

# Internship Program

## Rehabilitation Medicine in Geriatrics



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Internship Program  
Rehabilitation Medicine  
in Geriatrics

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# 01 Introduction

Rehabilitation physicians working with geriatric patients must have a wide range of skills to perform complex procedures and operate the latest equipment. These skills are necessary to treat these people whose physical abilities are impaired over the years. However, specialists rarely have programs of study that analyze these advances in a practical way. For this reason, TECH offers this program consisting of an intensive and face-to-face stay in a leading hospital in this area, under the guidance of leading professionals and a clinical practice of the highest quality.

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*This Internship Program will allow you to learn about the latest developments in Geriatric Rehabilitation with a leading professional"*





The complexity faced by the rehabilitation physician in their clinical practice and the prognosis of increased life expectancy create the need for updated professionals, supplied with the most current scientific evidence and with sufficient tools to create the appropriate strategy to address the most appropriate treatment for each elderly person who requires health care.

Science gives wings to rehabilitation physicians to be indispensable actors in the action of giving quality of life to people as they grow older, being active and main protagonists of their own treatment. Therefore, it requires that the rehabilitation physician has the tools to approach the treatment of the elderly person whose abilities are affected to a lesser or greater extent, with the objective of not only helping to maintain them, but also preventing or reversing the loss of autonomy, always based on the dignity and the will of the person to be treated.

Achieving such goals must start from a practical framework where the rehabilitation physician is empowered with tools to create a treatment strategy based on clinical reasoning that leads to set goals to finally address them with physiotherapeutic treatment. But, above all, practical training is also important, thanks to which theoretical knowledge is consolidated and fluency in medical practice is acquired.

In order to update the specialist in this field, TECH presents an excellent Internship Program. Through it, they will be able to reach their maximum potential in the area of Rehabilitation Medicine in Geriatrics from a hospital setting with state-of-the-art resources and analyzing real cases. The approach to these patients will be guided by the best experts in the field and based on the latest scientific evidence. In this way, the physician will be able to take the latest advances and inventions in the sector to their workplace.

# 02

## Why Study an Internship Program?

Today, Rehabilitation Medicine in Geriatrics stands out as a medical discipline in constant growth. Its contribution is fundamental for the treatment of complex pathologies typical of old age. For this reason, TECH has developed an educational product, 100% practical, which offers a multi-sectorial update to the specialist on the main novelties in this area. This learning process will be carried out through a 3-week intensive on-site stay in internationally renowned hospitals under the supervision of prestigious experts.



*TECH will update you on the latest recommendations for the long-term management of the amputee patient"*

### 1. Updating from the latest technology available

In recent years, Rehabilitation Medicine has evolved at a dizzying pace, giving rise to highly complex diagnostic and therapeutic techniques for geriatric problems. From this program, the physician will be able to be updated on the application of all of them by means of innovative technologies, with emphasis on those that help the amputee patient's recovery.

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

During this program of studies, the physician will have direct access to professionals with prestigious experience in the field of Geriatric Rehabilitation. Together with them, you will work to diagnose real cases of varying complexity. You will also be guided at all times by a designated tutor who will rigorously monitor your academic progress.

### 3. Entering First-Class Clinical Environments

TECH has made a careful selection of all the centers that are now available to the health professional to complete this Internship Program. These healthcare facilities were chosen for their performance and international prestige, which, in turn, were achieved through an excellent staff of experts.



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

Although there are many programs on Geriatric Rehabilitation available in the educational environment, none of them emphasizes the updating of the physician in a 100% practical way. Because of this, TECH stands out from its competitors by providing a unique educational program that will allow the professional to deal directly with real patients from the first hour of this training.

#### 5. Expanding the Boundaries of Knowledge

TECH's educational programs aim for its graduates to achieve international prestige by completing this Internship Program. To this end, it has devised an intensive educational model that will facilitate the professional's stay in cutting-edge medical institutions, located in different geographical latitudes.

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

# 03

## Objectives

The general objective of this Internship Program in Rehabilitation Medicine in Geriatrics is to ensure that the professional updates the diagnostic and therapeutic procedures of the specialty in an exclusively practical way, through a hospital stay designed with clinical and academic rigor, under the guidance of renowned professionals, in a hospital center of the highest scientific quality and technological innovation. During this clinical stay, the professional will improve and enhance their skills for the medical care of his patients.



### General Objectives

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- ♦ Define the areas of action of Rehabilitation Medicine in Geriatrics, with emphasis on their roles in palliative care units
- ♦ Perform the examination and assessment in Rehabilitation Medicine of the geriatric patient to define the effects of certain drugs on the neuromusculoskeletal system
- ♦ Apply the latest technologies related to Physiogeriatrics, with emphasis on assistive devices for daily activities and pressure relievers for ulcer prevention







## Specific Objectives

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- ◆ Describe the major geriatric syndromes and establish the differential diagnosis
- ◆ Describe the decalogue of person-centered care based on the appropriate approach to the session of Rehabilitative Medicine in Geriatrics
- ◆ Explain the impact and detection of malnutrition and sarcopenia
- ◆ Apply the tools for comprehensive geriatric assessment of frailty and prescribe appropriate physical activity for this class of patients
- ◆ Apply the specific tests for fall risk diagnosis and its adequate prevention
- ◆ Define the risk factors, epidemiology, diagnosis and treatment of dementia
- ◆ Describe strategies to promote family adherence to treatment
- ◆ Define the advantages of basal stimulation and community intervention in physiogeriatrics
- ◆ Diagnosing pain and aging from a biopsychosocial paradigm
- ◆ Apply new technology for the creation of low-cost support products
- ◆ Define the role of rehabilitative medicine in fractures and dislocations in the elderly
- ◆ Describe the role of physical therapy in amputee patients and prosthetic rehabilitation
- ◆ Define the medical rehabilitative approach to acute, subacute and chronic stroke patients
- ◆ Explain new trends in rehabilitative medicine for patients with Parkinson's disease
- ◆ Define the role of the rehabilitation physician in Urinary Incontinence and chronic urinary retention
- ◆ Applying Respiratory Physiotherapy in COPD
- ◆ Define communication as a tool for successful treatment in Rehabilitation Medicine

# 04 Educational Plan

This program consists of a 3-week on-site stay, from Monday to Friday, with consecutive 8-hour working days, with an assistant specialist. This Internship Program will allow the physician to see real patients alongside a team of reference professionals in the area of Rehabilitation Medicine in Geriatrics, applying the most innovative diagnostic procedures for each case.

In this training proposal, of a completely practical nature, the activities are aimed at developing and perfecting the competencies necessary for the provision of health care in areas and conditions that require a high level of qualification, and which are oriented towards specific training for the exercise of the activity, in a safe environment for the patient and with high professional performance.

It is, without a doubt, an opportunity to learn by working in the innovative hospital of the future, where real-time health monitoring of patients is at the heart of the digital culture of its professionals.

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 the professors and other fellow trainees that 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 training, and their completion 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
<b>Resources for diagnosis in Geriatric Rehabilitation Medicine</b>	Diagnose Urinary Incontinence by means of Ultrasound and other imaging tests such as Magnetic Resonance Imaging.
	Indicate Synovial fluid analysis to evaluate the status of patients with signs of arthritis.
	Using Positron Emission Tomography to determine the extent of Parkinson's Disease in the geriatric patient.
	Apply the Barthel index, its modified version and the functional measure of independence to assess the geriatric patient.
<b>Therapeutic Techniques for Rehabilitation Medicine in Geriatrics</b>	Apply cryotherapy for osteoarthritis and post-surgical lumbago.
	Indicate Orthotic devices to modify the structure or function of the neurological and musculoskeletal system.
	Use Hydrotherapy to regain muscle strength
	Use Thermotherapy or thermal therapy for arthritis, lumbar, cervical pain and adhesive capsulitis of the shoulder.
	Use of functional electrical stimulation for spinal cord injuries and hemiplegia.
	Implement pharmacological therapies according to their different effects on the Neuromusculoskeletal System.
<b>Physiotherapy approach to the person affected by Cognitive Impairment, Chronic Pain and other conditions of the elderly.</b>	Recognize the causes and effects of cognitive impairment.
	Apply basal stimulation of the cerebrovascular system.
	Prescribing pharmacological treatment of pain in the geriatric patient.
	Perform respiratory physiotherapy in COPD
<b>Support devices to enhance the autonomy of the geriatric patient</b>	Use products to support accessibility and remove architectural barriers.
	Indicate different pressure relieving devices for ulcer prevention
	Use different devices to facilitate transfers and mobilization of patients with wandering and full assistance control needs.
	Use prostheses for the physical support of patients and to assist in their adaptation.

# 05 Where Can I Do the Internship Program?

TECH is more than willing to expand the academic horizons of the medical professional to the most international standards possible. Therefore, specialists who take this Internship Program will have access to first level health institutions located in different geographic latitudes. In this way, they will be able to update themselves on the latest trends in Geriatric Rehabilitation Medicine beyond the scope and criteria of foreign experts.




*Enroll in this Internship Program and get up to date on the use of diagnostic techniques for dislocations and other bone pathologies in geriatric patients"*





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



**Medicine.**

### Policlínica Longares

Country	City
Spain	Madrid


Address: Julia García Boután 18,  
Primer B. Madrid. 28022

For Policlínica Longares, patients are their family.

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**Related internship programs:**

- Rehabilitation Medicine in Geriatrics
- Rehabilitation and Readaptation of Sports Injuries



**Medicine.**

### Hospital HM Modelo

Country	City
Spain	La Coruña

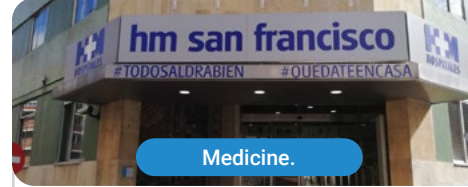
Address: Rúa Virrey Osorio, 30, 15011,  
A Coruña

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

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**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



**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.

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**Related internship programs:**

- Update in Anesthesiology and Resuscitation
- Trauma Nursing



**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.

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**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.

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**Related internship programs:**

- Aesthetic Medicine
- Clinical Nutrition in Medicine



### Hospital HM Madrid

Country: Spain      City: 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



### Hospital HM Torrelodones

Country: Spain      City: 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



### 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
- Palliative Care



### Hospital HM Puerta del Sur

Country: Spain      City: Madrid

Address: 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 Las Tablas

Country	City
Spain	Madrid

Address: C. de la Sierra de Atapuerca, 5, 28050, Madrid

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

**Related internship programs:**

- Trauma Nursing
- Diagnosis in Physiotherapy



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 Virgen del Val

Country	City
Spain	Madrid

Address: Calle de Zaragoza, 6, 28804, Alcalá de Henares, Madrid

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

**Related internship programs:**

- Diagnosis in Physiotherapy
- Physiotherapy in Early Care



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

# 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 practical training 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 Studies** Some centers may require a certificate of previous studies 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 lodging, transportation to the city where the internship takes place, visas or any other benefits not described.

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 Rehabilitation Medicine in Geriatrics** contains the most comprehensive 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 Certificate issued by TECH Technological University via tracked delivery\*.

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

Program: **Internship Program in Rehabilitation Medicine in Geriatrics**

Duration: **3 weeks**

Attendance: **Monday to Friday, shifts of 8 consecutive hours**

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



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Rehabilitation Medicine  
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# Internship Program

## Rehabilitation Medicine in Geriatrics



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