

Internship Program

Acne Treatment





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university

Internship Program
Acne Treatment

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01 Introduction

The development of Phototherapy, including specific laser equipment for the management of Acne, is one of the scientific achievements of Dermatology in recent years. From these devices, patients are offered a more effective treatment for closed and open comedones and cysts. However, many specialists fail to keep up-to-date on the applications of these technological advances because the existing educational programs have a high theoretical burden on their use. For this reason, TECH has designed an educational program that will instruct the physician on the implementation of the latest therapeutic trends in this discipline. The program consists of a practical, on-site and intensive 3-week internship at a prestigious hospital center.



Update your knowledge and practical skills in the treatment of acne with this intensive and immersive on-site academic modality"



In their eagerness to offer patients the best therapeutic strategies, medical sciences are constantly innovating. Regarding the search for better strategies for the treatment of acne, this research development has generated new procedures and tools for clinical work. Proof of this is the most recent phototherapy techniques and devices. From it, laser equipment, infrared light and even LEDs have been implemented that make it possible to approach the pustules and cysts resulting from the dermatological condition. They have also provided a better control of its healing. Other advances are related to pharmacological treatments and topical medications whose positive results are already benefiting many patients.

At the same time, specialists in this health discipline do not always have an optimal mastery of all these advances. The reason for this problem is that, in general, the educational programs that deal with the subject have a high theoretical load and do not meet the needs of physicians who mostly want to learn about the applications and management of the new therapeutic strategies available to them.

In this context, TECH has developed a demanding and exhaustive academic modality that provides the physician with practical, on-site and intensive learning of these competencies. This Internship Program in Acne Treatment consists of a study stay in a renowned hospital center, equipped with the best healthcare resources. This on-site internship will last 3 weeks, in 8-hour shifts, from Monday to Friday.

In the institutions chosen for this program, health professionals will find a staff of great experts. Along with them, they will discuss and analyze how to approach different manifestations of Acne, according to the latest scientific evidence. Furthermore, an associate tutor will supervise all academic progress closely and will help graduates to integrate themselves into the work dynamics. Upon completion of this program, the specialist will have assimilated all the advances related to this medical discipline and will be able to implement them with excellence in their daily work practice.



Enjoy an intensive 3-week stay in a reputable center and get up to date on the latest clinical procedures to achieve professional growth"

02

Why Study an Internship Program?

Many physicians are not prepared to apply the most current therapeutic tools and pharmacological resources in relation to the acne treatment in their practice. However, in this program, they will receive a rigorous update in an educational modality, a pioneer of its kind. This Internship Program includes an educational process, lasting 3 weeks, in a specialized hospital facility. From it, the healthcare professional will apply the latest generation procedures, will handle modern Phototherapy devices and will discuss the approach to real patients with great experts.



This program, tailored to your educational interests, will allow you to broaden the scope of your professional practice with rigor, thoroughness and excellence"

1. Updating from the Latest Technology Available

As a result of the implementation of phototherapy against acne, other assistance methods have appeared, such as photo-dynamics and bio-photonics, which delve deeper into the use of light as a therapeutic solution. Paradoxically, most professionals in this medical field do not have a thorough knowledge of the techniques for its implementation. With TECH, the specialist will have access to the main technological innovations in the sector and will learn in an immersive and on-site way how to involve them in the recovery of patients with different degrees of affectation.

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

In this Internship Program, the physician will be able to work together with the best experts in Acne Treatment. At the same time, they will have a designated tutor who will closely supervise their academic progress and will insert tasks of varying complexity during the professional clinical stay. As a result, the graduate will thoroughly master all the strategies and competencies of this health discipline.

3. Entering First-Class Clinical Environments

After a careful selection, TECH has chosen the most prestigious hospital facilities for the development of this clinical practice. There, healthcare professionals will find the most modern therapeutic and technological resources for the comprehensive management of Acne. At the same time, they will develop a close relationship with a staff of renowned experts who will accompany them at all times in the process of assimilating new skills.



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

The educational programs related to the current acne treatment are distinguished by a high theoretical load and their dissociation in terms of the development of competences in the physician. TECH distinguishes itself from these qualifications through this Internship Program, 100% on-site, intensive and immersive, where the specialist will dedicate 3 weeks of learning to the approach in situ of the most modern procedures of this discipline.

5. Expanding the Boundaries of Knowledge

TECH is willing to expand the limits of knowledge of its graduates through this program. Therefore, it has decided that these clinical Internships are developed in facilities located in different cities. Therefore, when physicians can choose the institution that best suits their geographical location, always with the guarantee that they will find the best resources and the most up-to-date procedures.



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

03 Objectives

With this Internship Program, the specialist will be up to date on the instrumental, surgical, pharmacological methods and the most recently implemented topical medications for the treatment of Acne. For this learning process, the program provides an innovative educational model comprising a 3-week intensive on-site stay in a prestigious hospital center.



General Objectives

- Update knowledge on the different therapeutic options available for the treatment of acne, based on individualized patient management
- Diagnose those cases of acne secondary to systemic pathologies or external agents that require specific management
- Detect and anticipate possible complications and side effects of each treatment, as well as manage the aesthetic sequelae of acne through multiple therapeutic tools
- Determine psychopathological alterations that are secondary to the disease itself or to treatments which affect the patient's life in relationships and the fulfilment of the patient as a person





Specific Objectives

- ♦ Understand the pathophysiological basis of acne and its implications for the development of drugs and physical therapies
- ♦ Identify the physical and chemical diseases that can occur as a result of poorly executed acne treatment
- ♦ Manage the action mechanisms, recommended guidelines, side effects and precautions to be taken with topical and oral antibiotics in acne
- ♦ Delve into the action mechanisms, recommended guidelines, side effects and precautions to be taken with topical and oral retinoids in acne
- ♦ Identify the main oral antimicrobials that have a favorable impact on the treatment of acne
- ♦ Master the mechanisms of oral treatment and evaluate its efficacy compared to other types of treatment
- ♦ Examine the main oral microbial drugs and compare them with antimicrobials, identifying which has the greatest impact on the treatment of acne
- ♦ Address the action mechanisms, recommended guidelines, side effects and precautions to be taken with hormonal treatments for acne
- ♦ Apply the main oral treatments for acne and their repercussions on other pathologies or their emergence
- ♦ Indicate and perform chemical peeling treatments, choosing the most appropriate product for each case
- ♦ Manage alternative acne treatments and see their efficacy in improving the skin
- ♦ Configure the most suitable parameters for treatments with light sources
- ♦ Know the most effective light sources for the different alternative treatments in acne reduction
- ♦ Master the basics of bio-photonic therapy and photodynamic therapy, as well as the most appropriate treatment guidelines for each case
- ♦ Assessing the veracity of drugs and ointments that improve skin wounds
- ♦ Define the correct application techniques so as not to injure the skin in the application methods
- ♦ Make dietary recommendations to patients with acne in accordance with current scientific evidence
- ♦ Rate foods that irritate the skin and their impact on the development of acne
- ♦ Recognize the nutrients and benefits of unprocessed food
- ♦ Individualize treatment in certain cases, such as pregnant women, high photo-types, adult women, neonatal acne or iatrogenic conditions
- ♦ Choose and combine the most effective treatments for the cosmetic management of acne scars
- ♦ Know which pathologies can be affected by the use of anti-acne drugs
- ♦ Early detection of psychological disorders and acquire coping strategies to deal with these complications
- ♦ Master warning signs of self-harm and suicidal behavior in acne patients

04

Educational Plan

The itinerary of this Internship Program has 120 hours of intensive on-site teaching, distributed in days from Monday to Friday, to complete 3 weeks. This immersive stay will take place in a renowned hospital center, equipped with the best resources for the care of patients with Acne in different stages. From this teaching process, specialists will approach real patients and will be able to directly apply the most recent procedures resulting from the most up-to-date scientific evidence.

The decision making and design of the therapeutic strategy will be supervised by an associate tutor. This academic figure is supported by TECH to provide physicians with tasks of varying complexity and to monitor their progress. At the same time, the healthcare professional will be free to interact with other experts in the medical unit where the clinical practice takes place. With their help, you will get advanced experiences and personalized advice.

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.

The practical teaching 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 training partners that facilitate teamwork and multidisciplinary integration as transversal competencies for medical practice (learning to be and learning to relate).

The procedures described below will form the basis of the practical part of the internship, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:



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"



Module	Practical Activity
Latest alternatives of topical medications in the Acne Treatment	Manage moderate acne with topical medications containing retinoic acids or tretinoin are often helpful for moderate acne
	Use creams or gels containing 20% azelaic acid to control the discoloration that occurs with some types of acne
	Prevent clogging of acne hair follicles through salicylic acid
	Addressing inflammatory acne, especially in women, using dapson gel
New trends in Acne treatment with oral drugs	Reducing bacteria that affect the skin and cause acne through antibiotics, taking into account the need to implement reducing cycles in order to diminish subsequent resistance to this class of drugs
	Indicate, mainly to female patients, the use of oral contraceptives combined with progestin and estrogen
	Block the effect of androgen hormones in the sebaceous glands, using drugs such as spironolactone and other anti-androgen agents to address acne in women and adolescents
	Prescribe Vitamin A medications in people whose moderate or severe acne has not responded to other treatments
Treatments with light for active acne and other therapeutic trends	Use systemic corticosteroids as anti-inflammatories and immunosuppressants
	Apply a moderate thermal impact on the sebaceous glands by means of the Infrared Laser
	Reducing scars resulting from acne through fractional non-ablative laser and also prevent the formation of new ones
	Treat the patient with severe active Acne through the use of Photodynamic and Biophotonic Therapy
	Stimulate the skin's collagen production, with the aim of reducing the signs of aging, blemishes and scars through <i>Microneedling</i>
	Improve the appearance of the skin through chemical peeling
	Carefully remove open and closed comedones and cysts through surgical techniques of drainage and extraction, typical of Dermatology
Treat nodular and cystic lesions through steroid infiltration	
Dietary trends for the acne treatment	Reduce the patients' intake of carbohydrates and high glycemic index foods following the ketogenic diet
	Evaluate the implementation of diets rich in Omega 3 in patients with Acne
	Include specific nutritional supplements and probiotics in the diet of patients with severe acne

05 Where Can I Do the Internship Program?

With the goal of offering specialists a direct, immersive and on-site education, TECH coordinated the development of this hands-on program to take place in a prestigious medical facility. Over the course of 120 hours, physicians will receive firsthand the necessary skills to handle advanced technologies and undertake rigorous therapeutic procedures. All this is possible thanks to the fact that the centers convened for this program have the best equipment and a team of experts with extensive experience and prestige.

“

Enroll now in this Internship Program and you will have the opportunity to access a renowned hospital facility in the approach to Acne”





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



Medicine

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



Medicine

Hospital HM Rosaleda

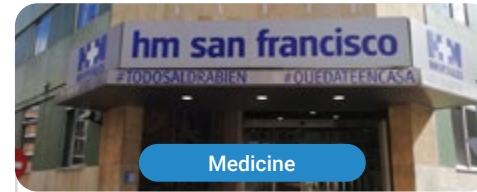
Country	City
Spain	La Coruña

Address: Rúa de Santiago León de Caracas, 1, 15701, Santiago de Compostela, A Coruña

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

Related internship programs:

- Hair Transplantation
- Orthodontics and Dentofacial Orthopedics



Medicine

Hospital HM San Francisco

Country	City
Spain	León

Address: C. Marqueses de San Isidro, 11, 24004, León

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

Related internship programs:

- Update in Anesthesiology and Resuscitation
- Nursing in the Traumatology Department



Medicine

Hospital HM Regla

Country	City
Spain	León

Address: Calle Cardenal Landázuri, 2, 24003, León

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

Related internship programs:

- Update on Psychiatric Treatment in Minor Patients



Medicine

Hospital HM Nou Delfos

Country	City
Spain	Barcelona

Address: Avinguda de Vallcarca, 151, 08023 Barcelona

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

Related internship programs:

- Aesthetic Medicine
- Clinical Nutrition in Medicine



Medicine

Hospital HM Madrid

Country	City
Spain	Madrid

Address: Pl. del Conde del Valle de Súchil, 16, 28015, Madrid

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

Related internship programs:

- Palliative Care
- Anaesthesiology and Resuscitation



Medicine

Hospital HM Montepíncipe

Country	City
Spain	Madrid

Address: Av. de Montepíncipe, 25, 28660, Boadilla del Monte, Madrid

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

Related internship programs:

- Palliative Care
- Aesthetic Medicine



Medicine

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



Medicine

Hospital HM Sanchinarro

Country	City
Spain	Madrid

Address: Calle de Oña, 10, 28050, Madrid

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

Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care



Medicine

Hospital HM Nuevo Belén

Country	City
Spain	Madrid

Address: Calle José Silva, 7, 28043, Madrid

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

Related internship programs:

- General and Digestive System Surgery
- Clinical Nutrition in Medicine



Medicine

Hospital HM Puerta del Sur

Country	City
Spain	Madrid

Management: Av. Carlos V, 70, 28938, Móstoles, Madrid

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

Related internship programs:

- Palliative Care
- Clinical Ophthalmology



Medicine

Policlínico HM Arapiles

Country	City
Spain	Madrid

Address: C. de Arapiles, 8, 28015, Madrid

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

Related internship programs:

- Anaesthesiology and Resuscitation
- Pediatric Dentistry



Medicine

Policlínico HM Cruz Verde

Country	City
Spain	Madrid

Address: Plaza de la Cruz Verde, 1-3, 28807, Alcalá de Henares, Madrid

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

Related internship programs:

- Advanced Clinical Podiatry
- Optical Technologies and Clinical Optometry



Medicine

Policlínico HM Distrito Telefónica

Country	City
Spain	Madrid

Management: Ronda de la Comunicación, 28050, Madrid

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

Related internship programs:

- Optical Technologies and Clinical Optometry
- General and Digestive System Surgery



Medicine

Policlínico HM Gabinete Velázquez

Country	City
Spain	Madrid

Address: C. de Jorge Juan, 19, 1º 28001, 28001, Madrid

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

Related internship programs:

- Clinical Nutrition in Medicine
- Aesthetic Plastic Surgery



Medicine

Policlínico HM Moraleja

Country	City
Spain	Madrid

Address: P.º de Alcobendas, 10, 28109, Alcobendas, Madrid

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

Related internship programs:

- Rehabilitation Medicine in Acquired Brain Injury Management



Medicine

Policlínico HM Sanchinarro

Country	City
Spain	Madrid

Address: Av. de Manoteras, 10, 28050, Madrid

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

Related internship programs:

- Family Therapy and Stress for Doctor



Medicine

Policlínico HM Imi Toledo

Country	City
Spain	Toledo

Address: Av. de Irlanda, 21, 45005, Toledo

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

Related internship programs:

- Electrotherapy in Rehabilitation Medicine
- Hair Transplantation



Medicine

Clínica Famed Coslada

Country	City
Spain	Madrid

Address: Calle de los almendros, 3, 28821, Coslada, Madrid

Center specialized in Aesthetic Medicine, Dentistry, Physiotherapy and Podiatry.

Related internship programs:

- Advanced Integrative Medicine and Health
- Aesthetic Medicine



Medicine

Be Medic

Country	City
Spain	Madrid

Address: C/Marie Curie, 4 Planta Superior Starbucks y Vips, 28521 Rivas-Vaciamadrid, Madrid

At Be Medic we perform face and body procedures focused on rejuvenation, reduction of imperfections or targeted fat reduction.

Related internship programs:

- Aesthetic Plastic Surgery
- Reconstructive Plastic Surgery

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 will have broad coverage and will 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 program will allow you to obtain your **Internship Program diploma in Acne Treatment** 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: **Internship Program in Acne Treatment**

Duration: **3 weeks**

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

Accreditation: **5 ECTS**



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