

Postgraduate Certificate

Puberty, Menstruation and Climacteric for Nursing





Postgraduate Certificate Puberty, Menstruation and Climacteric for Nursing

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 4 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/nursing/postgraduate-certificate/puberty-menstruation-climacteric-nursing

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01

Introduction

The branch of Gynecological Nursing is a specific area of nursing care that studies all aspects related to the woman's life cycle and all that surrounds the physiological and pathological aspects of women.

It is the result of a great deal of care and attention given with generosity and professionalism by different professional categories. Therefore, it needs the acquisition of special knowledge that is different from that of the rest of the population, and it is necessary to rely on professionals trained in these specific areas.



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The Postgraduate Certificate in Puberty, Menstruation and Climacteric for Nursing contains the most complete and up-to-date scientific program on the market”

The general purpose of this educational proposal is to train nursing professionals to meet the health needs of women with scientific rigor and the highest professional standards.

This program arises as a response to multiple needs in the hospital environment of all nursing professionals, both those recently incorporated as well as those who have been providing their professional services for some time and who require constant updating in this very specific area of practice.

The aim is to respond to the growing need posed by the new challenges imposed by a changing and increasingly demanding society, in order to raise awareness of the importance of incorporating new values, new work systems and new areas of action in our profession. A social need where women demand specialized and specific attention in the field of gynecology.

This **Postgraduate Certificate in Puberty, Menstruation and Climacteric for Nursing** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ Development of clinical cases presented by experts in the different areas of multidisciplinary knowledge
- ♦ 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
- ♦ New developments in Puberty, Menstruation and Climacteric for Nursing
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ With special emphasis on evidence-based nursing and research methodologies in Puberty, Menstruation and Climacteric for Nursing
- ♦ All of this will be complemented by 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 your skills in the approach to Puberty, Menstruation and Climacteric for Nursing through this program”

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This Postgraduate Certificate could be the best investment you make when selecting a professional development program for two reasons: in addition to updating your knowledge in Puberty, Menstruation, and Climacteric for Nursing, you will earn a certificate from TECH Global University”

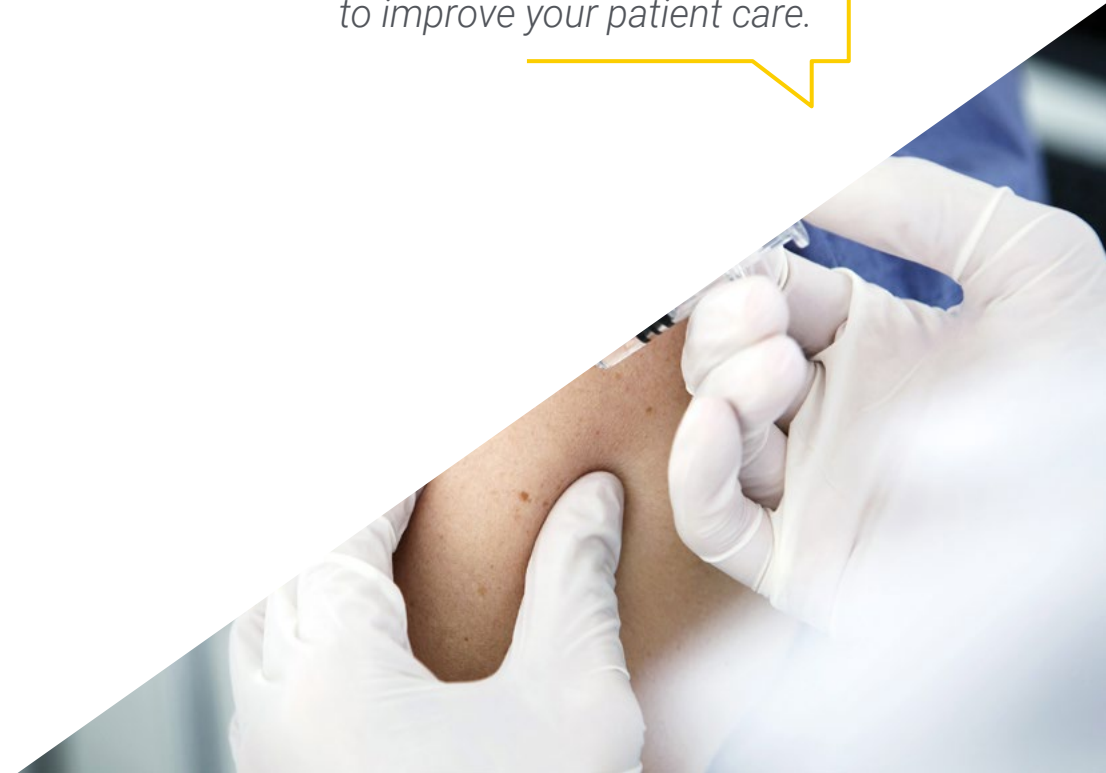
Its teaching staff includes health professionals belonging to the field of Gynecology and Obstetrics, who bring their work experience to this training, as well as recognized specialists belonging to leading scientific societies.

Thanks to its multimedia content, developed with the latest educational technology, professionals will benefit from situated and contextual learning—simulated environments designed to provide immersive learning experiences that prepare them for real-life situations.

The design of this program is based on Problem-Based Learning, by means of which the nursing professional must try to solve the different professional practice situations that arise throughout the program. For this reason, students will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of Gynecology with extensive teaching experience.

Boost your confidence in decision-making by updating your knowledge through this Postgraduate Certificate in Puberty, Menstruation, and Climacteric for Nursing.

Don't miss the opportunity to update your knowledge in Puberty, Menstruation and Climacteric for Nursing in order to improve your patient care.



02

Objectives

The main objective of the program is the development of theoretical and practical learning, so that nursing professionals can master in a practical and rigorous way the study of Puberty, Menstruation and Climacteric for Nursing.





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This refresher program will generate a sense of confidence when practicing nursing, which will help you grow both personally and professionally”



General Objectives

- ♦ Acquire knowledge in specific gynecological care
- ♦ Promote work strategies based on a comprehensive approach to the patient as a standard model for achieving excellent care
- ♦ Favour the acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through specific training
- ♦ Promote professional growth through continuing education and research



Make the most of this opportunity and take the step to get up to date on the latest developments in Puberty, Menstruation and Climacteric for Nursing”





Specific Objectives

- ◆ Know concepts related to menstrual symptoms
- ◆ Update knowledge on gynecological examinations
- ◆ Acquire knowledge about the biological process of reproduction and the sexual cycle of women and its psychological and social implications
- ◆ Identify the various pathologies related to puberty
- ◆ Describe the different menstrual disorders
- ◆ Understand hypothalamic and pituitary amenorrheas
- ◆ Describe the various functional uterine hemorrhages
- ◆ Understand the pathologies and treatments during the climacteric period
- ◆ Treat the various infertility problems
- ◆ Update the various assisted reproductive techniques
- ◆ Acquire knowledge, skills and attitudes to provide care to women and their partners throughout the reproductive cycle

03

Course Management

This program includes in its teaching staff health professionals of recognized prestige, who belong to the field of Obstetrics and Gynecology and who bring to this training the experience of their work.

Additionally, renowned specialists—members of prestigious national and international scientific societies—have participated in the design and development of the program.



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Learn from leading professionals, the latest advances in Puberty, Menstruation and Climacteric for Nursing”

Management



Dr. Rodríguez Díaz, Luciano

- ♦ Nursing Specialist in Obstetrics and Gynecology
- ♦ Head of Studies of the Obstetric-Gynecological Nursing Teaching Unit (Midwife) of the University Hospital of Ceuta.
- ♦ Midwife at the University Hospital of Ceuta
- ♦ Teacher at the University Centre of Nursing Virgen of La Paz. Ronda, Spain
- ♦ Professor of the Ceuta Midwifery Teaching Unit
- ♦ Vocal of the Emergencies Group of the Spanish Society of Emergency Nurses (SEEUE)
- ♦ Responsible for Perinatal Health: Sexual and Reproductive Health and Normal Delivery at Ingesa
- ♦ Member of the Clinical Commission for Research and Continuing Education of the University Hospital of Ceuta.
- ♦ Member of Ceuti Studies Institute, Editorial Board of the European Journal of Health Research, Spanish Society of Emergency Medicine
- ♦ PhD from the University of Granada
- ♦ Master's Degree in Physical Education and Health from the University of Granada.
- ♦ Master's Degree in Gynecological Nursing from the CEU Cardenal Herrera University.
- ♦ Master's Degree in Obstetric Nursing from the CEU Cardenal Herrera University.
- ♦ Speciality in Obstetric and Gynecological Nursing from the University of Málaga
- ♦ University Diploma in Nursing, University of Cadiz
- ♦ Currently studying a Postgraduate Diploma in Community Health Promotion in National University of Remote Education



Dr. Vázquez Lara, Juana María

- ♦ Nurse in Primary Care
- ♦ Emergency Service of 061 Nurse of the Ceuta Health Management Area.
- ♦ PhD from the University of Granada
- ♦ Acting midwife of the Delivery Service at the University Hospital of Ceuta.
- ♦ Head of Studies of the Ceuta Midwifery Teaching Unit.
- ♦ Professor in the Ceuta Midwifery Teaching Unit
- ♦ National Coordinator of the Obstetrical-Gynecological Emergencies Working Group of the Spanish Society of Emergency Nursing (SEEUE)
- ♦ Master's Degree of the Official Doctoral Program in Physical Education and Health
- ♦ University Expert on "Health Promotion in the Community" UNED
- ♦ Specialty in Obstetric and Gynecological Nursing (Midwife) at the Costa del Sol Hospital in Marbella of the University School of Nursing and Midwifery of Málaga by the University of Málaga
- ♦ University Diploma in Nursing, Salus Infirmorum University School of Nursing, University of Cádiz

Faculty

Dr. Amor Besada, Noelia

- ♦ Midwife at the Virxe Peregrina Health Center of Pontevedra
- ♦ Midwife at the Galician Health Service
- ♦ Workshop leader

Dr. Andrés Núñez, Carmen Patricia

- ♦ Specialist in Obstetrics and Gynecology at the University Hospital of Ceuta
- ♦ Specialist in Gynecology and Obstetrics. Quirónsalud Campo of Gibraltar Hospital
- ♦ INGESA Specialist Physician
- ♦ Gynecology Clinical Management Unit. San Cecilio University Hospital Granada
- ♦ Bachelor's Degree in Medicine and Surgery

Dr. Carrasco Racero, María Mercedes

- ♦ Nurse Practitioner in Gynecological Care
- ♦ Internship Coordinator at the University Center of Ronda
- ♦ Bachelor's Degree in Nursing
- ♦ Teacher

Ms. De Dios Pérez, María Isabel

- ♦ Midwife at the Zaragoza University Hospital
- ♦ Diploma in Nursing
- ♦ Nursing Specialist in Obstetrics and Gynecology

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- ♦ Midwife, University Hospital Virgen de Valme
- ♦ Midwife in the Ceuta Health Area
- ♦ Nurse Specialist in Obstetrics and Gynecology, University Hospital of Ceuta
- ♦ Teacher specialized in Obstetrics
- ♦ Diploma in Nursing, Faculty of Nursing and Physiotherapy of Cádiz

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- ♦ Nurse specialized in Obstetrics and Gynecology
- ♦ Midwife of Specialized Care in Campo de Gibraltar
- ♦ Midwife, Quirón Campo de Gibraltar Hospital
- ♦ Nurse Resident Intern Midwife Andalusian Health Service
- ♦ Critical care and emergency nurse Andalusian Health Service
- ♦ Teacher
- ♦ Diploma in Nursing
- ♦ University expert in community nutrition UNED
- ♦ University expert in cardiovascular risks III. UNED
- ♦ University Expert in Emergency Medicine. Complutense University of Madrid

Ms. Llinás Prieto, Lucía

- ♦ Nurse Practitioner in Gynecological Care
- ♦ Nurse in Specialized Care Cadiz
- ♦ Teacher
- ♦ Diploma in Nursing

Mr. Mérida Téllez, Juan Manuel

- ♦ Nurse specialized in Obstetrics and Gynecology
- ♦ Midwife, Costa del Sol. Hospital Marbella, Spain
- ♦ Teacher
- ♦ Diploma in Nursing

Dr. Mérida Yáñez, Beatriz

- ♦ Nurse Specialist in Gynecology and Obstetrics
- ♦ Midwife at the Andalusian Health Service
- ♦ Midwife at the Vithas Hospital
- ♦ Midwife at the Murcia Health Service
- ♦ Doctor in Health Sciences
- ♦ Diploma in Nursing
- ♦ Member of: Scientific Committee of the First International Congress of Research and Innovation in Nursing and Physiotherapy of Ceuta and Melilla and Scientific Committee of the National Health Journal

Mr. Muñoz Vela, Francisco Javier

- ♦ Nurse specialized in Obstetrics and Gynecology
- ♦ Nursing from internship coordinator at the Maternity and Infant Care Center of Málaga
- ♦ Midwife in the Carlos Haya Regional University Hospital
- ♦ Midwife in the San Antonio Park Hospital
- ♦ Midwife in Specialized in Care at the Maternal-Child Care Hospital of Málaga
- ♦ Associate Professor, Department of Medicine, Málaga University
- ♦ Diploma in Nursing from the University of Málaga

Mr. Márquez Díaz, Antonio

- ♦ Midwife in Primary Care in the Andalusian Government
- ♦ Midwife, El Angel Hospital HLA Group
- ♦ Midwife, Vithas
- ♦ Intern Resident Nursing Plan Tutor
- ♦ OPOSALUD Tutor
- ♦ University Diploma in Emergency Nursing, El Ángel Hospital
- ♦ Nursing University Diploma in ICU Pediatrics and Neonatal Unit of El Ángel Hospital
- ♦ Resident Midwife, Andalusian Regional Government
- ♦ Midwife Costa del Sol de Marbella Hospital
- ♦ Midwife Quirón Campo de Gibraltar Hospital
- ♦ Official Master in Health Economics, Health Management and Rational Use of Medicines. University of Malaga
- ♦ Official Master's Degree in New Trends in Health Sciences Research University of Malaga
- ♦ Master's Degree in Public Health. University of Almeria
- ♦ Master's Degree in Nurse Prescription and Pharmacotherapeutic Monitoring. University of Valencia
- ♦ Master's Degree in Pharmacotherapy, University of Valencia
- ♦ Diploma in Nursing. University of Malaga

Ms. Palomo Gómez, Rocío

- ♦ Nurse specialized in Gynecology and Obstetrics
- ♦ Ceuta Specialized Care Midwife
- ♦ Midwife in the Carlos Haya Regional University Hospital. Málaga, Spain
- ♦ Teacher in the Malaga Midwifery Unit
- ♦ Diploma in Nursing

Ms. Revidiego Pérez, María Dolores

- ♦ Nurse specialized in Gynecology and Obstetrics
- ♦ Midwife of Specialized Care in Campo de Gibraltar
- ♦ Midwife. Quirón Campo de Gibraltar Hospital
- ♦ Teacher
- ♦ Diploma in Nursing

Dr. Rivero Gutiérrez, Carmen

- ♦ Midwife. Primary Care in the Ceuta Health Area
- ♦ Midwife. Ingesa Ceuta
- ♦ Midwife. Puerta del Mar University Hospital Complex - San Carlos
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- ♦ Diploma in Nursing





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- ◆ Nurse at Nuestra Señora de Candelaria University Hospital
- ◆ Teacher
- ◆ Diploma in Nursing

Dr. Vázquez Lara, Francisco José

- ◆ Specialist in Biological Sciences
- ◆ Teacher
- ◆ PhD Polytechnic University of Valencia
- ◆ Degree in Biological Sciences

Ms. Vázquez Lara, María Dolores

- ◆ Nurse specialized in primary care of pregnant women
- ◆ Campo de Gibraltar Primary Care Nurse
- ◆ Teacher
- ◆ Diploma in Nursing

04

Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of specialization in daily nursing practice, aware of the relevance of current education to be able to act before the patient with gynecological problems and committed to quality teaching through new educational technologies.



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Module 1. Puberty, Menstruation and Climacteric Period

- 1.1. Pathology of Puberty
 - 1.1.1. Precocious Puberty
 - 1.1.2. Delayed Puberty
- 1.2. Menstrual Disorders
 - 1.2.1. Hypothalamic Amenorrhea
 - 1.2.2. Pituitary-Related Amenorrhea
 - 1.2.3. Hyperprolactinemia
- 1.3. Uterine Amenorrhea
 - 1.3.1. Protocol
 - 1.3.2. Diagnosis
- 1.4. Functional Uterine Bleeding
 - 1.4.1. Ovulatory Bleeding
 - 1.4.2. Anovulatory Bleeding
 - 1.4.3. Bleeding of Extragenital Origin
- 1.5. Climacteric Pathology
 - 1.5.1. Treatment of Climacteric Pathology: Hormone Replacement Therapy (HRT)
 - 1.5.2. Hormone Replacement Therapy and Gynecological Cancer
 - 1.5.3. Complementary or Alternative Measures in Menopause
 - 1.5.4. Phytoestrogens





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A unique, essential and decisive learning experience to boost your professional development”

05

Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



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TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”

The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

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*At TECH you will NOT have live classes
(which you might not be able to attend)”*



The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want*”

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

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.



A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule”

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 assess 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.

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.



As such, the best educational materials, thoroughly prepared, will be available in this program:



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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

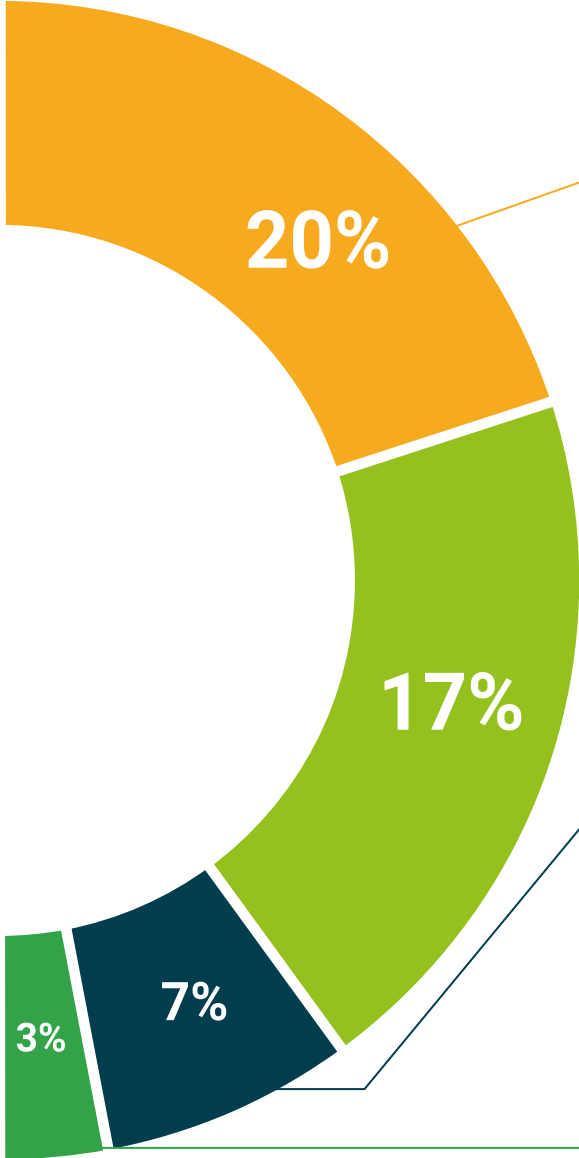
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





Case Studies

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.



Testing & Retesting

We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.



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 for 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 Puberty, Menstruation and Climacteric for Nursing 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 private qualification will allow you to obtain a **Postgraduate Certificate in Puberty, Menstruation and Climacteric for 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** private qualification 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 Puberty, Menstruation and Climacteric for Nursing**

Modality: **online**

Duration: **6 weeks**

Accreditation: **4 ECTS**



*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University 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



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Postgraduate Certificate

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