

Internship Program

Obesity



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Internship Program
Obesity

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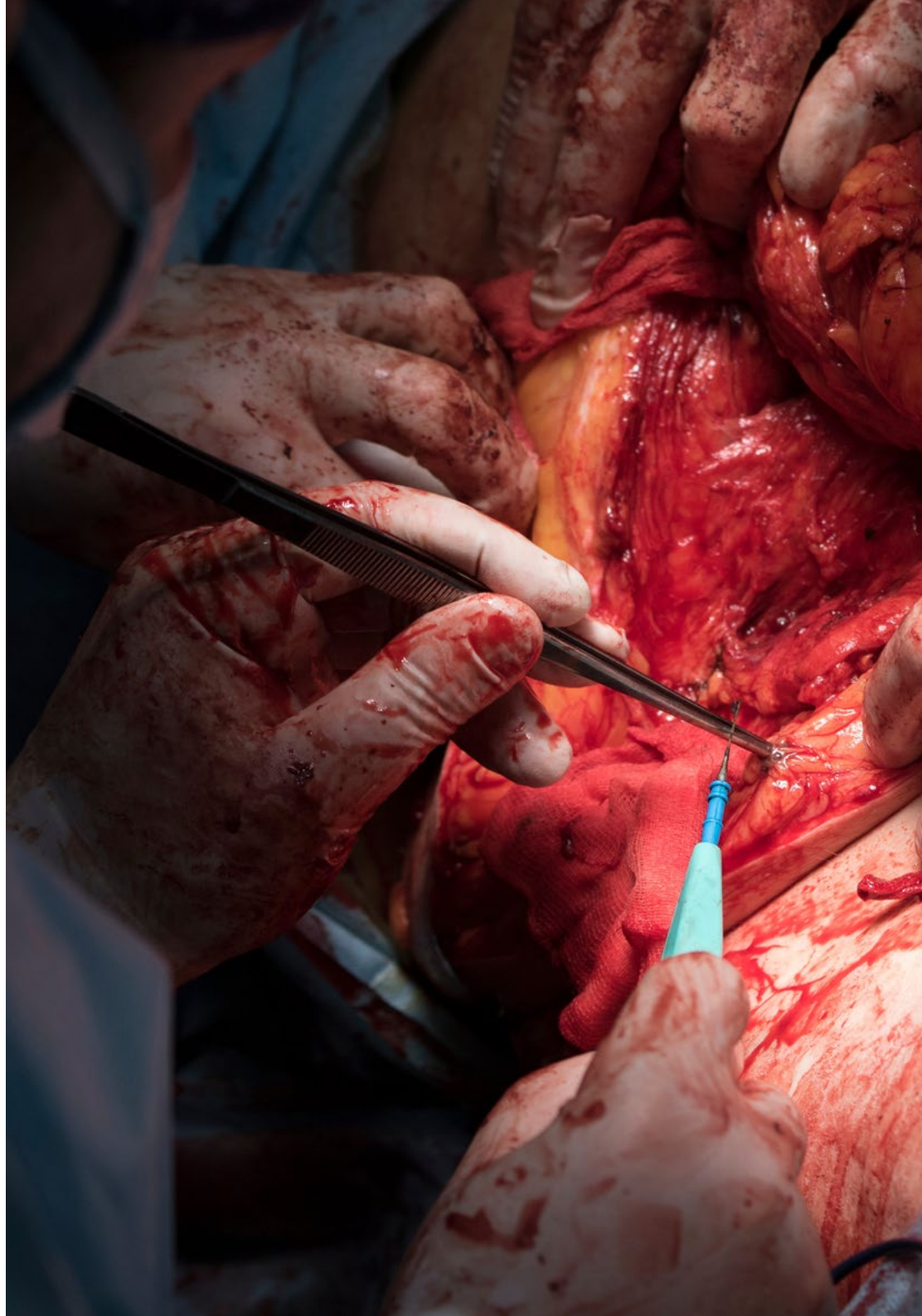
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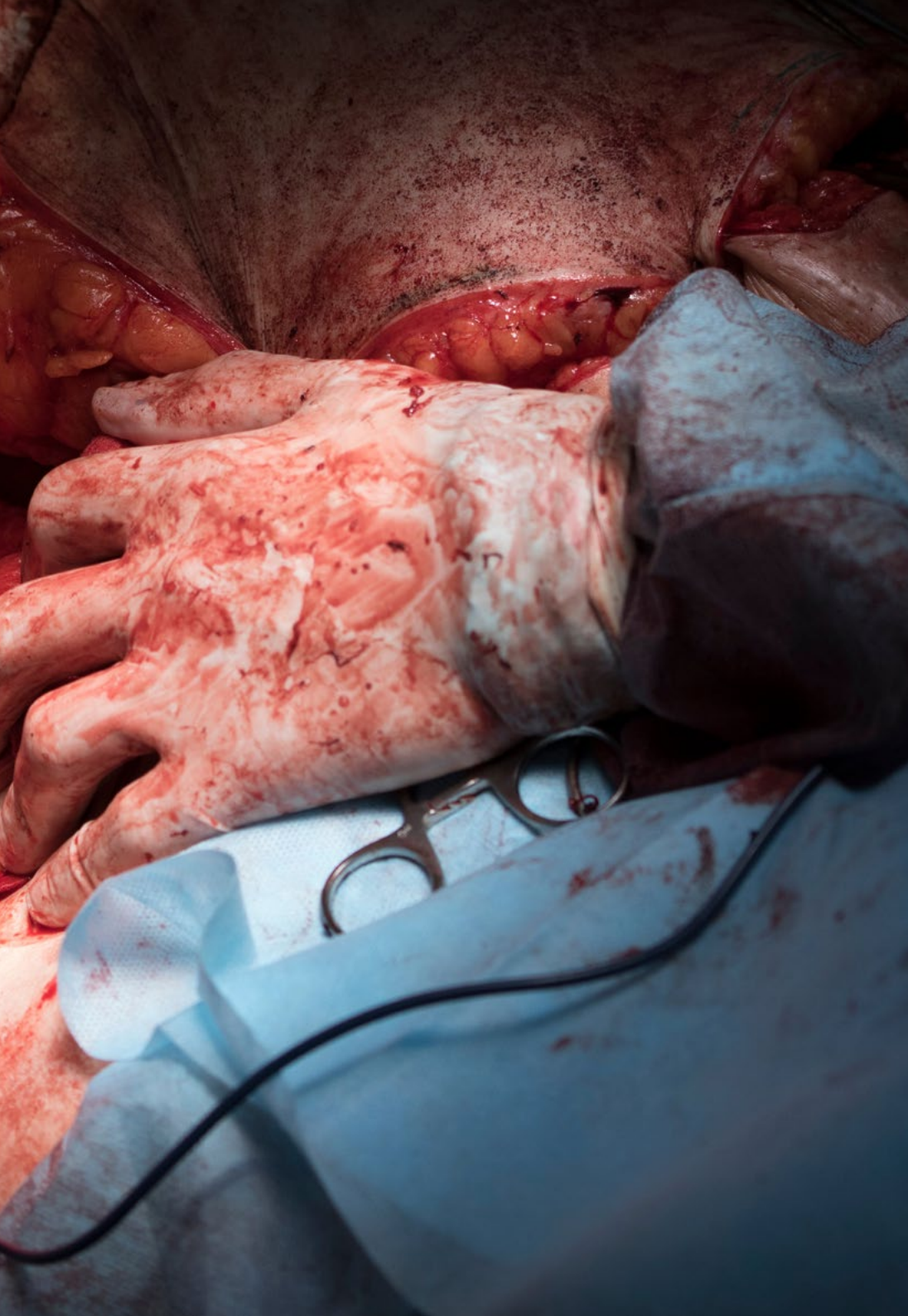
01 Introduction

Obesity is one of the greatest health concerns in the world today. For this reason, new scientific research is constantly emerging to provide innovative treatments and solutions to this problem. Therefore, this program offers physicians an update in this field, so that they can incorporate into their work the most advanced techniques and knowledge to address obesity and its associated pathologies. And it does so through a face-to-face and intensive stay in a center of renowned prestige, where the specialist will be able to catch up on the latest developments in this area through a real and practical scenario, always guided by leading specialists in the discipline.



TECH offers you this program where you will experience the practical part of the knowledge about Obesity in a prestigious clinical center"





Of the major health problems affecting the global population, obesity is one of the most dangerous and widespread. It affects people of all ages and backgrounds, and its widespread prevalence is due, in large part, to a lack of healthy habits, but also to other factors such as genetics. As it is such a complex problem, it is a highly studied area and great scientific advances are continually being made, so the physician needs to be updated to be able to introduce the most advanced techniques and treatments in their clinical practice.

This Internship Program in Obesity gives the specialist the opportunity to access a face-to-face stay in a first level health center, where they will be in contact with real patients suffering from obesity and its associated pathologies. Likewise, they will be guided by the best professionals in the specialty, so that they will obtain the best knowledge transmitted by doctors of great prestige.

This program, therefore, is developed over 3 weeks, with a schedule of 8 hours a day, from Monday to Friday, so that your experience in the Internship Program will be very close to the work environment, which will facilitate, later, the implementation of the cutting-edge knowledge acquired in your own workplace.

02

Why Study an Internship Program?

Nowadays, people are looking for specialized physicians to provide them with effective solutions to their health problems. Obesity is a very common pathology, according to the WHO there are 302 million obese people in the world, so it is increasingly necessary to find help in this area. This is how TECH, at the forefront of higher education and based on the dynamics of the population, has designed this eminently practical program with a unique methodology in the current educational market. In which, over 3 weeks, there is an intensive stay in a clinical center of relevance and with the necessary equipment for specializing in the treatment of obesity is concerned. The best specialists and a tutor who will be the guide throughout the process. You will check, thus, the latest news from the most advanced therapeutics, prevention, psychological and psychiatric aspects in the obese patient, to pharmacological and surgical treatments. This will introduce the specialist in real cases to delve into the daily clinical practice of his future professional.



You will see from the hands of specialists the most advanced treatments for obesity in real cases, delving into the professional practice"

1. Updating from the Latest Technology Available

From devices to monitor the patient's health in real time, with medical Apps that archive their data and daily behavior to detect the causes and possible solutions for their ailments, to less invasive treatments to solve obesity in patients. TECH with the intention of bringing the student closer to the most advanced scientific and technological studies and discoveries to eradicate one of the main causes of death in the world population, has created this practical learning program where you can be for 3 weeks in a specialized health care center for patients with obesity.

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

The student will live the practical experience of close study, with real cases and medical specialists who will transmit the most advanced knowledge regarding Obesity in patients of different age stages and particular situations. This will allow them to open their perspective and vision on this pathology, always under the guidance of an assigned tutor who will help them in the course of the study process in the clinical center chosen for this process.

3. Entering First-Class Clinical Environments

In order to make this program possible, TECH selects the best clinical centers available, in this case specialized in Obesity. Thanks to this, the professional will have guaranteed access to a prestigious clinical environment in the area of study. In this way, they will be able to verify all the knowledge obtained in a demanding, rigorous and exhaustive area of work, always applying the latest theses and scientific postulates in their work methodology.



4. Putting the Acquired Knowledge into Daily Practice from the Very First Moment

TECH offers a new learning model, 100% practical, which allows you to get in front of state-of-the-art procedures for the treatment of patients with obesity, where you will be able to experiment closely with real patients and with the best technical equipment available for this purpose. This is undoubtedly a cutting-edge academic experience, unique and exclusive, very different from the traditional study method, for those who wish to overcome challenges that allow them to evolve personally and professionally.

5. Expanding the Boundaries of Knowledge

With TECH you will have the opportunity to perform this Internship Program in one of the most specialized clinical centers not only nationally but also internationally, which will open new scenarios for learning. You will be updated with the best professionals, who practice in first class hospitals and in different continents. An exclusive opportunity available only with TECH.



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

03

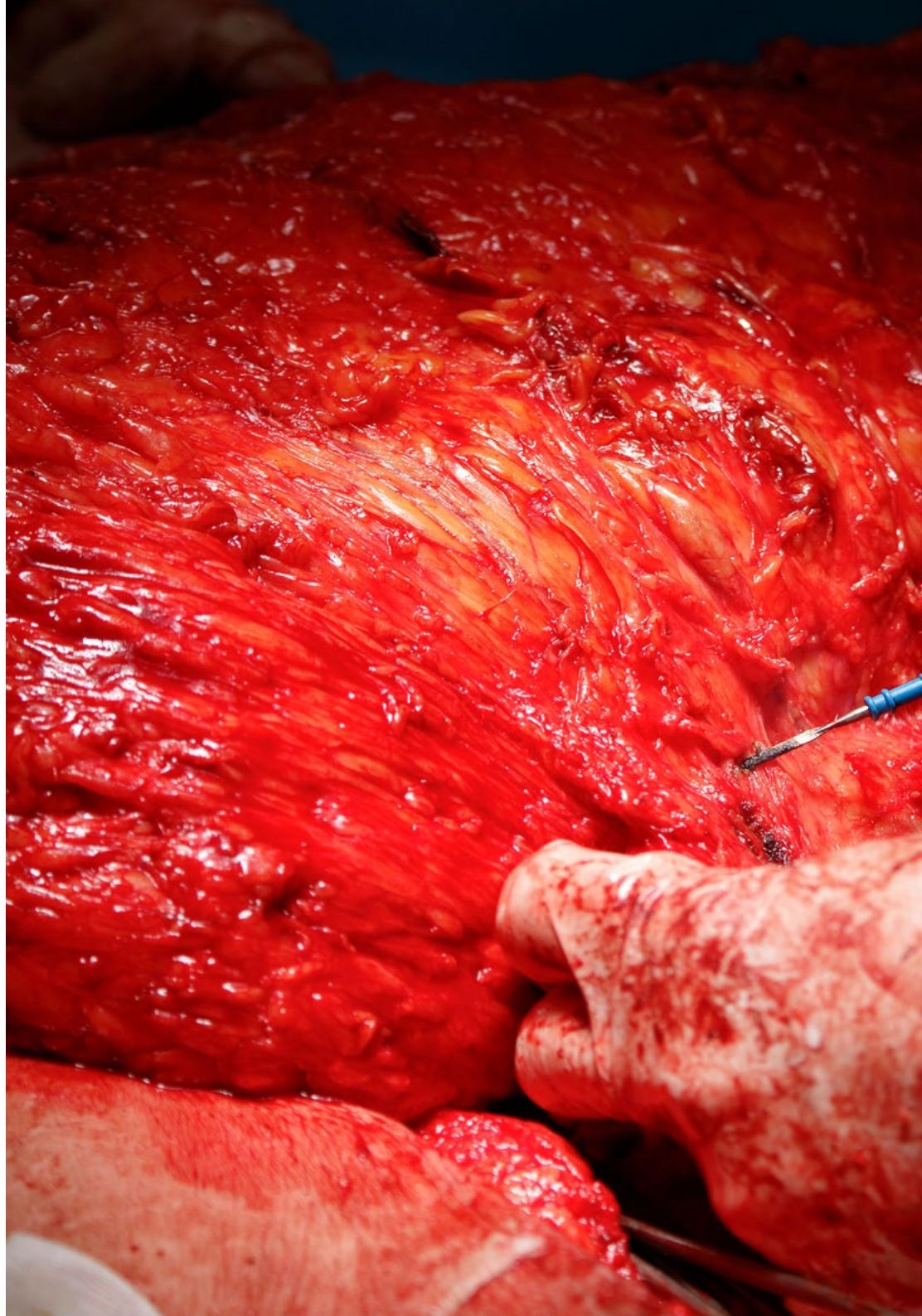
Objectives

The main objective of this Internship Program in Obesity is to offer the physician an in-depth update in this field, which is undergoing great advances, making it necessary for the specialist to have access to an update such as the one offered by this program. Moreover, it does so by means of a practical qualification, in which the professional will be able to come into contact with real patients, guided by the best specialists from a center of international prestige.



General Objectives

- Update the physician's knowledge on new trends in human nutrition in both health and pathological situations through evidence-based medicine
- Promote work strategies based on the practical knowledge of the new trends in nutrition and its application to child and adult pathologies, where nutrition plays a fundamental role in treatment
- Encourage the acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online simulation workshops and/or specific knowledge
- Encourage professional stimulation through continuing education and research





Specific Objectives

- ◆ Perform the energy balance calculations
- ◆ Review new pathways, hormonal, metabolic, etc. that regulate neuroendocrine function, energy homeostasis, and metabolism in humans
- ◆ Analyze the patient's subcutaneous adipose tissue
- ◆ Verify advances in nutritional genomics, both in nutrigenetics and nutrigenomics
- ◆ Check how changes in the circadian rhythm influence the expression of enzymes and hormones involved in metabolism
- ◆ Interpret and integrate anthropometric data of the Patient
- ◆ Gain in-depth understanding of the pathophysiology of Comorbidities of Obesity
- ◆ Identify the pathophysiological mechanisms linking hypertension and obesity
- ◆ Establish recommendations for a healthier lifestyle to prevent childhood overweight and obesity
- ◆ Apply dietary treatment as a therapy for obesity comorbidities
- ◆ Identify exercises with low risk of injury for obese patients
- ◆ Practice techniques to encourage a change in the patients towards living a healthier life style
- ◆ Identify the pharmacological arsenal currently available to treat obesity
- ◆ Establish the preoperative protocol, with surgical risk stratification.
- ◆ Familiarization in the follow-up of pregnancy after bariatric surgery
- ◆ Knowing how to indicate metabolic surgery
- ◆ Postoperative care of the patient
- ◆ Identify the possible reasons for urgency after bariatric surgery

04

Educational Plan

This Internship Program in Obesity consists of an on-site and practical stay in a health institution of recognized prestige. It will be developed over 3 weeks, in an intensive schedule of 8 consecutive hours, from Monday to Friday. All this, accompanied by a renowned specialist in the field, who will guide the doctor who makes the stay at all times, transferring the latest developments in this clinical area.

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.

This stay will allow the specialist to have access to real patients, which is a great opportunity to put into practice the latest advances in the management of obesity, since it provides a plus that a purely theoretical teaching cannot present. Likewise, this face-to-face stay in the health center will allow the professional to complete a minimum number of activities in this field, guaranteeing his active participation in the hospital institution.

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 learners who facilitate teamwork and multidisciplinary integration as transversal competencies for the practice of medicine (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:

Module	Practical Activity
Study and treat disorders that may contribute to obesity	Evaluate social, psychiatric, or psychological factors that may alter the patient's eating patterns
	Diagnosing eating disorders such as binge eating disorder, night eating syndrome and bulimia nervosa
	Prescribe the use of pharmacological support, especially antidepressants and selective inhibitors
	Integrate into a multidisciplinary teamwork, taking into account the psychological, psychiatric and nutritional spheres of eating disorders
Complications Related to Obesity	Assess carbohydrate intolerance and type 2 diabetes, as well as polycystic ovary syndrome, as endocrinological complications associated with obesity
	Address arterial hypertension, dyslipidemia, ischemic heart disease and heart failure as circulatory complications of obesity
	Analyze the incidence of breast, endometrial, ovarian, kidney, pancreatic, esophageal, colon and rectal cancer in patients with obesity
	Perform postoperative follow-up of patients, paying special attention to staple line ruptures, suture dehiscence, ulcers, gastric ostomy stricture and pulmonary thromboembolism
Treatment of Obesity	Prescribe a specific diet for the patient, assessing the physical exercise appropriate to the patient's age, as well as the patient's previous situation
	Intervene in intragastric balloon and endoscopic gastric sleeve surgeries
	Get involved in complex bariatric surgery processes, making a previous analysis of the most indicated surgical technique
Techniques for the improvement of the mental health of the patient with obesity	Analyze the Role of Emotional Factors, Anxiety Disorders, Mood Disorders and ADHD in Obesity
	Apply techniques to promote motivation to change, as well as the prevention of obesity and eating disorders
	Work in a multidisciplinary way for the psychological treatment of patients with obesity

05 Where Can I Do the Internship Program?

In order to ensure that the updating process is the best possible, TECH proposes the realization of this in-person stay in a prestigious center that can provide the physician with the latest advances in the field Healthcare of Obesity. This is a very complex and broad field, so it requires an update by the specialist, and the role of the hospital institutions proposed here is vital in this process, as they will offer the most advanced knowledge in the specialty.

“

The most advanced knowledge in the field of Obesity awaits you in this Internship Program”





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



Medicine

Fundación Jiménez Díaz - Instituto de Endocrinología y Metabolismo

Country: Spain City: Madrid

Address: Avenida Reyes Católicos 2, 28040 Madrid Fundación Jiménez Díaz (Área privada Overweight & Obesity Institute)

Center specializing in overweight and metabolic diseases

Related internship programs: Obesity



Medicine

Instituto de Obesidad (IOB)

Country: Spain City: Madrid

Address: Calle Apolonio Morales 4 Bis, Esquina Menéndez Pidal, 28036 Madrid

Clinic specialized in surgical and counseling assistance to obese patients.

Related internship programs: Diet Therapy - Update on Bariatric Surgery



Medicine

Hospital HM Nou Delfos

Country: Spain City: 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 Montepíncipe

Country: Spain City: 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: -Child Orthopedics - Aesthetic Medicine



Medicine

Hospital HM Sanchinarro

Country: Spain City: 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 - Sleep Medicine



Medicine

Varicentro-Granada

Country: Spain City: Granada

Address: Calle Ariabal, 32 18004 Granada

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs: Obesity Clinical Nutrition



Medicine

Varicentro-Jerez de la Frontera

Country: Spain City: Cadiz

Address: Plaza Madre de Dios, Edificio Sherry 11401 Jerez de la Frontera

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs: Obesity - Aesthetic Medicine



Medicine

Varicentro-Cádiz

Country: Spain City: Cadiz

Address: Avda. Andalucía, 16 11008 Cádiz

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs: Obesity Clinical Nutrition



Medicine

Varicentro-Algeciras

Country	City
Spain	Cadiz

Address: Calle Fuerte de Santiago, 5, 11201 Algeciras

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs:

Clinical Nutrition
Obesity



Medicine

Varicentro-Córdoba

Country	City
Spain	Cordoba

Address: Avda. del Brillante, 9114012 Córdoba

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs:

Obesity
Clinical Nutrition



Medicine

Varicentro-Ciudad Real

Country	City
Spain	Ciudad Real.

Address: Calle Juan II, 5 13001 Ciudad Real

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs:

- Clinical Nutrition for Nursing
Obesity



Medicine

Varicentro-Donostia-San Sebastián

Country	City
Spain	Gipuzkoa.

Address: Paseo de Colón, 13 20002 Donostia-San Sebastián

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs:

- Clinical Nutrition for Nursing
Obesity



Medicine

Varicentro-Bilbao

Country	City
Spain	Vizcaya

Address: Calle Pérez Galdós 48010 Bilbao

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs:

- Clinical Nutrition for Nursing
Clinical Nutrition



Medicine

Varicentro-Vitoria-Gasteiz

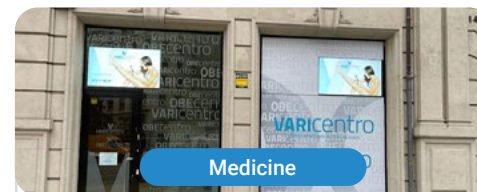
Country	City
Spain	Álava

Address: La Esperanza Kalea, Local comercial 2 01002 Vitoria-Gasteiz

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs:

Obesity
- Clinical Nutrition for Nursing



Medicine

Varicentro-Barcelona

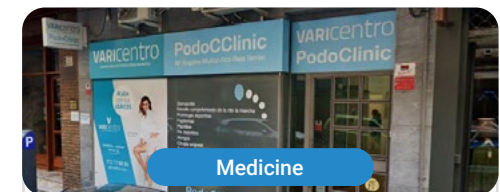
Country	City
Spain	Barcelona

Address: Calle de Casanova, 103 08011 Barcelona

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs:

- Clinical Nutrition for Nursing
Obesity



Medicine

Varicentro-Cáceres

Country	City
Spain	Cáceres

Address: Calle Profesor Rodríguez Moñino, 2 10002 Cáceres

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs:

- Clinical Nutrition for Nursing
Obesity



Medicine

Varicentro-Badajoz

Country: Spain City: Badajoz

Address: Avda. Sinforiano Madroño, 22 06011 Badajoz

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs:
Obesity
Clinical Nutrition



Medicine

Varicentro-Huelva

Country: Spain City: Huelva

Address: Calle Puerto, 8-10 21001 Huelva

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs:
Esthetic Nursing
Obesity



Medicine

Varicentro-Málaga

Country: Spain City: Malaga

Address: Calle Fernando Camino, 14 29016 Málaga

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs:
Obesity
- Clinical Nutrition for Nursing



Medicine

Varicentro-Sevilla-Buhaira

Country: Spain City: Sevilla

Address: Calle Blanco White, 7, Local la Buhaira 41018 Sevilla

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs:
- Hair Transplantation
Obesity



Medicine

Varicentro-Sevilla-Nervión

Country: Spain City: Sevilla

Address: Avda. Kansas City, 32 41007 Sevilla

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs:
- Clinical Nutrition for Nursing
Esthetic Nursing



Medicine

Varicentro-Sevilla-El Viso del Alcor

Country: Spain City: Sevilla

Address: Plaza del Granadillo, S/N (Junto a deportes Maracaná) 41520 El Viso del Alcor, Sevilla

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs:
Clinical Nutrition
Obesity



Medicine

Varicentro-Madrid centro

Country: Spain City: Madrid

Address: Calle Don Ramón de la Cruz, 79, local 4 (esq. Calle Conde Peñalver) 28001 Madrid

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs:
- Clinical Nutrition for Nursing
- Aesthetic Medicine



Medicine


Varicentro-Madrid-Collado Villalba

Country: Spain City: Madrid

Address: Calle Madroños, 2, 28400 Collado Villalba, Madrid

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs:
- Clinical Nutrition for Nursing
Obesity

Medicine

Varicentro-Madrid-Leganés


Country	City
Spain	Madrid

Address: Calle Butarque, 12, 28911 Leganés, Madrid

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs:

- Clinical Nutrition
- Obesity



Medicine

Varicentro-Madrid-Móstoles


Country	City
Spain	Madrid

Address: Avda. Dos de Mayo, 35, 28934 Móstoles, Madrid

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs:

- Clinical Nutrition
- Obesity



Medicine

Varicentro-Valladolid


Country	City
Spain	Valladolid

Address: Calle Juan de Juni, 4, 47006 Valladolid

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs:

- Hair Transplantation
- Obesity



Medicine

Varicentro-Zaragoza


Country	City
Spain	Zaragoza

Address: Avda. Francisco de Goya 50006 Zaragoza

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs:

- Clinical Nutrition
- Obesity



Medicine

Clínica Opción Médica


Country	City
Spain	Barcelona

Address: C/ de Calvet, 24, 08021 Barcelona

Aesthetic-surgical center specialized in obesity.

Related internship programs:

- Esthetic Nursing
- Aesthetic Plastic Surgery



Medicine

Clínica Kiharu

Country	City
Spain	Madrid

Address: C. de Hermosilla, 57, Bajo Derecha, Salamanca, 28001 Madrid

It is a center of Aesthetic Medicine, Plastic Surgery and Allurion Program.

Related internship programs:
Obesity
- Aesthetic Medicine



Make the most of this opportunity to surround yourself with expert professionals and learn from their work methodology"

06

General Conditions

Civil Liability Insurance

This institution's main concern is to guarantee the safety of the learners 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 practical learning 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 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 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 student 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 Obesity** contains the most complete and up-to-date program on the professional and academic field.

After the student has passed the assessments, they will receive their corresponding Internship Program certificate 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 Obesity**

Duration: **3 weeks**

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

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



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