

# Internship Program

## Home Hospitalization



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Internship Program  
Home Hospitalization

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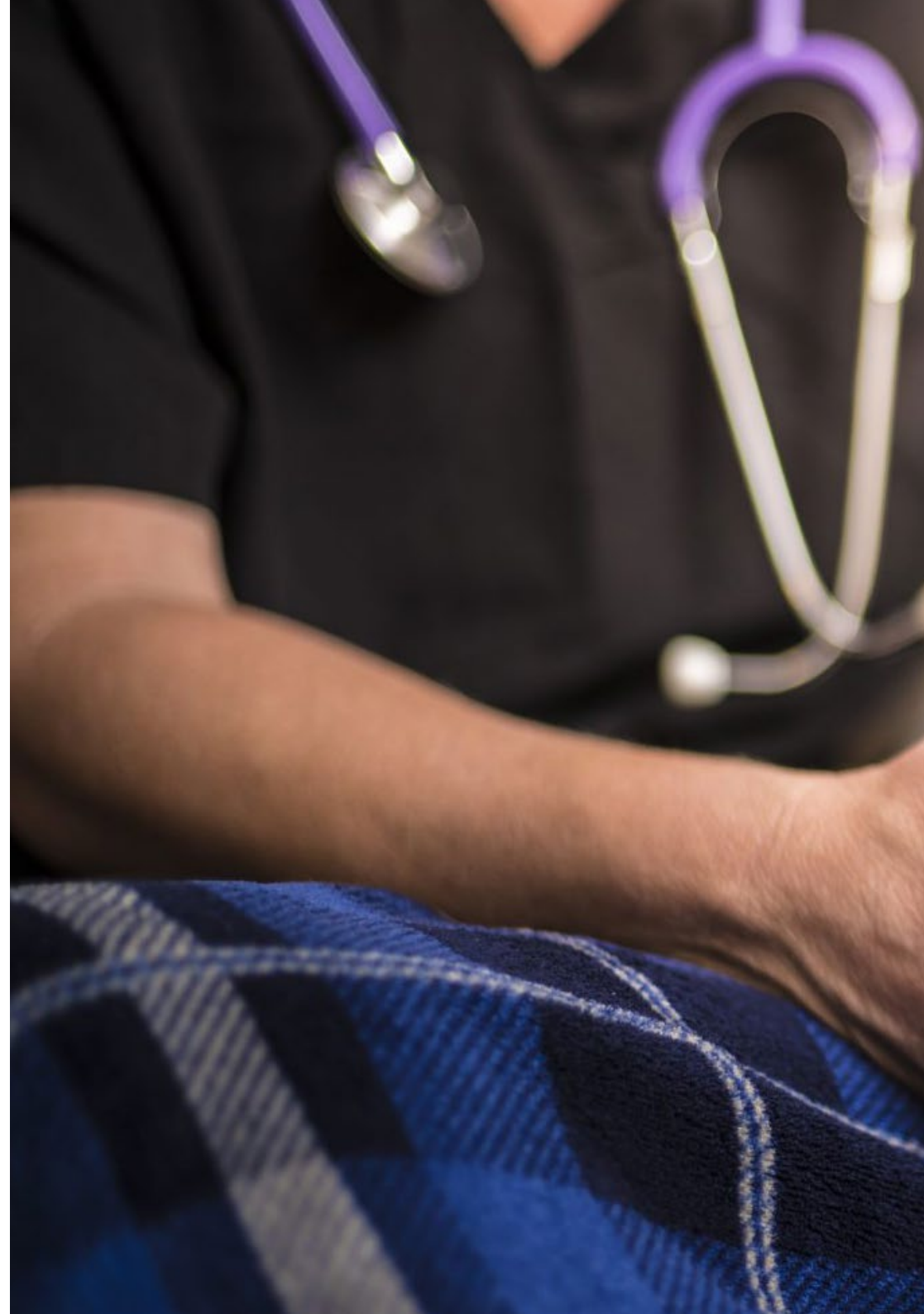
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# 01 Introduction

Home Hospitalization is an increasingly relevant health care option today, especially in physiotherapy, as it allows for more personalized and effective care to be provided to patients in their own home. With the medical technology advances and the evolution of home care, a wide field has opened up for physiotherapists who wish to specialize in this field. For this reason, this 100% practical program in Home Hospitalization becomes a key tool to update and improve the professional skills of physiotherapists, enabling them to apply the latest advances and innovative techniques in their daily work in an effective and efficient way for the benefit of their patients.



*Integrate into your daily practice  
the most significant advances in  
Physiotherapy techniques applied  
to patients who are at home"*





In an increasingly aging population, the performance of physiotherapists has become essential for their care. A need that is much more imperative in those patients who are at home and require a personalized therapy or who are unable to access centers in person.

With this modality, patients can improve their quality of life and recover more quickly in a more familiar and comfortable environment. In this scenario, the graduate must be aware of the advances in therapeutic procedures and in the incorporation of the latest technology in devices to apply innovative techniques. This is why this TECH Internship Program in Home Hospitalization is a unique opportunity to update and improve the professional skills of physical therapists.

Therefore, this program offers a 3-week practical update in a recognized center, where participants will be able to apply and enhance the latest techniques and tools in patients home care. An excellent option for those professionals looking to develop specific skills and enhance their expertise in patient care at home through authentic experts and in an exceptional environment.

# 02

## Why Study an Internship Program?

Nowadays, Home Hospitalization is an increasingly common option for the treatment and care of patients with various pathologies. Physiotherapists play a fundamental role in this field, as their intervention is crucial to improve the patient's quality of life and functionality in their home environment. For this reason, it is essential to be aware of the most current procedures in this field of comprehensive and effective patient care. Therefore, this Internship Program leads students to get involved in actions to improve therapeutic techniques and procedures, always under the guidance of the best experts, belonging to a recognized clinical center.



*Get involved in a real healthcare environment under the supervision of the best specialists in Home Hospitalization"*

### 1. Updating from the Latest Technology Available

In recent years, Home Hospitalization has experienced great progress thanks to technology and the emergence of new therapeutic tools and techniques. In order to bring physiotherapy professionals closer to these innovations, TECH has created an Internship Program in Home Hospitalization, in which specialists will be able to acquire practical experience in a state-of-the-art clinical environment and have access to the latest technology in this field. In this way, physiotherapists will be able to update and apply the latest techniques and advances in their professional practice in Home Hospitalization, improving the quality of care and the treatments effectiveness.

### 2. Gaining In-depth Knowledge from the Experience of Top Specialists

Throughout the three-week program, physical therapy professionals will have the opportunity to be mentored and supervised by a team of experts who are part of the clinical center where the Internship Program in Home Hospitalization will take place. In this way, they will be able to get practical experience from the beginning, observing and participating in the most effective procedures in this area of physical therapy.

### 3. Entering First-Class Clinical Environments

TECH carries out a thorough selection of clinical centers that are available for the Internship Program. This ensures that specialists will have an outstanding clinical environment in this field, where they will be able to experience first-hand the daily dynamics in a rigorous, demanding and meticulous environment in the work of caring for patients in their homes.



#### 4. Putting the acquired knowledge into daily practice from the very first moment

In the field of Home Hospitalization, it can be difficult to find educational programs that fit the daily needs of physical therapists, and that do not require too much study time that may interfere with their personal and work life. However, TECH offers an innovative approach to update and improve the skills of Physical Therapy professionals. With this practical update model, physical therapists can be up-to-date on the latest techniques and advances in the field in just 3 weeks, and most importantly, they will be able to apply them directly in their Home Hospitalization practice.

#### 5. Expanding the Boundaries of Knowledge

TECH offers the possibility of carrying out the Internship Program in centers of recognized prestige not only at a national level, but also at an international level. In this way, physiotherapists will be able to broaden their vision and update their knowledge with the best experts in the field. This is a unique opportunity that only TECH, the largest online university in the world, is able to provide.



*You will have full practical immersion  
at the center of your choice"*

# 03

## Objectives

This Internship Program in Home Hospitalization will allow the participant to improve and develop the necessary skills to carry out the most innovative and effective therapeutic procedures. To this end, the best specialists in this field, belonging to a health center of national and international renown, will provide mentoring. This first class clinical environment will provide students with real clinical experience, allowing them to develop and improve their skills in this field of physical therapy.



### General Objectives

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- Develop skills to evaluate and design an appropriate physiotherapeutic treatment plan for patients requiring home hospitalization, by means of the application of specific techniques and tools
- Promote the ability to establish effective and empathetic communication with patients and their families to ensure adherence to treatment and the emotional well-being of the patient
- Enhance the knowledge and application of occupational risk prevention and biosafety measures to ensure the safety of both the patient and the physiotherapist at home





## Specific Objectives

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- ♦ Design an individualized physiotherapeutic treatment plan that considers the specific needs and objectives of the patients, according to their pathology and condition
- ♦ Establish a plan for periodic monitoring and evaluation of the patient, in order to measure the effectiveness of the treatment and make adjustments if necessary
- ♦ Enhance skills to perform invasive procedures such as aspiration of secretions and placement of nasogastric or bladder catheter, if necessary
- ♦ Promote effective communication with the interdisciplinary team and with the patient's family to ensure coordination of care and understanding of treatment goals
- ♦ Learn techniques for the prevention and treatment of pressure ulcers, which are common in home hospitalization patients
- ♦ Establish cross-infection prevention and biosafety measures, for both the patient and the physical therapy professional caring for the patient
- ♦ Apply the resources available in the patient's home environment, and how to use them appropriately to complement the treatment
- ♦ Promote the self-care and emotional well-being of the physical therapy professional, through the development of stress management skills and self-care promotion

# 04

## Educational Plan

The Internship Program in Home Hospitalization includes a practical internship of 3 weeks in a prestigious center, where the graduate will have the opportunity to work with a team of professionals in physiotherapists. During the days from Monday to Friday, with a duration of 8 consecutive hours, you will be able to witness real cases and apply the most innovative therapeutic procedures, according to each pathology. They will also have access to advanced devices, which will allow them to expand their skills in the care of patients with respiratory difficulties.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide healthcare in areas and conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

Therefore, this program offers the possibility of broadening professional competencies while working in an advanced healthcare environment, focused on real-time monitoring of patients' health status. This innovative and unified vision of healthcare processes makes this center of excellence an ideal place for the development of professional skills. This is also an excellent opportunity to experiment in an environment that fosters innovation and the application of technology in healthcare.

The practical education will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for physiotherapy practice (learning to be and learning to relate).



*Receive specialized education in an institution that can offer you all these possibilities, with an innovative academic program and a human team that will help you develop your full potential"*



The procedures described below will be the basis of the practical part of the program, and their implementation will be subject to the center's own availability and workload, the proposed activities being the following:

| Module                                                                | Practical Activity                                                                                  |
|-----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| Pain Management in Home Hospitalization                               | Evaluate the pain intensity of the patient                                                          |
|                                                                       | Apply physical therapy techniques for pain relief                                                   |
|                                                                       | Perform relaxation and breathing exercises                                                          |
|                                                                       | Provide information and education on pain management to the patient and their family                |
| Treatment Techniques in Home Hospitalization                          | Perform patient-specific therapeutic exercises                                                      |
|                                                                       | Apply mobilization and stretching techniques                                                        |
|                                                                       | Use respiratory support equipment and devices                                                       |
|                                                                       | Teach the patient and family self-help techniques                                                   |
| Diagnoses Techniques in Home Hospitalization                          | Perform clinical assessments of the patient                                                         |
|                                                                       | Use diagnostic devices to measure lung capacity                                                     |
|                                                                       | Perform stress tests                                                                                |
|                                                                       | Monitor patient response to treatment                                                               |
| Management of Infections at Home                                      | Identify admission and exclusion criteria for home treatment                                        |
|                                                                       | Provide information and education on infection prevention measures                                  |
|                                                                       | Conduct periodic assessments of the patient's health status                                         |
|                                                                       | Establish discharge criteria                                                                        |
| Care for Different Specific Types of Patients in Home Hospitalization | Performing exercises and physical therapy techniques appropriate to the patient's age and condition |
|                                                                       | Apply disease prevention and control measures in immunocompromised patients.                        |
|                                                                       | Care for patients with chronic respiratory diseases.                                                |
|                                                                       | Provide emotional and psychological support to critically ill patients                              |

# 05

## Where Can I Do the Internship Program?

TECH has carefully chosen the places where physiotherapists can carry out their practical program in Physiotherapy. These places are characterized by of high-quality specialists, advanced facilities and the use of the most efficient diagnostic and therapeutic techniques in the field. This is a high-level environment that will provide students with the opportunity to enhance their skills under the guidance of highly trained professionals in the field.



*Increase your skills in home care with the best specialists that are part of the renowned center where you will take this Practical Training”*





The student will be able to do this program at the following centers:



Physiotherapy

### Hospital HM Modelo

Country City  
Spain La Coruña

Address: Rúa Virrey Osorio, 30, 15011,  
A Coruña

Network of private clinics, hospitals and specialized centers  
distributed throughout Spain.

#### Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care



Physiotherapy

### Hospital Maternidad HM Belén

Country City  
Spain La Coruña

Address: R. Filantropía, 3, 15011, A Coruña

Network of private clinics, hospitals and specialized centers  
distributed throughout Spain.

#### Related internship programs:

- Update in Assisted Reproduction
- Hospitals and Health Services Management



Physiotherapy

### Hospital HM Torrelodones

Country City  
Spain Madrid

Address: Av. Castillo Olivares, s/n, 28250,  
Torrelodones, Madrid

Network of private clinics, hospitals and specialized centers  
distributed throughout Spain.

#### Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care

# 06

## General Conditions

### Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns shall have broad coverage and shall be taken out prior to the start of the internship program period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



## General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

**1. TUTOR:** During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE:** If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** The Internship Program shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

# 07 Certificate

This **Internship Program in Home Hospitalization** contains the most complete and up-to-date program in the professional and academic landscape.

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

The certificate issued by TECH will reflect the grade obtained in the test.

Title: **Internship Program in Home Hospitalization**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour consecutive shifts**

Total Hours: **120 h. of professional practice**





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