

# Postgraduate Certificate

## Herniated Discs.

### Diagnosis and Treatment





## Postgraduate Certificate Herniated Discs. Diagnosis and Treatment

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/pk/medicine/postgraduate-certificate/herniated-discs-diagnosis-treatment](http://www.techtute.com/pk/medicine/postgraduate-certificate/herniated-discs-diagnosis-treatment)

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# 01

# Introduction

Update your knowledge in Herniated Discs with this program of high scientific rigor, developed by professionals with extensive experience in the field. Train in a high-demand specialty, with the latest resources in the sector, used in this intensive training.



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*Improve the quality of care for your patients  
with this highly scientifically rigorous training”*



There is an increasing trend towards subspecialization within the medical-surgical specialties. There are so many different areas in the human body, that it is difficult to be up to date in the knowledge of a specialty as broad as Spinal Surgery. Hence, the need for a complete and quality scientific program to help and guide in this specific and exciting field.

With this course, the professional will have a complete vision of the knowledge derived from the Pathology of the Vertebral Column. The program will highlight advances in surgical practice that directly affect patient's quality of life and improvement of pain. These will be transmitted so that the specialists can have the most up-to-date view possible of the knowledge available in the field. For this purpose, experts in Spinal Surgery from Spain and South America will collaborate with us.

This program will teach the surgical techniques that are currently setting trends in the sector, used in the Specialized Surgery Centers. This will allow the professional, in addition to expanding his personal knowledge, to be able to apply it with greater skill in his daily clinical practice.

This **Postgraduate Certificate in Herniated Discs. Diagnosis and Treatment**, contains the most complete and up-to-date scientific program on the market. The most important features:

- ◆ Latest technology in online teaching software.
- ◆ 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.
- ◆ Self-regulating learning: full compatibility with other occupations.
- ◆ Practical exercises for self-evaluation 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 course.



*This Postgraduate Certificate is the best investment you can make to acquire the best and most up-to-date training in Herniated Discs. Diagnosis and Treatment”*

“ *Apply the latest trends in Herniated Discs in the daily practice of your profession*”

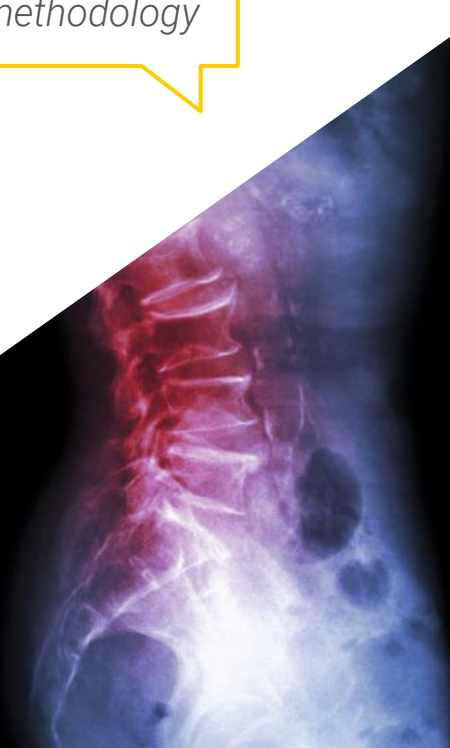
Our teaching staff is composed of medical professionals, practising specialists. In this way we ensure that we can offer you the training update we are aiming for. A multidisciplinary team of doctors trained and experienced in different environments, who will develop the theoretical knowledge in an efficient way, but, above all, will put at the service of the course the practical knowledge derived from their own experience: one of the differential qualities of this Postgraduate Certificate.

This mastery of the subject is complemented by the effectiveness of the methodological design of this training. Developed by a multidisciplinary team of e-learning experts, it integrates the latest advances in educational technology. This way, you will be able to study with a range of comfortable and versatile multimedia tools that will give you the operability you need in your training.

The design of this program is based on Problem-Based Learning: an approach that conceives learning as a highly practical process. To achieve this remotely, we will use telepractice: with the help of an innovative interactive video system, and learning from an expert, you will be able to acquire the knowledge as if you were actually dealing with the scenario you are learning about. A concept that will allow you to integrate and fix learning in a more realistic and permanent way.

*You will have the latest multimedia tools, designed by experts in Herniated Discs, which will favor the speed of assimilation and learning*

*This program uses the latest advances in educational technology, based on e-learning methodology*



# 02 Objectives

This Postgraduate Certificate will provide students with the theory and practice necessary to approach with ease and confidence pediatric surgical pathologies that can be treated by minimally invasive techniques, thus benefiting child patients.







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*Our goal is to train highly qualified professionals for work experience”*

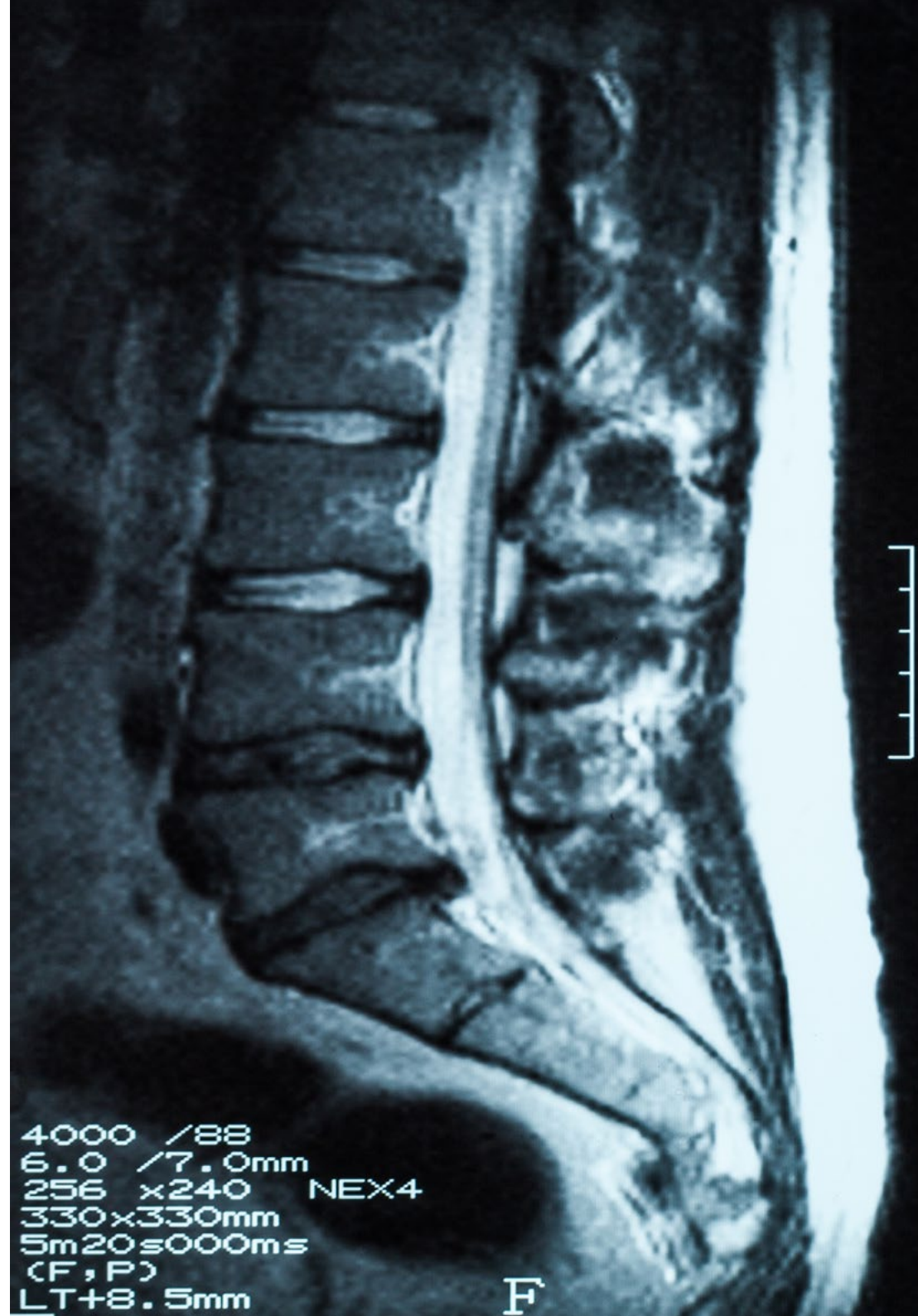


## General Objectives

- ◆ Complement the training of specialists in Pediatric Surgery with special interest in minimally invasive techniques.
- ◆ Adequately prepare these professionals to face with guarantee and quality the different pediatric pathologies that can be addressed through these access routes.
- ◆ Enable students to offer professional assistance backed by an accredited teaching program.



*An opportunity created for professionals who are looking for an intensive and effective course, with which to take a significant step in the practice of their profession"*







## Specific Objectives

- ◆ Explain the impact of spinal disorders and problems in each individual in particular and in society in general.
- ◆ Evaluate the spine of the patients in a correct and effective way, for a better understanding of the problems they suffer and to favor their better resolution.
- ◆ Know how to recognize those pathologies that represent a serious and urgent disease for the patients and may compromise their life or functionality.
- ◆ Know how to formulate appropriate action plans for early and simple management of these serious spinal problems in the ED, based on sound treatment principles.
- ◆ Demonstrate solid clinical judgment in the therapeutic management of these patients based on selected cases.
- ◆ Discuss multidisciplinary approaches and the role of conservative treatment in patients with chronic low back pain.
- ◆ Explain the role of Evidence Based Medicine and the different registries and diagnostic tests.
- ◆ Discuss the use of Clinical Outcome Rating Scales.
- ◆ Explain the application and limitations of biomechanics of the lumbar spine in vitro and in finite element models.
- ◆ Be aware of the advances in Molecular Medicine in the regeneration of the Intervertebral Disc.

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03

# Course Management

For our master's degree to be of the highest quality, we are proud to work with a teaching staff of the highest level, chosen for their proven track record in the field of education. Professionals from different areas and fields of expertise that make up a complete, multidisciplinary team. A unique opportunity to learn from the best.





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



## Management

**Dr. Losada Viñas, Jose Isaac**

- Coordinator of the Spine Unit of Alcorcón Foundation University Hospital
- PhD in Medicine and Surgery from the University of Navarra.
- Member of the Communication Committee of GEER (Raquis Diseases Study Group).
- National Basic Research Award SECOT 1995
- Numerous national and international articles and books

**Dr. González Díaz, Rafael**

- Head of the Spinal Surgery Unit at Niño Jesús Hospital (pediatric surgery) and at Rosario Hospital and Sanitas la Moraleja Hospital in Madrid (adult and pediatric surgery).
- Doctor of Medicine and Surgery, Extraordinary Prize. University of Salamanca
- Specialist in Orthopedic and Trauma Surgery. Spine Surgery
- Master's Degree in Medical Management and Clinical Management by the School of Health/UNED
- Former president of the Spanish Spinal Society GEER (Study Group of Spine Diseases).
- Secretary General of SILACO (Ibero-Latin American Spine Society).
- Author of numerous articles and book chapters. Editor of two books on spinal surgery.
- Direction of 5 doctoral theses on spine pathology.

## Professors

### **Dr. Barriga Martin, Andrés**

- ◆ Head of the COT department at Paraplegics National Hospital of Toledo.

### **Diez Ulloa, Máximo Alberto**

- ◆ Head of Rachis Unit, Serv COT. U.C.H. Santiago de Compostela.

### **Dr. García de Frutos, Ana**

- ◆ Spine Unit of the Vall d'Hebron Hospital in Barcelona and in the ICATME Spine Unit at the Quirón-Dexeus Clinic in Barcelona.

### **Dr. Hernández Fernández, Alberto**

- ◆ Spine Unit, COT Service, Donostia University Hospital.

### **Dr. González Díaz, Rafael**

- ◆ Head of Section, Spine Unit. COT Service. Niño Jesús Pediatric University Hospital.

### **Hidalgo Ovejero, Angel**

- ◆ Head the COT Department. Ubarmin Hospital. Pamplona

### **Dr. Martos, Sara**

- ◆ Spine Unit.
- ◆ Alcorcón University Hospital foundation. Madrid.
- ◆ COT service.

### **Dr. González Jiménez, Raquel**

- ◆ Medical specialist in the treatment of pain, exercising his usual activity in the Pain Unit of the Alcorcón University Hospital Foundation of Madrid (HUFA).

### **Dr. Negreira, Javier Mateo**

- ◆ Orthopedic Surgery and Traumatology Department, Cabueñes Hospital (Gijón).

### **Dr. Los Santos, Alvaro**

- ◆ Orthopedic Surgery and Traumatology Department, Cabueñes Hospital (Gijón).

### **Dr. Pipa, Iván**

- ◆ Orthopedic Surgery and Traumatology Department, Cabueñes Hospital (Gijón).

### **Dr. Parrilla, Ángel Piñera**

- ◆ Spine Unit. Cabueñes Hospital Gijón Asturias. Attending Physician

### **Dr. Ortega García, Francisco Javier**

- ◆ Degree in Medicine and Surgery from the Autonomous University of Madrid.
- ◆ Spine Unit. COT service. 12 de Octubre Hospital. Madrid.

04

# Structure and Content

The structure of the contents has been designed by a team of expert surgeons, which encompasses all the updates in spinal pathology.





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*This Postgraduate Certificate has a quality program adapted to the latest trends in the field of spinal surgery”*



**Module 1. Herniated Discs, Diagnosis and Treatment of Radicular Pain. Emerging Technologies for the Treatment of Low Back Pain**

- 1.1. Epidemiology, Natural History and Imaging Findings in Radicular Pain.
  - 1.1.1. Use of Common Epidemiological Terms to Define and Prevalence Factors of Radicular Pain.
  - 1.1.2. Knowledge of the Natural History of Radicular Pain.
  - 1.1.3. Identify Contributing Fractures.
  - 1.1.4. Diagnosis of the Causes of Radicular Pain.
  - 1.1.5. Evaluate Why Disc Herniations Occur.
  - 1.1.6. Differentiate the Role of Diagnostic Imaging between Computerized Axial Tomography (CT) and Magnetic Resonance Imaging (MRI) for Radicular Pain.
  - 1.1.7. Interpretation of Images Using the Correct Nomenclature.
- 1.2. Non Surgical Action in the Treatment of Radicular Pain.
  - 1.2.1. Evaluate Non Surgical Treatment Options for Radicular Pain.
  - 1.2.2. Explaining These Options to Patients.
  - 1.2.3. Identify Patients who are Susceptible to Non Surgical Treatment.
  - 1.2.4. Differentiate Between Types of Analgesia. Analgesic Scale.
  - 1.2.5. Summarize the Roles of Rehabilitation and Physiotherapy.
- 1.3. Surgery of Radicular Pain in the Lumbar Spine.
  - 1.3.1. Differences Between the Various Absolute and Relative Indications for Surgery.
  - 1.3.2. Identify Appropriate Timing for Surgery.
  - 1.3.3. Evaluate the Usual Surgical Techniques with Evidence Support.
  - 1.3.4. Compare Both Surgical and Non Surgical Treatment Options.
  - 1.3.5. Formulate an Adequate Surgical Plan.
  - 1.3.6. Anticipate Possible Complications and Establish a Plan for Return to Work and Activity.
- 1.4. Thoracic Myelopathy.
  - 1.4.1. Myelopathic Imaging: Techniques and Prognostic Indicators.
  - 1.4.2. Interpret MRI and CT Findings in Spondylotic Myelopathy.
  - 1.4.3. Recognize the Change of Signs in Different Rmn Sequences and their Significance.
  - 1.4.4. Consider the Different Differential Diagnoses in Non Tumorous Pathology of the Spinal Cord.
  - 1.4.5. Know the Current Role of Myelography and MyeloTAC in Myelopathy Imaging.
    - 1.4.5.1. Clinical and Surgical Decision Making in Thoracic Myelopathy.
    - 1.4.5.2. Management of the Risk-Benefit Balance in the Surgery of Patients with Thoracic Myelopathy.
    - 1.4.5.3. Compare the Different Approaches to Thoracic Myelopathy.
- 1.5. Axial Low Back Pain.
  - 1.5.1. Natural History, Obstacles to Recovery and Aspects of Non Surgical Treatment of Axial Pain.
    - 1.5.1.1. Anticipate Potential Obstacles to Recovery.
    - 1.5.1.2. Explain How Mood Can Be Used.
    - 1.5.1.3. How to Handle Catastrophic Ideas.
    - 1.5.1.4. Differentiate Between Acute and Chronic Low Back Pain.
    - 1.5.1.5. Evaluate the Different Options for the Non Surgical Treatment of Low Back Pain.
    - 1.5.1.6. Summarize the Current State of the Evidence Regarding Surgical and Non Operative Management.
  - 1.5.2. How to Assess a Patient with Axial Pain.
    - 1.5.2.1. Understand the Role of Natural History and Physical Examination in the Assessment of these Patients with Axial Pain.
    - 1.5.2.2. Decide on the Need for Imaging Studies.
    - 1.5.2.3. Select Patients with Axial Pain in Need of Advanced Diagnostic Techniques.
    - 1.5.2.4. Review the Role of Diagnostic Blocks and Discography in Patients with Axial Pain.
    - 1.5.2.5. Conservative Treatment of Low Back Pain.
    - 1.5.2.6. Opioid Practice and Perspective: Who is at Risk of Addiction?
    - 1.5.2.7. Radiofrequency Ablation in Low Back Pain.
    - 1.5.2.8. Stem Cells and Intradiscal Lumbar Procedures.
    - 1.5.2.9. Implantable Therapies for Chronic Low Back Pain.
  - 1.5.3. Axial Lumbar Pain Surgery.
    - 1.5.3.1. Promote a Rational Alternative to Surgical Fusion.
    - 1.5.3.2. Evaluate Alternative Options.
    - 1.5.3.3. Select an Appropriate Approach.
    - 1.5.3.4. Review Current Evidence.





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

05

# Methodology

This training program provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used 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 Re-learning, 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

In a given situation, what would you do? Throughout the program, you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, 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 can experience a way of learning that is shaking the foundations of traditional universities around the world*



According to Dr. Gervas, 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 potential 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 professional medical 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 grasp concepts, but also develop their mental capacity by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on 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.





## Re-learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

Our 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, which represent a real revolution with respect to simply studying and analyzing cases.



*The physician will learn through real cases and by solving 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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 250,000 physicians with unprecedented success, in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Re-learning 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 (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

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



In this program you will have access to the best educational material, prepared with you 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 really specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



#### Latest Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



#### Interactive Summaries

We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.







**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Re-Testing**

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your goals.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an expert strengthens knowledge and memory, and generates confidence in our difficult future decisions.



**Quick Action Guides**

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



# 06 Certificate

Through a different and stimulating learning experience, you will be able to acquire the necessary skills to take a big step in your training. An opportunity to progress, with the support and monitoring of a modern and specialized university, which will propel you to another professional level.



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*Include in your training a Postgraduate Certificate in Herniated Discs. Diagnosis and Treatment: a highly qualified added value for any professional in the field of medicine"*



This **Postgraduate Certificate on Herniated Discs. Diagnosis and Treatment** contains the most complete and up-to-date scientific program on the market.

After the student has passed the evaluations, they will receive their corresponding **certificate** issued by TECH - Technological University via tracked delivery.

The certificate issued by TECH - Technological University will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professionals from career evaluation committees.

**Title: Postgraduate Certificate on Herniated Discs. Diagnosis and Treatment**

ECTS: 6

Official Number of Hours: 150



\*Apostille Convention. In the event that the student wishes to have their paper diploma Apostilled, TECH EDUCATION will make the necessary arrangements to obtain it at an additional cost of €140 plus shipping costs of the Apostilled diploma.

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



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## Herniated Discs.

### Diagnosis and Treatment

