

# Postgraduate Certificate

## Puberty, Menstruation and Climacteric for Nursing



## Postgraduate Certificate Puberty, Menstruation and Climacteric for Nursing

Course Modality: Online

Duration: 6 weeks

Certificate: TECH Technological University

Official N° of hours: 100 h.

Website: [www.techtute.com/in/nursing/postgraduate-certificate/puberty-menstruation-climacteric-nursing](http://www.techtute.com/in/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 requires the acquisition of special knowledge that is different from that of the rest of the population, and it is necessary to rely on professionals well-versed in these specific areas.





*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. The most important features include:

- ◆ 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 is the best investment you can make when selecting a refresher program, for two reasons: in addition to updating your knowledge in Puberty, Menstruation and Climacteric for Nursing, you will obtain a qualification endorsed by TECH Technological University”*

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

Thanks to its multimedia content developed with the latest educational technology, they will allow the professional a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to prepare in real 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.

*Increase your decision-making confidence by updating your knowledge with 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 practising nursing, which will help you grow both personally and professionally”*



## General Objectives

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- Acquire knowledge in gynecological care specifics
- 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 education
- Encourage professional stimulation through continuous 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

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- ◆ 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 program the experience of their work.

In addition, renowned specialists, members of prestigious national and international scientific communities, are involved in designing and preparing 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

- ◆ Nurse Specialized in Obstetric-Gynecologic Nursing (Midwife)
- ◆ Teacher at the University Centre of Nursing of Ronda
- ◆ Teacher in the Ceuta Midwifery Teaching Unit
- ◆ Member of Obstetric-Gynecologic Emergency Group of the SEEUE.
- ◆ Responsible for Perinatal Health: Reproductive Sexual Health and Normal Childbirth of Ingesa.
- ◆ Member of the Clinical Commission for Research and Continuing Education of the University Hospital of Ceuta
- ◆ Full member of the Institute of Ceuta Studies
- ◆ Member of the Editorial Board of the European Journal of Health Research
- ◆ PhD from the University of Granada
- ◆ Diploma in Nursing
- ◆ PhD from the University of Granada



### **Dr. Vázquez Lara, Juana María**

- ♦ Nurse Specialist in Obstetric-Gynecologic Nursing (Midwife)
- ♦ Midwife in the Ceuta Health Area
- ♦ Head of Studies of the Ceuta Midwifery Teaching Unit
- ♦ Professor of the Ceuta Midwifery Teaching Unit
- ♦ Member of the Obstetric-Gynecologic Emergency Group of the SEEUE
- ♦ PhD from the University of Granada
- ♦ Postgraduate Certificate in Nursing

## Professors

### Ms. Amor Besada, Noelia

- ♦ Midwife Galician Health Service

### Ms. Andrés Núñez, Carmen Patricia

- ♦ Degree in Medicine and Surgery
- ♦ Specialist in Obstetrics and Gynecology at the University Hospital of Ceuta.

### Ms. Carrasco Racero, María Mercedes

- ♦ Diploma in Nursing
- ♦ Nurse and Internship Coordinator at the University Center of Ronda

### Ms. De Dios Pérez, María Isabel

- ♦ Diploma in Nursing
- ♦ Midwife at the Zaragoza University Hospital

### Ms. Díaz Lozano, Paula

- ♦ Diploma in Nursing
- ♦ Midwife at the Ceuta University Hospital

### Ms. Gilart Cantizano, Patricia

- ♦ Diploma in Nursing
- ♦ Specialized Care Midwife at the Campo de Gibraltar Hospital and Quirón Campo de Gibraltar Hospital

### Ms. Llinás Prieto, Lucía

- ♦ Diploma in Nursing
- ♦ Nurse in Specialized Care, Cádiz

### Mr. Márquez Díaz, Antonio

- ♦ Diploma in Nursing
- ♦ Midwife at the Costa del Sol de Marbella Hospital and Quirón Campo de Gibraltar Hospital

### Ms. Mérida Téllez, Juanma

- ♦ Postgraduate Certificate in Nursing
- ♦ Midwife Costa del Sol de Marbella Hospital

### Ms. Mérida Tellez, Beatriz

- ♦ Nursing specialized in Obstetrics and Gynecology
- ♦ Midwife of the Andalusian Health Service
- ♦ Midwife of the Vithas Hospital
- ♦ Midwife of the Murcia Health Service
- ♦ Teacher
- ♦ Member of the scientific committee of the First International Congress of Research and Innovation in Nursing and Physiotherapy of Ceuta and Melilla
- ♦ Member of the Scientific Committee. National Sanitary Magazine
- ♦ Doctor in Health Sciences
- ♦ Postgraduate Certificate in Nursing

### Ms. Muñoz Vela, Francisco Javier

- ♦ Diploma in Nursing
- ♦ Specialized Maternal Care Midwife at the Infant Hospital of Málaga





**Ms. Palomo Gómez, Rocío**

- ◆ Diploma in Nursing
- ◆ Specialized Care Midwife, Ceuta

**Ms. Revidiego Pérez, María Dolores**

- ◆ Diploma in Nursing
- ◆ Specialized Care Midwife at the Campo de Gibraltar and Quirón Campo de Gibraltar Hospital

**Ms. Rivero Gutiérrez, Carmen**

- ◆ Diploma in Nursing
- ◆ Specialized Care Midwife, Ceuta

**Mr. Rodríguez Díaz, David**

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

**Mr. Vázquez Lara, Francisco José**

- ◆ Degree in Biological Sciences

**Ms. Vázquez Lara, María Dolores**

- ◆ Diploma in Nursing
- ◆ Campo de Gibraltar Primary Care Nurse

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

## Module 1. Puberty, Menstruation and Climacteric Period

- 1.1. Pathology of Puberty
  - 1.1.1. Precocious Puberty
  - 1.1.2. Pubertal Delay
- 1.2. Menstrual Disturbances
  - 1.2.1. Hypothalamic Amenorrhea
  - 1.2.2. Amenorrhea of the Pituitary Type
  - 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. Extragenital Bleeding
- 1.5. Climacteric Pathology
  - 1.5.1. Treatment of Climacteric Pathology: HRT
  - 1.5.2. Hormone Replacement Therapy and Gynecologic Cancer
  - 1.5.3. Complementary or Alternative Measures in Menopause
  - 1.5.4. Phytoestrogens





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*A unique, key, and decisive educational experience to boost your professional development”*

# 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 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 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 Puberty, Menstruation and Climacteric for Nursing** contains the most complete and up-to-date 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 Puberty, Menstruation and Climacteric for Nursing**

Official N° of hours: **100 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.



future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present quality  
development languages  
classroom



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Course Modality: Online

Duration: 6 weeks

Certificate: TECH Technological University

Official N° of hours: 100 h.

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