

# Postgraduate Certificate

## Children with Rheumatic Pain





## Postgraduate Certificate Children with Rheumatic Pain

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Global University
- » Credits: 12 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-certificate/children-rheumatic-pain](http://www.techtute.com/us/medicine/postgraduate-certificate/children-rheumatic-pain)

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# 01

# Introduction

Rheumatic diseases can produce pain, sometimes with an intensity that interferes with the daily life of young patients. This situation is an intense source of anxiety in the family environment and requires from the professional a very specific intervention that takes into account and knows how to manage all these aspects. This program offers specific and intensive education that will provide you with the most advanced diagnostic and intervention tools in the current scientific panorama.





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*This Postgraduate Certificate in Children with Rheumatic Pain will give you the keys to adequate care for each patient and the necessary support to their families"*

Childhood is not safe from rheumatologic disease (RD). Although it is difficult to know their exact prevalence, given the absence of specific and global studies, they are potentially serious diseases that lead to a significant decrease in the quality of life of the affected child.

Comprehensive care for patients and their families, as a fundamental part of the process, is an essential condition in the approach to this group of diseases.

This Postgraduate Certificate offers a different look at the global care that Children with Rheumatic Disease need. A comprehensive approach that covers all aspects of this care: from pre- and post-diagnostic care to families, pharmacological criteria and psychological and emotional care for the affected person and their environment. A holistic approach that you will acquire throughout the most specific and comprehensive online program on the teaching market.

During this comprehensive program, professionals will have the opportunity to acquire the basic knowledge necessary to deal with the situations that arise around a child or adolescent suspected of having RMD. From the moment of diagnosis, with the development of the guidelines that the specialist must follow, to the information on procedures or attitudes to be avoided in this medical practice.

This **Postgraduate Certificate in Children with Rheumatic Pain** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The latest technology in online teaching software
- ♦ A highly visual teaching system, supported by graphic and schematic contents that are easy to assimilate and understand
- ♦ Practical cases presented by practising experts
- ♦ State-of-the-art interactive video systems
- ♦ Teaching supported by telepractice
- ♦ Continuous updating and recycling systems
- ♦ Autonomous learning: full compatibility with other occupations
- ♦ Practical exercises for self-assessment and learning verification
- ♦ Support groups and educational synergies: questions to the expert, debate and knowledge forums
- ♦ Communication with the teacher and individual reflection work
- ♦ Content that is accessible from any fixed or portable device with an Internet connection
- ♦ Supplementary documentation databases are permanently available, even after the program



*All aspects of the praxis of Children with Rheumatic Pain, with a global vision of the care of the affected patient, in the most complete Postgraduate Certificate on the online teaching market"*

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*The teachers of this Postgraduate Certificate have been selected on the basis of two fundamental criteria: their proven experience and knowledge of RD in pediatrics and their proven teaching skills"*

The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Our innovative telepractice concept gives you the opportunity to learn through an immersive experience, which will allow you to assimilate the concepts faster and from a real professional perspective: "learning from an expert".*

*With a methodological design based on proven teaching techniques, this Postgraduate Certificate will take you through different teaching approaches to allow you to learn in a dynamic and effective way.*



# 02

# Objectives

TECH's objective is to prepare highly competent professionals, who possess the most up-to-date knowledge and techniques in the medical field. A goal that, in just six months, you will be able to achieve with a highly intensive and precise Postgraduate Certificate.







*Acquire up-to-date knowledge in the treatment of children's rheumatic pain with the medical elite"*



## General Objectives

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- Distinguish between different types of musculoskeletal problems in children, approach them and refer them if necessary
- Treat them from different points of view, medical, psychological or physical, or at least to interpret the suitability of applied treatments
- Discuss whether a treatment was sufficiently effective
- Know which attitudes, treatments and strategies are inappropriate and should be avoided
- Prevent illness and complications
- Recognize basic needs and refer to specialized resources
- Identify social and environmental factors and reflect on the impact they have on the quality of life of patients and their families



*You will be able to prevent diseases and complications by diagnosing the focus of childhood rheumatic pain thanks to this TECH Postgraduate Certificate"*





## Specific Objectives

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- ♦ Recognize pain in children or adolescents with RMD as the most frequent problem
- ♦ Identify the manifestations of pain in the patient
- ♦ Recognize the consequences of the patient's pain in the family environment
- ♦ Distinguish the most common and the rarest causes of pain in the different body regions of the musculoskeletal system
- ♦ Identify inappropriate initial management
- ♦ Review pharmacological treatments
- ♦ Observe treatments common to different conditions
- ♦ Review practical aspects of medication
- ♦ Define the adverse effects of medications
- ♦ Follow the evolution of a pharmacological treatment in children and adolescents
- ♦ Provide a psychological approach to patients and their families in the treatment of RMDs
- ♦ Know the indication of physical exercise as a rehabilitation technique
- ♦ Recognize the opportunity of orthopedic surgery
- ♦ Describe the appropriate nutritional guidelines
- ♦ Distinguish the different existing social supports
- ♦ Review vaccination schedules
- ♦ Choose the specific preventive attitudes according to the diseases and treatments
- ♦ Recognize osteoporosis in children and its necessary consideration

03

# Course Management

In its commitment to offer an elite education for all, TECH counts on renowned professionals so that the student acquires a solid knowledge in the field of adolescent rheumatology. For this reason, the program is composed of various medical professionals whose experience and skills will guide the student towards excellence during their learning. This is a unique opportunity to learn from the best, TECH's guarantee of quality.





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*An impressive teaching staff, made up of professionals from different fields of expertise, will be your teachers during your education: a unique opportunity not to be missed”*

## International Guest Director

Dr. Isabelle Koné-Paut is a leading international figure in **Pediatric Rheumatology**, with **innovative contributions** to this field of medicine. As **Head of the Department** of this specialty at the **Kremlin Bicêtre Hospital** in Paris, she leads a team of professionals that has gained **worldwide recognition**, being awarded the **EULAR Excellence Award** on several occasions.

She also directs the **Center for Rare Autoinflammatory Diseases and Inflammatory Amyloidosis**. Within this scope of her professional career, she has coordinated a collaborative effort between five institutions. Through these efforts, she has been able to provide **comprehensive care** for **children and adolescents** struggling with a wide range of specific medical conditions.

Beyond her clinical practice, Dr. Koné-Paut is the author of **multiple scientific publications**. Through these articles, she has made influential contributions to the approach to pathologies such as **Behcet's Disease, Familial Mediterranean Fever, CAPS Syndromes and Kawasaki Disease**. In addition, she has participated in numerous **European and international initiatives** aimed at advancing the understanding of these conditions and their treatments.

She is also the founder of the first **Pediatric Inflammatory Rheumatism Care Network**, based in the French capital. Since then, her premise with this project has been to **improve the accessibility and delivery of healthcare services** for large numbers of children's patients and, at the same time, to **support their families**.

She has also held leadership roles within **various academic associations**. Among other positions, she has been President of the **French Society of Pediatric Rheumatology** and a member of merit of the **French Society of Pediatrics**. In the international framework, she has also had key participations with prestigious scientific groups such as the **International Society for Systemic Autoinflammatory Diseases (ISSAID)**.



## Dr. Isabelle, Koné-Paut

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- ♦ Head of the Department of Pediatric Rheumatology at the Kremlin Bicêtre Hospital, Paris, France
- ♦ Coordinator of the National Center of Reference for Rare Autoinflammatory Diseases (CEREMAI)
- ♦ Professor at the Paris-Saclay University in Saint-Aubin, France
- ♦ Associate Editor of the journals *Frontiers of Pediatrics* and *Frontiers of Immunology*
- ♦ President of the French Society of Pediatric Rheumatology  
Member of: French Society of Pediatrics  
International Society of Systemic Autoinflammatory Diseases

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*TECH has a distinguished and specialized group of Directors/International Guests, with important leadership roles in the most leading companies of the global market*

## Management



### Dr. Carmona Ortells, Loreto

- ♦ Rheumatologist and epidemiologist (LIRE). Medical Director InMusc
- ♦ PhD in Epidemiology and Preventive Medicine from the Autonomous University of Madrid
- ♦ University Research Professor at Camilo José Cela University



### Ms. De La Torre Hervera, Elisenda

- ♦ Member of the Spanish Rheumatologic League
- ♦ Postgraduate in Patient Advocacy, UIC (International University of Catalonia), Barcelona, Spain
- ♦ Technical Engineering in Computer Management, (Polytechnic University of Mataró (UPC), Barcelona)
- ♦ Patients' Consultative Council of Catalonia (CCPC)
- ♦ CCPC Technical Communication Council
- ♦ Member of the executive board of administration of the healthcare quality agency (AQuAS)
- ♦ Member of the Pharmacotherapeutic Commission (CFT-SISCAT)





### **Dr. Clemente Garulo, Daniel**

- ♦ Assistant Pediatric Physician at the Niño Jesús University Hospital, performing his healthcare activity in the Pediatric Rheumatology Unit
- ♦ Active member of the Spanish Society of Rheumatology (SER) and the Spanish Society of Pediatric Rheumatology (SERPE), participating in numerous studies and multicenter collaborative research projects promoted by different working groups of both societies
- ♦ Secretary of the ERNA-SER working group ("Rheumatologic diseases of childhood and adolescence")
- ♦ Professor at the Faculty of Health Sciences of the Lasalle Center for Higher University Studies
- ♦ Degree in Medicine and Surgery from the Faculty of Medicine of the Universidad de Alcalá
- ♦ Specialist in Rheumatology, after completing his MIR training at San Carlos Clinical University in Madrid (2002-2006) and in Pediatrics and specific areas, after completing his MIR training at the Infant University Hospital Niño Jesús
- ♦ PhD in Health Sciences from the Universidad Camilo José Cela

## **Professors**

### **Dr. Lerma Lara, Sergio**

- ♦ Professor and Researcher at La Salle University Center
- ♦ Dean of the Faculty of Health Sciences. La Salle Higher Center for University Studies. UAM
- ♦ Researcher in the Biomedical Research Foundation of the Niño Jesús Children's University Hospital
- ♦ Diploma in Physiotherapy
- ♦ PhD in Physiotherapy

### **Dr. Rodríguez Palero, Serafín**

- ♦ Rehabilitation Physician at the Niño Jesús University Hospital
- ♦ Specialty at the 12 de Octubre University Hospital of Madrid
- ♦ University Specialist Course in Childhood Disability at the UCM
- ♦ Specialist in neurological rehabilitation, musculoskeletal pain and pathologies related to language and balance disorders. Speciality 12 de Octubre University Hospital, Madrid

**Dr. Bartolomé Puebla, Jon**

- ♦ Patient Representative (LIRE-young)
- ♦ Member of the Board of Directors Responsible for LIRE-Joven

**Dr. Graña Gil, Jenaro**

- ♦ Pediatric Rheumatologist

**Dr. Nieto, Juan Carlos**

- ♦ Pediatric Rheumatologist

**Ms. Emperiale, Valentina**

- ♦ Rheumatology Service at the Príncipe de Asturias University Hospital
- ♦ Physician-Surgeon, Pontificia Catholic University in Chile

**Ms. Diago Ortega, Rocío**

- ♦ Dietitian-nutritionist and Health Sciences Director

**Dr. Prada Ojeda, Alejandro**

- ♦ Rheumatologist Torrejón de Ardoz University Hospital (Madrid)

**Dr. Gómez, Alejandro**

- ♦ Attending Rheumatology Physician. Infanta Sofía University Hospital

**Dr. Boteanu, Alina**

- ♦ Pediatric Rheumatologist Ramón y Cajal Hospital, Madrid

**Dr. Ramírez Barragán, Ana**

- ♦ Pediatric Traumatologist Orthopedic surgery and traumatology unit

**Ms. Vázquez, Ana**

- ♦ Occupational and Speech Therapist (LIRE)

**Dr. Magallares López, Berta**

- ♦ Specialist in Rheumatology. Hospital Santa Creu i Sant Pau Associate Professor

**Dr. Galindo Zavala, Rocío**

- ♦ Coordinator of the Pediatric Osteoporosis and Osteogenesis Imperfecta group

**Dr. Enríquez Merayo, Eugenia**

- ♦ Pediatric rheumatologist Infanta Leonor University Hospital, Madrid

**Dr. Benavent, Diego**

- ♦ Rheumatology Unit at Hospital La Paz

**Dr. Calvo Aranda, Enrique**

- ♦ Rheumatology Unit Infanta Leonor University Hospital

**Dr. Núñez Cuadros, Esmeralda**

- ♦ Pediatric rheumatologist. Coordinator of the group of Prevention and Treatment of Infections in Pediatric Rheumatology of SERPE and member of the Spanish Society of Pediatric Infectious Diseases (SEIP)

**Dr. Sánchez Manubens, Judith**

- ♦ Head of Pediatric Rheumatology Unit-Hospital Universitari Parc TaulíSabadell

**Dr. Martín Pedraz, Laura**

- ♦ Pediatric rheumatologist. UGC Pediatrics, Regional University Hospital of Malaga, Malaga, Spain



**Ms. León Mateos, Leticia**

- ♦ Doctor of Psychology. IdISSC Rheumatology. San Carlos Clinical Hospital, Madrid

**Ms. Fernández Caamaño, Lucía**

- ♦ Occupational Therapist

**Dr. Sala Icardo, Luis**

- ♦ Physician specializing in Rheumatology at the Torrejón Hospital
- ♦ Coordinator of the Pediatric Rheumatology Unit at Hospital San Rafael

**Ms. Redondo Delgado, Marta**

- ♦ Psychologist. Camilo José Cela University

**Dr. Greco, Martín**

- ♦ Rheumatologist

**Dr. Fernández Berrizbeitia, Olaia Begoña**

- ♦ Rheumatologist Associate Professor

**Dr. Díaz Valle, David**

- ♦ Head of the Ophthalmology Department. San Carlos Clinical Hospital

# 04

# Structure and Content

The contents of this program have been developed by the different experts of this Postgraduate Certificate, with a clear purpose: to ensure that students acquire each and every one of the skills necessary to become true experts in this field. Structured into one module, the student will address everything related to musculoskeletal pain in children and adolescents to treat it effectively, distinguishing himself in a specialty in continuous research.





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*A comprehensive teaching program,  
structured in well-developed teaching units,  
oriented towards learning that is compatible  
with your personal and professional life”*

## Module 1. Musculoskeletal Pain in Children and Adolescents

- 1.1. What is Pain?
  - 1.1.1. Theories about Pain
  - 1.1.2. The Pain Experience
  - 1.1.3. Pain Pathways
- 1.2. Pain Assessment
  - 1.2.1. Characteristics of Pain
  - 1.2.2. Measuring Pain
  - 1.2.3. Pain Localization
    - 1.2.3.1. Knee Pain
    - 1.2.3.2. Hip Pain
    - 1.2.3.3. Ankle and Foot Pain
    - 1.2.3.4. Cervical Pain
    - 1.2.3.5. Back Pain
    - 1.2.3.6. Shoulder, Elbow and Wrist Pain
    - 1.2.3.7. Generalized Pain
- 1.3. Musculoskeletal Pain in Children
  - 1.3.1. Expression of Pain
  - 1.3.2. Conduct
  - 1.3.3. The Impact of Pain
    - 1.3.3.1. Social Impact
    - 1.3.3.2. Family
- 1.4. Pain Management
  - 1.4.1. Pharmacological Treatment. General Aspects
  - 1.4.2. Non-Pharmacological Treatment. General Aspects



## Module 2. Pharmacological Treatment in Pediatric Rheumatology

- 2.1. Symptomatic Treatment
  - 2.1.1. Analgesics
  - 2.1.2. Anti-Inflammatory Drugs
  - 2.1.3. Opioids
  - 2.1.4. Antiepileptics
  - 2.1.5. Antidepressants

## Module 3. Non-Pharmacological Treatment and Psychosocial Support

- 3.1. Exercise and Physical Activity in Children
  - 3.1.1. Exercise, Physical Activity and Sport
  - 3.1.2. Specifics of Exercise in Children with RMD
- 3.2. Rehabilitation
  - 3.2.1. Splints and Orthoses
  - 3.2.2. Physical Therapies in Children
- 3.3. Orthopedic Surgery
  - 3.3.1. Special Features of Immature Bone and the Growing Skeleton
  - 3.3.2. Infantile Fractures
    - 3.3.2.1. Most Common Traumatic Fractures and Traumatic Epiphysiolysis
    - 3.3.2.2. Common Techniques of Osteosynthesis in Children
  - 3.3.3. Infection Management in the Locomotor System in Children
  - 3.3.4. Surgery of Growing Spine Deformities
  - 3.3.5. Osteotomies of the Pelvis and the Upper Extremity of the Femur
- 3.4. Nutritional Advice
  - 3.4.1. Obesity
  - 3.4.2. Malnutrition
  - 3.4.3. Supplements

- 3.5. Psychological Approach to Pediatric RMDs
  - 3.5.1. Fears, Phobias and Anxieties
  - 3.5.2. Generalized Anxiety Disorder and Panic Disorder
  - 3.5.3. Depression in Childhood and Adolescence
  - 3.5.4. Sleep Disorders
  - 3.5.5. Eating Disorders
  - 3.5.6. Dissocial Disorder
  - 3.5.7. Learning Disorders
  - 3.5.8. Training of Parents of Children with RMD
  - 3.5.9. Family Behavioral Intervention
- 3.6. Occupational Intervention
  - 3.6.1. Occupational Schedules
  - 3.6.2. Play as Therapy
  - 3.6.3. Technical Aids
- 3.7. What Not to Do?

## Module 4. Preventive Activities

- 4.1. Adaptation to the School Environment and Activities of Daily Life
  - 4.1.1. Adaptation to the School Environment
  - 4.1.2. Daily Living Activities
  - 4.1.3. Sibling Syndro



*A unique, key, and decisive educational experience to boost your professional development”*

05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.







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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 06 Certificate

This Postgraduate Certificate in Children with Rheumatic Pain guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.







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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This program will allow you to obtain your **Postgraduate Certificate in Children with Rheumatic Pain** 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: **Postgraduate Certificate in Children with Rheumatic Pain**

Modality: **online**

Duration: **12 weeks**

Accreditation: **12 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
online training  
development language  
virtual classroom



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