

# Postgraduate Diploma

Nursing Care of the Elderly with Skin,  
Nutritional and Elimination Disorders





## Postgraduate Diploma

### Nursing Care of the Elderly with Skin, Nutritional and Elimination Disorders

Course Modality: **Online**

Duration: **6 months**

Certificate: **TECH Technological University**

Official N° of Hours: **450 h.**

Website: [www.techtute.com/nursing/postgraduate-diploma/postgraduate-diploma-nursing-care-elderly-skin-nutritional-elimination-disorders](http://www.techtute.com/nursing/postgraduate-diploma/postgraduate-diploma-nursing-care-elderly-skin-nutritional-elimination-disorders)

# 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

With increasing life expectancy, nursing units in charge of elderly care have progressively encountered a greater number of pathologies related to skin disorders, nutritional disorders and the excretory system. This is why professionals in this sector require advanced knowledge to deal more effectively with all these kinds of problems. TECH has assembled a team of highly trained professionals in the field to create this degree, which is a great opportunity for all students to achieve significant advancement in the area of elder care.



“

*He masters the nutritional guidelines for the elderly, the most common alterations in their skin and the main problems of their excretory system in order to offer them first class care"*

With a population pyramid that tends to be increasingly older, the elderly make up a large social group that requires specialized care. In addition, the increase in general life expectancy has also led to the appearance of new skin alterations and various problems for which the nursing professional must be prepared.

Thus, this Postgraduate Diploma presents 3 modules of complete teaching where the student will investigate the main issues in this area of elderly care such as the different types of ulcers, specific treatments for skin lesions, nutritional needs of the elderly or the main changes of the excretory system in aging.

In this way, the professional graduate of this degree will have an expert perspective of everything involved in caring for the skin, nutrition and elimination systems of an elderly person. This, in addition to adding quality to their curriculum, will greatly improve their own work methodology, helping these valuable members of society to better cope with the problems of old age.

A degree that, in addition, has the advantage of being taught completely online, which facilitates the student the possibility of combining it with their own professional or personal life. As there are no classes or schedules, it is the student who chooses when and where to study the didactic material, available in its entirety from any device with an internet connection.

This **Postgraduate Diploma in Nursing Care of the Elderly with Skin, Nutritional and Elimination Disorders** 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 geriatric nursing
- ♦ The graphic, schematic, and eminently 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



*Become a key person in the care of the elderly by providing them with the care they need, contributing to society through your professional performance"*

“ *The quality of life of the elderly in your care will improve thanks to your knowledge of nutrition, which will undoubtedly help them feel healthier*”

The program's teaching staff includes professionals from the sector who contribute their work experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive training programmed to train in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*The skin of the elderly is particularly delicate. Learn how to correctly treat all related problems and avoid further complications.*

*Your social contribution to the care of the elderly will be even greater upon completion of this TECH Postgraduate Diploma. Don't hesitate and sign up today.*



# 02 Objectives

The objective of this TECH Postgraduate Diploma is to train its students in different facets of care for the elderly who pose a special problem at advanced ages. To this end, a team of experts in this field has been assembled and, using the most innovative educational methodology, has created a cutting-edge program that will allow students to grow in their work and personal lives. It is, therefore, a unique opportunity to distinguish yourself in the nursing field.







“

*By enrolling in this Postgraduate Diploma, you will be taking an important step that will improve your professional and personal quality. Don't wait to make the change that awaits you after completing this degree"*



## General Objectives

---

- Update the professional in nursing procedures and interventions for the correct care of the geriatric patient in the internal medicine hospitalization unit
- Acquire a series of competencies aimed at improving the skills of nursing professionals dedicated to the geriatric field.
- Have the best treatments, from the nursing professional's point of view, for geriatric patients, attending to the particularities of each case



*Your skills in caring for the elderly will improve significantly even during the course of the degree itself, as you will see how your work methodology adapts to the new knowledge you are acquiring"*





## Specific Module Objectives

---

### Module 1. Skin in the Elderly

- ♦ Developing proper skin care for the elderly
- ♦ Knowledge of the most common skin pathologies in this type of patient

### Module 2. Nutritional sphere in the elderly

- ♦ Understand the importance of nutrition in the elderly
- ♦ Adapt nutrition to different patients, depending on their pathology.
- ♦ Update on the complications that can appear in diabetes, to be able to anticipate them and prevent them from occurring, or to know how to act if they have already appeared
- ♦ Incorporate the procedures for dealing with the different diseases associated with the metabolic syndrome in daily practice

### Module 3. Elimination in the Elderly

- ♦ Know the main pathologies related to the excretory system in the field of geriatrics
- ♦ Recognize the material resources necessary to perform the different diagnostic or therapeutic tests

03

# Course Management

Experts in the care of the elderly have been selected by TECH for the development of this program, demonstrating their professional value with an extensive academic and professional curriculum. Thanks to the support of the teaching team, the student will be able to acquire all the skills that will undoubtedly lead to a higher level of employment, with a specific focus on the care of the elderly that will allow them to perform their work more effectively and satisfactorily.





“

*You will be advised at all times by a team of teachers who want you to reach your maximum potential. Enroll in TECH and become part of a great family of professionals”*

## Management



### Ms. Verano de la Torre, Marina

- ◆ Continuity of care nurse at the Fundación Jiménez Díaz University Hospital.
- ◆ Teaching collaborator in seminars on Comprehensive Geriatric Assessment as part of the Nursing of the Elderly course at the Autonomous University of Madrid.
- ◆ Lecturer in the course Update in Nursing Care for the Elderly at the Hospital Doctor Rodríguez Lafora.
- ◆ Lecturer in the psychogeriatrics course at the Hospital Doctor Rodríguez Lafora: Role of Nursing in active aging
- ◆ Degree in Nursing. Autonomous University of Madrid
- ◆ Specialist in Geriatric Nursing via EIR. Ramón y Cajal Hospital Multidisciplinary Teaching Unit
- ◆ Nurse in the Traumatology, Urology and Thoracic Surgery Unit at the University Hospital of Getafe (Madrid)
- ◆ Nurse in Digestive Unit at Puerta de Hierro University Hospital (Madrid)

## Coordination

### Ms. Veras Basora, Mally

- ◆ Nurse continuity of care - geriatrics at the University Hospital Foundation Alcorcon
- ◆ Ramón y Cajal Hospital. Geriatric Service
- ◆ Foundation San José Institute: hospitalization
- ◆ Hospital Quirón San José: outpatients.  
S. emergency department (pediatrics/gynecology)
- ◆ Degree in Nursing (Complutense University of Madrid)
- ◆ Master's Degree in Integration of Care and Clinical Problem Solving in Nursing
- ◆ Nurse specialist in Geriatrics. H. Ramón y Cajal

### Ms. Rubio Sánchez, Bárbara

- ◆ Resident specialist in geriatric nursing at Ramón y Cajal University Hospital.
- ◆ Emergency service, endoscopy service, hospitalization service, cystoscopy service and specialized consultation service at the León University Hospital
- ◆ Emergency department, internal medicine department and surgery department at the HM La Regla Hospital
- ◆ Emergency service and primary care management at Sierrallana Hospital
- ◆ Degree in Nursing. University of Leon
- ◆ Postgraduate Diploma in Nursing Processes and Interventions in the Field of General Care



# 04

## Structure and Content

The structure and contents of this Postgraduate Diploma in Nursing Care of the Elderly with Skin, Nutritional and Elimination Disorders respond to the current needs of students in this area of elder care. Thus, a unique practical methodology has been employed in which the student acquires the knowledge in nursing care of the elderly in a contextual manner, with ample real examples that greatly aid in the understanding of the content.







“

*Give a quality twist to your nursing career with this University Expert in TECH”*

## Module 1. Skin in the elderly

- 1.1. Skin Organ Changes in Aging
- 1.2. Dependency-Related Injuries: Pressure Ulcers
- 1.3. Dependency-Related injuries: Skin Injuries  
Associated with Humidity (LECASH)
- 1.4. Vascular Ulcer
- 1.5. Diabetic Foot
- 1.6. Kennedy's Ulcers
- 1.7. Scales for Assessing the Risk of Developing Dependency-Related Injuries
- 1.8. Treatment of Skin Injuries: Cures
- 1.9. Treatment of Skin Lesions: Pressure Relieving Surfaces
- 1.10. Care of the Elderly with Loss of Skin Integrity

## Module 2. Nutritional Sphere in the Elderly

- 2.1. Nutritional Assessment of the Elderly
- 2.2. Nutritional Requirements, Overweight and Obesity
- 2.3. Malnutrition and Nutritional Supplements
- 2.4. Sarcopenia
- 2.5. Oral Health: Evaluation and Recommendations (Xerostomia, Candidiasis)
- 2.6. Therapeutic Devices, Indications and Care
- 2.7. Dehydration and Ionic Disturbances in the Elderly.
- 2.8. Diabetes in the Elderly
- 2.9. Therapeutic Diets
- 2.10. Technical Aids for Feeding



### Module 3. Elimination in the elderly

- 3.1. Changes in the Excretory System in Aging
- 3.2. Incontinence in the Elderly
- 3.3. Incontinence Care: Absorbent Pads, Therapeutic Devices and Technical Aids
- 3.4. Incontinence Rehabilitation
- 3.5. Neurogenic Bladder
- 3.6. Urinary Tract Infections
- 3.7. Acute Urinary Retention
- 3.8. Constipation and Fecal Impaction
- 3.9. Diarrhea in the Elderly
- 3.10. Pharmacotherapy of Elimination Disorders

“

*This is your best asset to work in the field you are passionate about. Don't miss it and discover now all that TECH offers you to become a reputable nurse in the care of the elderly"*

# 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.



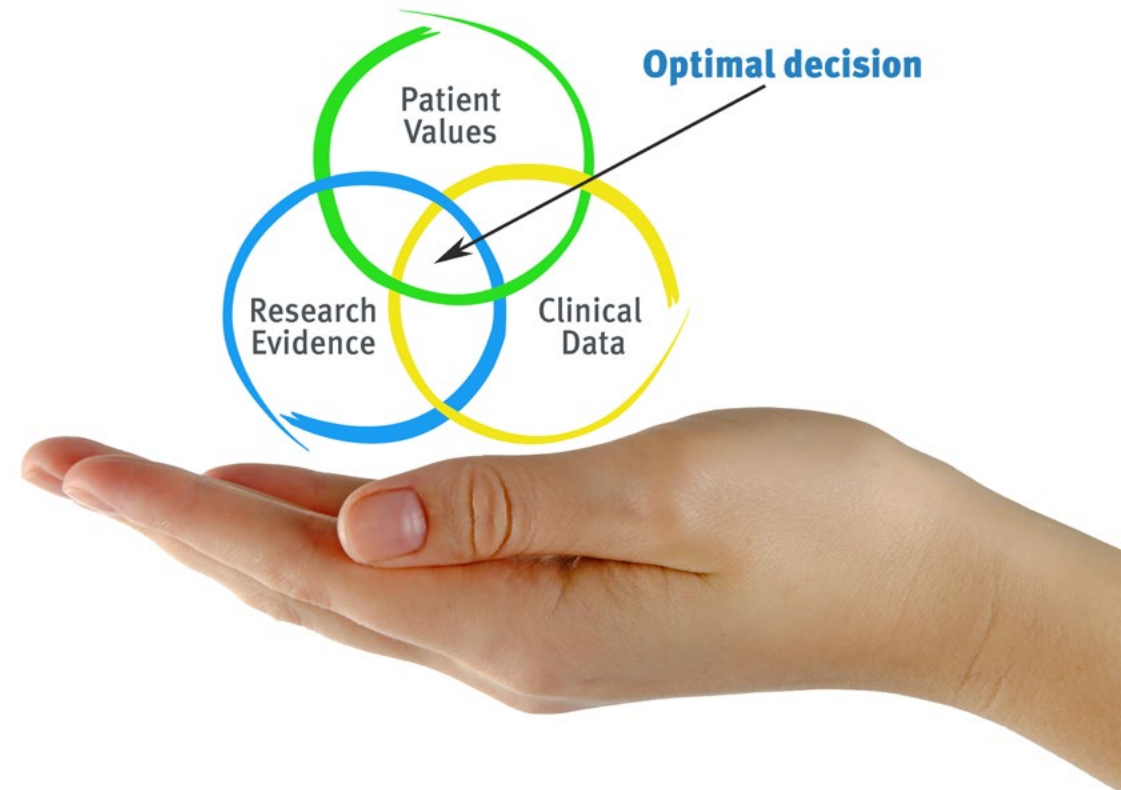
“

*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 Harvard 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 multimedia content presentation training Exclusive system 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**

The student's knowledge is periodically assessed and re-assessed throughout the program, through evaluative and self-evaluative activities and exercises: in this way, students can check how they are doing in terms of 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 Diploma in Nursing Care of the Elderly with Skin, Nutritional and Elimination Alterations guarantees, in addition to the most rigorous and up-to-date training, access to a Postgraduate Diploma issued by TECH Technological University.



“

*Successfully complete this training program  
and receive your university certificate without  
travel or laborious paperwork”*

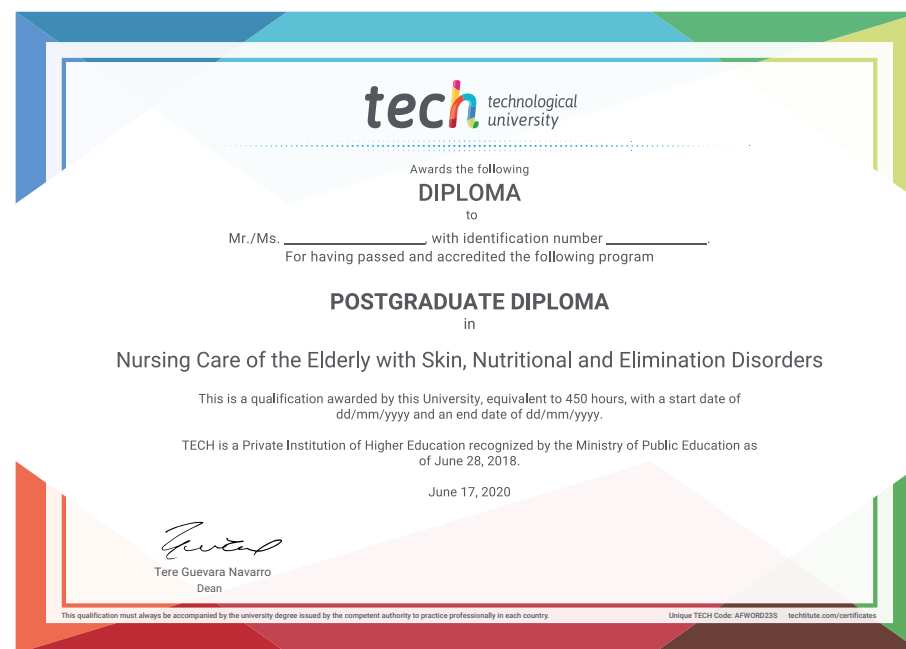
This **Postgraduate Diploma in Nursing Care of the Elderly with Skin, Nutritional and Elimination Disorders** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma**, issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Nursing Care of the Elderly with Skin, Nutritional and Elimination Disorders**

Official N° of Hours: **450 h.**



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

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



## Postgraduate Diploma

Nursing Care of the  
Elderly with Skin,  
Nutritional and  
Elimination Disorders

Course Modality: Online

Duration: 6 months

Certificate: TECH Technological University

Official N° of Hours: 450 h.

# Postgraduate Diploma

Nursing Care of the Elderly with  
Skin, Nutritional and Elimination  
Disorders

