

# Postgraduate Certificate

## Preventive Nursing in Primary Care



## Postgraduate Certificate Preventive Nursing in Primary Care

- » 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/preventive-nursing-primary-care](http://www.techtute.com/us/nursing/postgraduate-certificate/preventive-nursing-primary-care)

# 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

In primary care, there has been an important transformation in the role of nurses. Thus, the focus has shifted from hygiene promotion and basic care measures to complement this activity with the implementation of vaccination programs, promotion of healthy lifestyles and early detection of diseases. In this context, nurses play a fundamental role as a key figure in the health education of the population. For this reason, TECH has developed this 100% online program that offers the professionals an update in the prevention of diseases such as infectious diseases and cancer, as well as the promotion of lifestyles beneficial to the physical and mental state.



“

*With TECH you will delve into the key strategies to prevent diseases and improve health at different stages of life from Primary Care Nursing”*

Preventive primary care has evolved from a rudimentary approach based on hygiene promotion and basic care measures to a comprehensive approach. This includes the implementation of mass immunization strategies, the promotion of healthy habits and the early identification of diseases.

This progress has led to the consolidation of Preventive Nursing in healthcare systems. For this reason, TECH has developed this program that offers professionals an opportunity to update this field in just 6 weeks.

In this sense, the graduates will have a syllabus that will allow them to delve into the general rules of vaccine administration, epidemiological review and the identification and control of cardiovascular risk factors. Likewise, they will delve into prevention and care during pregnancy, preventive activities in mental health and the detection and management of frailty in the elderly.

As a result, the nurses will have before them an advanced, quality university qualification that allows them to access the content at any time and place. The only thing they will need is an electronic device with an Internet connection to consult the syllabus of this program. It also uses the Relearning method, which leads students to remember key concepts in a reduced period of time.

This **Postgraduate Certificate in Preventive Nursing in Primary Care** 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 implement effective preventive health activities in childhood and adolescence thanks to this program”*

“

*You will update your healthy lifestyle recommendations, from nutrition to physical activity, for a full and balanced life”*

*You will expand your knowledge in cancer prevention and specific recommendations, based on the latest scientific evidence.*

*With this university qualification you will be aware of the best practices in the prevention of infectious diseases and how to administer vaccines safely and effectively.*

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.



# 02 Objectives

This Postgraduate Certificate offers nursing professionals a complete update on prevention actions in Primary Care. Thus, the graduates will get an update on the processes for identifying and addressing risk factors and carry out strategies to improve the physical and mental health of the population. All this with a program that allows them to reconcile their daily activities with an intensive and high quality academic course.



“

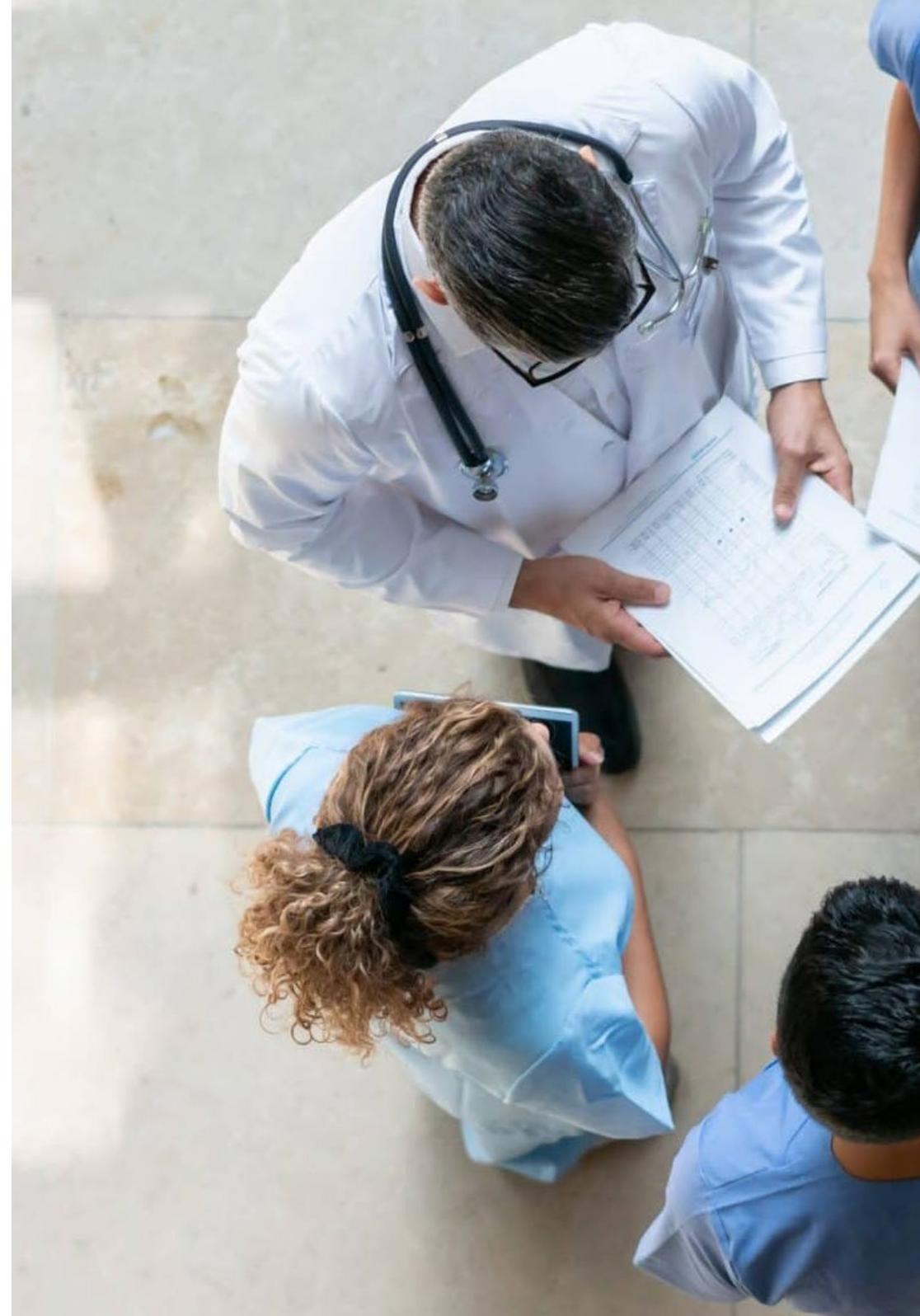
*You will develop skills in the prevention of cardiovascular diseases and promote a healthy diet for the well-being of the heart thanks to this program”*



## General Objectives

---

- ◆ 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

---

- ◆ Address accident protection measures, promoting personal autonomy and preventing dependency
- ◆ Describe the complications derived from an altered health situation
- ◆ Distinguish the existence of risk factors for health, with special attention to lifestyles and specific problems prevalent in the community
- ◆ Assess the quality of life of people taking into account the biological, psychological and social spheres

“

*You will explore in detail preventive activities in women, from pregnancy to breast cancer prevention and mental health thanks to the best didactic material”*

03

# Course Management

The faculty of this program has been carefully selected for their vast experience and expertise in the field of Primary Care Nursing. In addition, each member has an outstanding professional background and has demonstrated excellence in patient care in this setting. In addition, their background in leading hospital centers has led them to offer the nurse a practical and up-to-date perspective, from the hand of true experts.



“

*You will enhance your competencies in the management of patients with mental health problems thanks to this program developed by leading experts in Primary Care”*

## 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. Doval Cajaraville, Patricia

- ♦ Work Nurse at Ibersys Seguridad y Salud S.L
- ♦ Master's Degree in Occupational Risk Prevention from the Oberta de Vitoria University
- ♦ Grade in Nursing from the University of Santiago de Compostela

### Ms. López García, Salomé

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

### 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. González López, Claudia**

- ◆ Specialist Nurse in Mental Health
- ◆ Nurse in the Child Psychiatry Service of the CE Argüelles Hospital
- ◆ Jiménez Díaz Foundation
- ◆ FUDEN Inclusive Coordinator in the Research Department
- ◆ Teacher at University School of Nursing in Pontevedra
- ◆ Master in Health Care and Research at the University of A Coruña
- ◆ Diploma in Nursing from the University of Santiago de Compostela

**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

04

# Structure and Content

The content presented in this program dynamically addresses concepts related to Preventive Nursing in Primary Care. Thus, this agenda includes strategies to avoid chronic and infectious diseases and specific preventive activities for women and the elderly. Similarly, it will delve into mental health, occupational hazards and musculoskeletal injuries. All this, through the most innovative pedagogical tools.





“

*With the Relearning method, you will update complex knowledge more efficiently and obtain better results with less effort”*

## Module 1. Disease Prevention

- 1.1. Disease Prevention
  - 1.1.1. Levels of Prevention
  - 1.1.2. Factors of Risk in the different Stages of Life
  - 1.1.3. Childhood
  - 1.1.4. Youth
- 1.2. Preventive Activities in Childhood and Adolescence
  - 1.2.1. Breastfeeding in Primary Care
  - 1.2.2. Promotion of Physical Activity
  - 1.2.3. Prevention of traffic accident injuries
  - 1.2.4. Major Depression Screening
- 1.3. Lifestyle Recommendations
  - 1.3.1. Tobacco
  - 1.3.2. Alcohol
  - 1.3.3. Feeding
  - 1.3.4. Physical Activity
  - 1.3.5. Traffic Accidents: Drugs and driving. Elderly people and driving
- 1.4. Cancer prevention recommendations
  - 1.4.1. Primary prevention
  - 1.4.2. Secondary prevention
  - 1.4.3. Early Detection
  - 1.4.4. Recommendations according to types of cancer



- 1.5. Prevention on Infectious Diseases
  - 1.5.1. General Recommendations
  - 1.5.2. General Rules for Administration
  - 1.5.3. Vaccination Calendar
  - 1.5.4. Women, childbearing age and pregnancy
  - 1.5.5. Vaccination in immunocompromised patients
  - 1.5.6. Vaccination in travelers
  - 1.5.7. MMR vaccination
  - 1.5.8. Varicella zoster vaccination
  - 1.5.9. Viral hepatitis vaccination
  - 1.5.10. Human Papillomavirus Vaccine
  - 1.5.11. DPT vaccination
  - 1.5.12. Influenza vaccination
  - 1.5.13. Pneumococcal vaccination
  - 1.5.14. Meningococcal vaccination
  - 1.5.15. COVID-19 vaccination
- 1.6. Cardiovascular preventive recommendations
  - 1.6.1. Epidemiological review
  - 1.6.2. Cardiovascular Risk Tables
  - 1.6.3. Cardiovascular Risk Factors
  - 1.6.4. Healthy diet
- 1.7. Preventive activities in women
  - 1.7.1. Pregnancy
  - 1.7.2. Contraception
  - 1.7.3. Menopause
  - 1.7.4. Breast cancer prevention
- 1.8. Preventive activities in mental health
  - 1.8.1. Care of women and children during pregnancy
  - 1.8.2. Care of women and children during the postpartum period
  - 1.8.3. Prevention of mental health problems of adolescent pregnancy
  - 1.8.4. Risk factors for family dysfunction and psychopathology in situations of single parenthood
  - 1.8.5. School delay
  - 1.8.6. Disorders in Language Development
  - 1.8.7. Prevention of child abuse
  - 1.8.8. Early diagnosis of depression and anxiety disorders
- 1.9. Preventive activities in the elderly
  - 1.9.1. Walking aids
  - 1.9.2. Malnutrition
  - 1.9.3. Detection and management of the frail elderly person in primary care
  - 1.9.4. Cognitive impairment and dementia
- 1.10. Prevention of occupational hazards in nursing
  - 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



*You will put into practice the best techniques in the prevention of diseases in elderly people in only 6 weeks”*

# 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.



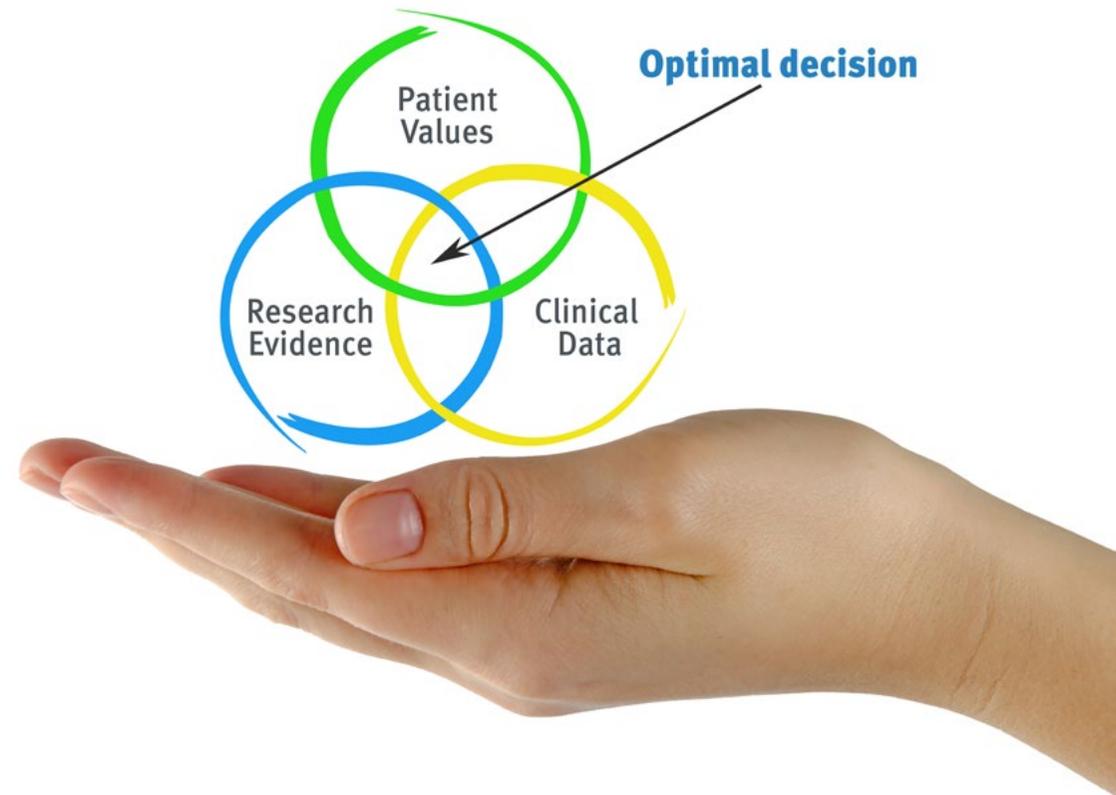
“

*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 Preventive Nursing in Primary Care guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



“

*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 Preventive Nursing in Primary Care** 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.

Title: **Postgraduate Certificate in Preventive Nursing in Primary Care**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



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 Preventive Nursing in Primary Care

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

# Postgraduate Certificate

## Preventive Nursing in Primary Care