

# Internship Program

## Sleep Medicine





**tech** global  
university

Internship Program  
Sleep Medicine

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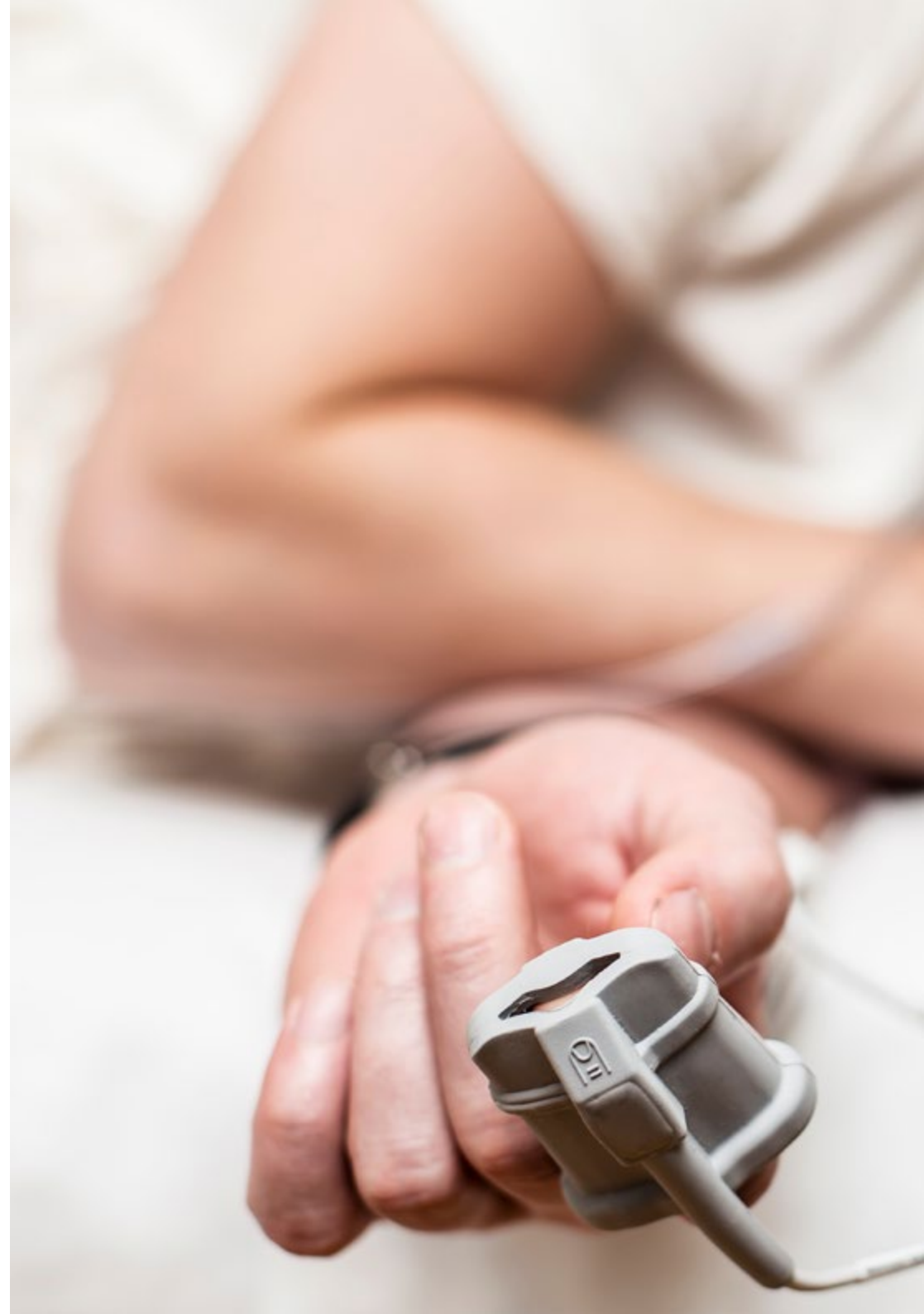
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# 01 Introduction

Approximately 3 out of 10 people have suffered from chronic or transient insomnia, as revealed by several studies. The gradual increase in the number of patients who come to consultations with this disorder, with SAHS or with hypersomnias has led to the emergence of techniques such as advanced video polysomnography, which makes it possible to diagnose a disease and select its treatment in just a few hours of sleep. Given the benefits they offer, doctors are obliged to master the use of these new mechanisms to ensure the welfare of the patient, therefore TECH has created this 100% internship program with which, for 3 weeks, the student will have access to a hospital center to adopt the best innovations in Sleep Medicine in their daily practice.



*This Internship Program will allow you to handle and administer the latest drugs that allow you to combat insomnia with maximum solvency"*





Bad habits, stress in the work environment or genetic predisposition to experience them have caused that, at present, millions of people are affected by various types of sleep disorders. Due to the negative impact they have on the quality of life of those who suffer from them, much research has focused on the development of new drugs and therapies to combat pathologies such as Insomnia or Sleep Apnea. The strong advances in this field, which favor the well-being of patients, mean that doctors must constantly update their skills in order to be at the forefront of this health area.

That is why TECH has created the Internship Program in Sleep Medicine, with the intention of providing professionals in this branch of health with the skills required to provide detailed and completely updated care to each patient in a 100% practical way. During 120 intensive hours, the student will be part of a multidisciplinary team in a prestigious hospital center, where they will learn the keys in the use of new drugs to combat insomnia or assimilate the techniques to treat problems derived from diseases such as diabetes or asthma. You will also master the most avant-garde surgical methods for the treatment of SAHS.

All this, in only 3 weeks, so this practical learning will be compatible with other personal or professional obligations of the physician. Additionally, throughout this phase, the student will be guided by a tutor chosen specifically for them, who will make every effort to ensure that their academic experience will more than meet their expectations.



# 02

## Why Study an Internship Program?

In the field of medicine oriented to the treatment of sleep problems, it is essential to handle the most advanced diagnostic and therapeutic technology to ensure the welfare of the patient. For this reason, TECH has created a program that, in an exclusively practical way, will allow the application in a real work environment of all the advances that have emerged in recent years in this area, with the aim of enriching the daily practice of the health professional.



*Enjoy the opportunity to surround yourself with the best professionals and improve your health care praxis in a cutting-edge medical environment thanks to this Internship Program that TECH puts at your disposal"*

### 1. Updating from the latest technology available

Sleep Medicine has undergone a remarkable evolution in recent times thanks to the emergence of new diagnostic methods and the use of updated drugs that allow a faster solution to various disorders of the patient. Therefore, in order for the doctor to be updated in their profession in an exclusively practical way, TECH offers this Internship Program.

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

In this academic experience, the student will be accompanied and integrated into a team of professionals with a high medical quality. Guided by their tutor, they will work with real patients in a state-of-the-art hospital environment to manage the most up-to-date diagnostic and therapeutic procedures in Sleep Medicine.

### 3. Entering First-Class Clinical Environments

TECH carefully selects all available centers for Internship Programs. Thanks to this, the specialist will have guaranteed access to a prestigious clinical environment in the fields of Sleep Medicine. In this way, you will be able to see the day-to-day work of a demanding, rigorous and exhaustive sector, always applying the latest theses and scientific postulates in its work methodology.



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

In an educational scenario characterized by providing students with content that is not applicable in the workplace and requires long hours of study, TECH has developed a learning model with which, in just 3 weeks, you will significantly develop your medical skills through an internship in a hospital center.

#### **5. Expanding the Boundaries of Knowledge**

TECH offers the possibility of carrying out this Internship Program in renowned centers. In this way, the specialist will be able to update their skills alongside the best professionals, who practice in first class hospitals. A unique opportunity that only TECH could offer to its students.



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

# 03 Objectives

The main objective of this Internship Program is to allow the physician to update their skills in Sleep Medicine through a 3-week hospital experience in a highly prestigious center, where they will work with the best experts in the field.



## General Objectives

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- Update the medical skills in Sleep Medicine from the clinical and instrumental point of view in order to practice the profession solvently
- Understand the mechanisms implicated at a psychobiological and neurophysical level during sleep from a practical point of view



*Update yourself in the field of Sleep Medicine to offer high quality services and significantly improve the quality of life of patients”*







## Specific Objectives

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- ♦ Establish the not uncommon problem of commonly used drugs based on the latest scientific evidence
  - ♦ Become familiar with the clinical anamnesis and the initial orientation of the diagnostic process
  - ♦ Analyze the current indications for PSG and identify when to extend or complete the test
  - ♦ Use the software integrated in the devices to analyze the bioelectrical signal
  - ♦ Elaborate a diagnosis that allows, among the different options, to select the most appropriate treatment for each case, often mixed and multidisciplinary
  - ♦ Master the different non-pharmacological treatments for insomnia
  - ♦ Differentiate excessive daytime sleepiness from fatigue or anhedonia
  - ♦ Know how to differentiate hypersomnias of central origin
  - ♦ Perform a rigorous update on the existing therapeutic options to treat hypersomnia
  - ♦ Manage the clinical scientific and technical aspects related to sleep-disordered breathing, especially SAHS
  - ♦ Update the skills in the individualized clinical management of the SAHS patient, primarily in the field of different non-invasive ventilation options
  - ♦ Master the different surgical techniques to treat sleep-disordered breathing
  - ♦ Use myofunctional techniques for rehabilitation of muscles involved in airway obstruction
  - ♦ Identify and manage complex sleep-wake dissociation situations
  - ♦ Address restless legs syndrome
  - ♦ Master the mechanisms by which memory is consolidated during sleep, according to the latest scientific evidence
- ♦ Observe the physiological changes that occur in sleep as the process of brain maturation is completed until adulthood
  - ♦ Undertake the treatment of the different pathologies most frequently associated with childhood and adolescence
  - ♦ Manage the different existing techniques for the correct diagnosis of sleep disorders in pediatric patients
  - ♦ Treat sleep disorders derived from chronic diseases or neurodevelopmental problems
  - ♦ Detect the mutual bidirectional relationship between sleep and cancer and between sleep and painful processes
  - ♦ Establish the mutual influence of sleep and various situations, such as confinement, hospitalization or living in high altitude areas



*Through this program, you will adopt the most updated skills to treat the most frequent sleep pathologies in children and adolescents”*

# 04 Educational Plan

This Internship Program consists of a 3 week stay in a first level hospital, from Monday to Friday with 8 consecutive hours of work with an assistant specialist in this field. Through this health experience, the doctor will have an unbeatable opportunity to deal with real patients, applying the most up-to-date diagnostic and therapeutic procedures in this field of medicine.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide healthcare care 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 is, therefore, a great experience with which students will be able to perfect their skills in the treatment of sleep disorders through the development of their activity in a real environment, within a hospital center characterized by a high medical quality in the human and technological level.

The practical teaching will be carried out with the active participation of the student performing the activities and procedures of each area of skill (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 skills for medical practice (learning to be and learning to relate).





The procedures described below will be the basis of the practical part of the training, and their implementation is subject to both the suitability of the patients and the availability of the center and its volume of work, the proposed activities being the following:

Module	Practical Activity
<b>Technical and organisational aspects of the diagnostic process</b>	Conduct polysomnography testing to detect the extent of a patient's sleep disorder
	Program the different diagnostic devices available to detect sleep disorders
	Coordinate the Sleep Unit in its different levels of care to ensure adequate provision of services to patients
<b>Insomnia and hypersomnias in adults</b>	Carry out a therapy based on the use of non-pharmacological treatments to help patients overcome their sleep disorder
	Administer the most up-to-date drugs according to the latest scientific evidence for patients suffering from insomnia
	Treat, in an individualized way, the different disorders produced by circadian alteration of the wake-sleep cycle
<b>Respiratory Disorders During Sleep</b>	Undertake treatment of hypoventilation-obesity syndrome in patients with different physical characteristics
	Diagnose SAHS using the Gold Standard Method
<b>Sleep-wake disorders in childhood</b>	Carry out the early identification of a child's sleep disorder in order to optimize the evolution of the child's disease
	Develop a treatment for sleep disorders caused by diseases such as asthma or diabetes
	Diagnose and treat a sleep disorder caused by a neurodevelopmental problem in the pediatric patient



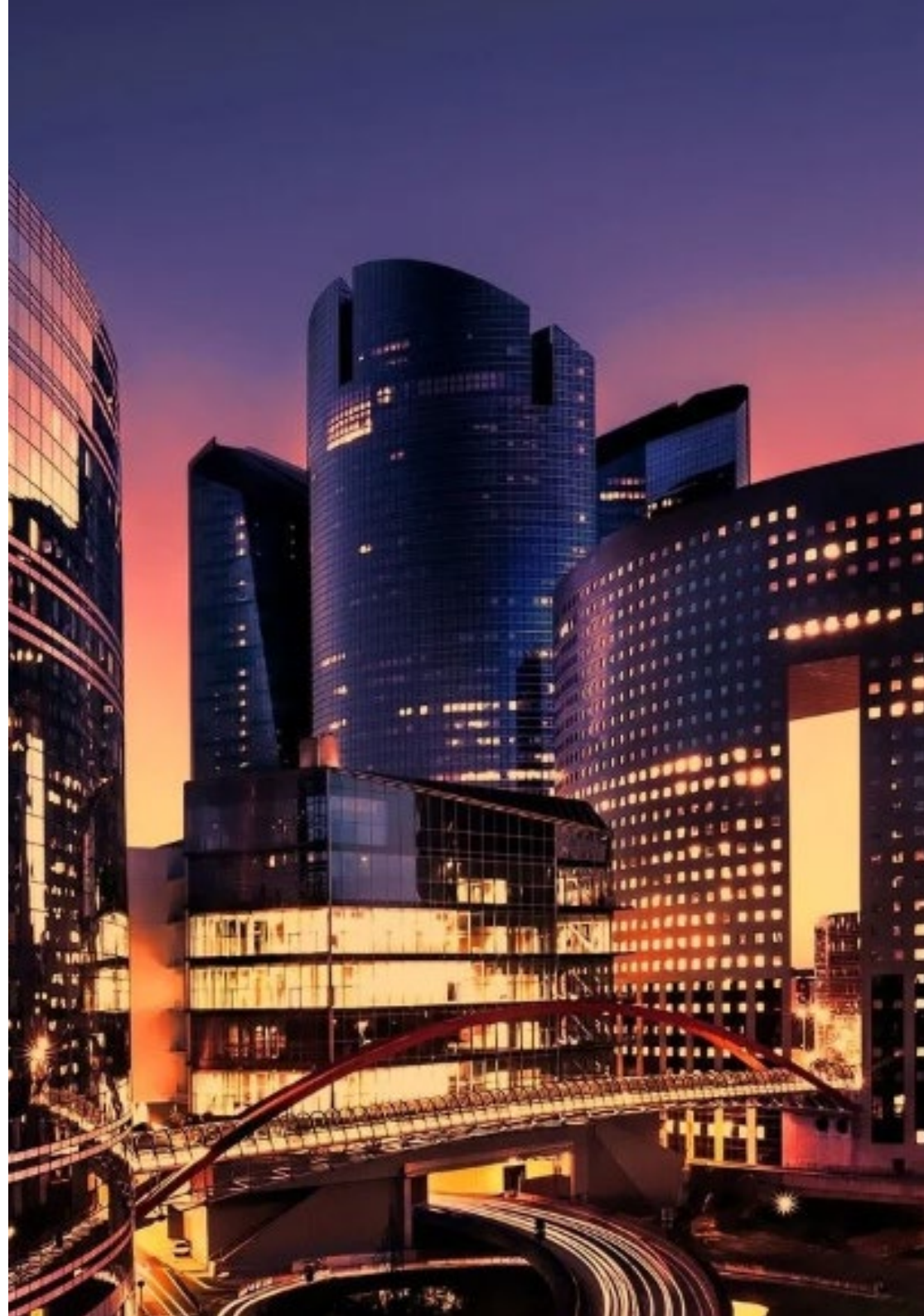
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# Where Can I Do the Internship Program?

In order to make this Internship Program accessible to all students who wish to take it, TECH offers a wide variety of centers located in different geographical areas for its development, characterized by having the latest equipment and technology.



*Take your Internship Program in Sleep Medicine in a hospital that has the latest technology in this field of health"*





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 private specialized centers distributed throughout Spain

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Spine Surgery



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 private specialized centers distributed throughout Spain

**Related internship programs:**

- Hair Transplantation
- Orthodontics and Dentofacial Orthopedics



Medicine

### Hospital HM La Esperanza

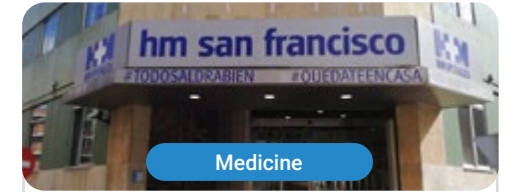
Country	City
Spain	La Coruña

Address: Av. das Burgas, 2, 15705, Santiago de Compostela, A Coruña

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

**Related internship programs:**

- Oncology Nursing
- Clinical Ophthalmology



Medicine

### Hospital HM San Francisco

Country	City
Spain	León

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

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

**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 private specialized centers distributed throughout Spain

**Related internship programs:**

- Psychiatric Treatments Update 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 private 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 private specialized centers distributed throughout Spain

**Related internship programs:**

- Clinical Analysis
- 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 private specialized centers distributed throughout Spain

**Related internship programs:**

- Child Orthopedics
- 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 private specialized centers distributed throughout Spain

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Hospital Pediatrics



Medicine

### Hospital HM Sanchinarro

Country City  
Spain Madrid

Address: Calle de Oña, 10, 28050, Madrid

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

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Sleep Medicine



Medicine

### Hospital HM Vallés

Country City  
Spain Madrid

Address: Calle Santiago, 14, 28801, Alcalá de Henares, Madrid

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

**Related internship programs:**

- Gynecologic Oncology
- Clinical Ophthalmology



Medicine

### HM CINAC Barcelona

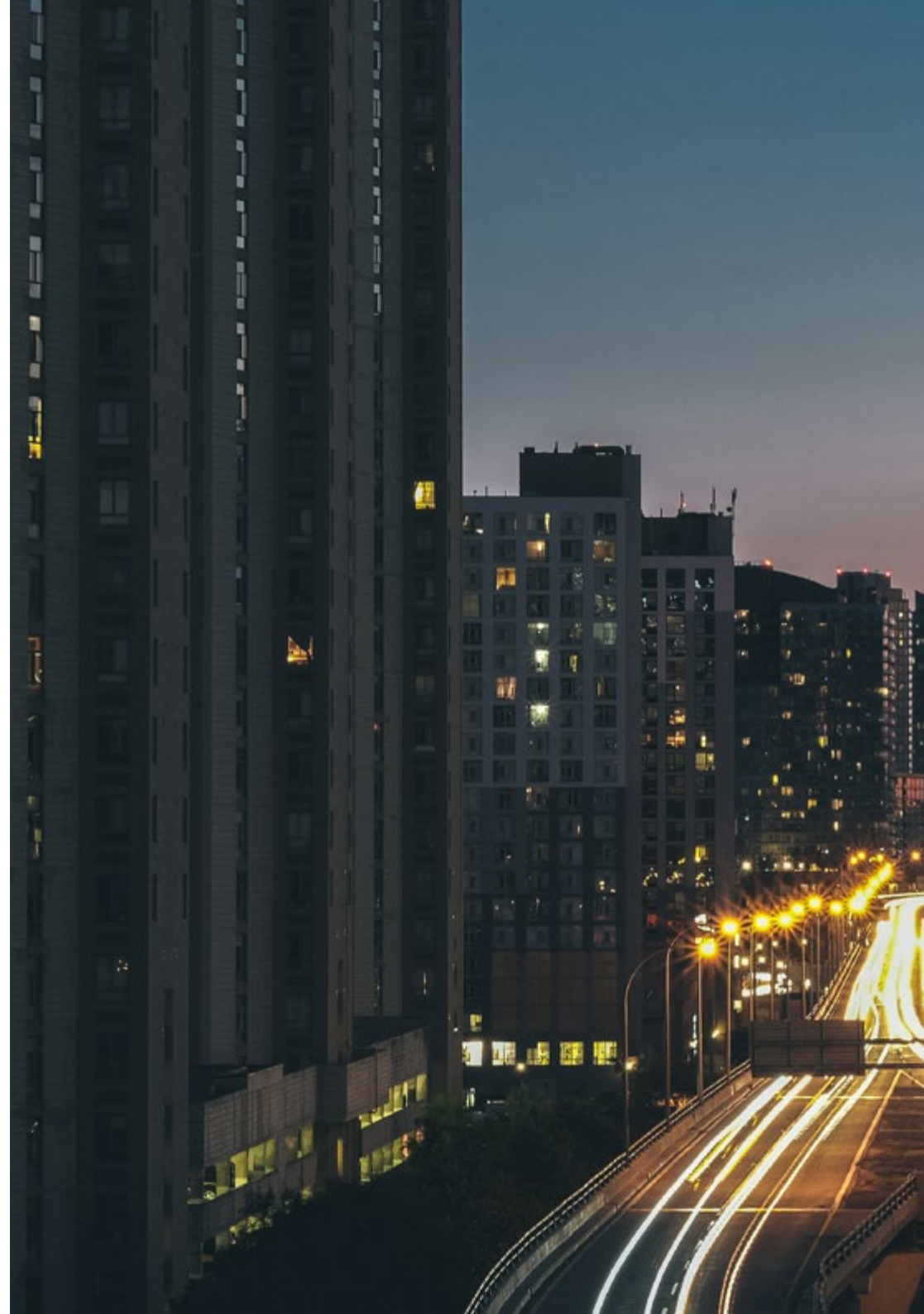
Country City  
Spain Barcelona

Address: Avenida de Vallcarca, 151, 08023, Barcelona

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

**Related internship programs:**

- Neurodegenerative Diseases
- Neurology Nursing





Medicine

### Policlínico HM Arapiles

Country	City
Spain	Madrid

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

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

**Related internship programs:**

- Advanced Clinical Podiatry
- Optical Technologies and Clinical Optometry



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 private 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 private 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 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 Sleep Medicine** 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 Sleep Medicine**

Duration: **3 weeks**

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

Accreditation: **5 ECTS**





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