.





#### 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 Nursing in Community Health 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"*

This **Postgraduate Certificate in Nursing in Community Health** 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 certificate 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 Nursing in Community Health**

Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

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guarantee accreditation teaching  
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community commitment  
personalized service innovation  
knowledge present  
online training  
development languages  
virtual classroom



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