

# Postgraduate Certificate

Integrative Medicine  
and Health Prevention



## Postgraduate Certificate Integrative Medicine and Health Prevention

Course Modality: **Online**

Duration: **3 months.**

Endorsed by: **TECH Technological University**

**7 ECTS Credits**

Hours **175 hours.**

Website: [www.techtitute.com/medicine/postgraduate-certificate/integrative-medicine-health-prevention](http://www.techtitute.com/medicine/postgraduate-certificate/integrative-medicine-health-prevention)

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# 01 Introduction

Prevention is one of the aspects of modern medicine that is gaining momentum in recent times. Integrative Medicine is a medical practice in which the collaboration between conventional diagnostic and treatment practices are allied with the proven benefits of complementary and natural medicine. A more holistic concept that reduces iatrogenia and medication use and provides preventive measures according to the real needs of the patient and his or her personal situation context.



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*Integrative medicine is an emerging field of Health Sciences with great potential, combining the advances of conventional medicine with the most effective praxes and treatments of complementary medicines”*

Integrative Medicine is a field of Health Sciences that is in full development in the most advanced countries, with a large percentage of the population using complementary or alternative forms of treatment at least once in their lifetime: 48% in Australia, 70% in Canada, 42% in the USA, 38% in Belgium, and 75% in France.

The push for this approach is motivating its inclusion in public health services in countries such as the United Kingdom, Germany, Belgium, the Netherlands and the Nordic countries. For example, 90% of pain management services in the United Kingdom and 70% in Germany include acupuncture among the treatments they provide.

In 1998, the European Union completed a COST (European Cooperation in the field of Scientific and Technical Research) project on non-conventional medicine. With the participation of several government, including Spain, they attempted to demonstrate the possibilities, limitations, and significance of alternative medicine, establishing a common scientific framework, harmonizing legislation, and helping to control healthcare costs. The CAMBRELLA project, a pan-European research network on natural therapies, was launched in January 2010 and has been funded with more than 1.5 million euros through the EU's Seventh Framework Program. The working groups that make up CAMBRELLA focus on terminology, legal framework, patient needs, the role of natural therapy treatments in healthcare systems and research methodology.

The World Health Organization expressed in this regard the explicit desire to incorporate Traditional Medicine on a global level in its 2014-2023 Strategy.

This **Postgraduate Certificate in Integrative Medicine and Health Prevention** contains the most complete and up-to-date scientific program on the market. The most important features of the course are:

- More than 75 clinical cases presented by experts in Integrative Medicine and Health.
- Graphic, schematic, and eminently practical contents with scientific and practical information on the disciplines that are essential for professional practice.
- Diagnostic-therapeutic developments on assessment, diagnosis, and treatment in Integrative Medicine and Health.
- Practical exercises where the self-evaluation process can be carried out to improve learning.
- Clinical iconography and diagnostic image tests.
- Algorithm-based interactive learning system for decision-making in the presented clinical situations.
- Incidence in evidence-based medicine and research methodologies in Integrative Medicine and Health.
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments.
- Content that is accessible from any fixed or portable device with an Internet connection.



*The best online course in integrative medicine that will allow you to access the latest advances in the specialty quickly and easily"*



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*A high level course that will be your best investment to update your knowledge in integrative medicine and health with the guarantee and prestige of the first educational institution in Spain, TECH Technological University"*

The teaching staff is made up of prestigious and renowned Spanish professionals, including courses from the field of integrative medicine and health, with a long career in health care, teaching and research, who have worked in different hospitals throughout the country, developing professional and teaching experience that they deliver in an extraordinary way in this **Postgraduate Certificate**.

The methodological design of this course has been developed by a multidisciplinary team of e-learning courses. Integrating the latest advances in educational technology for the creation of numerous multimedia educational tools that allow the professional, based primarily on the problem-based learning method, to address real problems in their daily clinical practice. This will allow them to advance by acquiring knowledge and developing skills that will impact their future professional work.

Problem-Based Learning underpins this program design, and the doctor must use it to try and solve the different professional practice situations that arise throughout the course. For this purpose, the physician will be assisted by an innovative interactive video system created by renowned and experienced professionals in the field of Integrative Health and Medicine and other related disciplines, with extensive teaching experience.

*Immersion in real situations and patients will allow students to acquire skills quickly and efficiently with an integrated vision of the theoretical knowledge presented.*

*Join a new concept of medicine, more global and integrative with a course developed to give you the diagnostic and treatment tools essential in this approach.*



# 02 Objectives

This course aims to update and acquire knowledge and practices in integrative medicine and health, through the use of a problem-based learning system, which will place you in real situations, creating a practical environment of high didactic effectiveness.







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*Learn about the most advanced techniques and preventive procedures of Integrative Medicine and put them into practice in just a few weeks”*



## General Objectives

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- ♦ Acquire the knowledge and skills required to assess the suitability of each discipline in the clinical setting, so as to provide quality care based on scientific evidence.
- ♦ Acquire up-to-date knowledge of Health Sciences Professionals in the various fields of Integrative Medicine.
- ♦ Promote work strategies based on an integrative approach and multimodal rehabilitation as a reference model for achieving excellent care.
- ♦ Promote the acquisition of technical skills and abilities through an effective multimedia system.
- ♦ Encourage Professional stimulation through continuing Education and Research.





## Specific Objectives

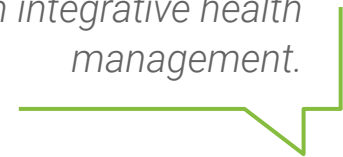
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- ♦ Identify cultural, socioeconomic, and historical factors that shape population health disparities.
- ♦ Examine ways in which integrative practitioners can participate in community-based health programs, identify barriers to access, and develop health resources for underserved populations.
- ♦ Study how the political, economic, and social macrosystem shapes the health system, determines access to resources, and influences the role of health professionals and the patient.
- ♦ Demonstrate social and cultural competence in the context of a comprehensive care plan.
- ♦ Define the clinical practice model, contextualized to the individual's health situation and appropriate goal setting.
- ♦ Know the different philosophical systems of Integrative Medicine from an anthropological perspective.
- ♦ Recognize the pathophysiological processes that are common to all chronic diseases
- ♦ Know the diagnostic tools useful in these processes.
- ♦ Explain basic aspects related to the module.
- ♦ Identify at-risk and vulnerable populations, environmental conditions, and associated chronic diseases.
- ♦ Discuss symptoms, disorders and diseases associated with exposure to heavy metals, pesticides, chemicals, drugs, nutrients, the natural environment and other toxic causes of oxidative stress.
- ♦ Review the literature on exposure, exposure time and metabolic reserve in human health.
- ♦ Analyze assessment tools and strategies to identify the presence of biotoxins.
- ♦ Discuss integrative medicine therapies designed to reduce the risk of exposure, safely eliminate toxic load and prevent reaccumulation.
- ♦ Analyze the efficacy of Genomic Medicine in clinical practice, pattern recognition, and evaluation of metabolic networks.
- ♦ Interpret literature related to the module.
- ♦ Describe the importance of isolating patterns of meaning within complex signals and the complexity of analyzing large datasets.
- ♦ Develop customized, clinically meaningful omics-based solutions, with a focus on lifestyle and wellness-centered solutions.
- ♦ Review the legal context of the application of Integrative Medicine, how to assess risk and mitigate cases of malpractice.
- ♦ Understand common ethical issues that arise in current clinical practice.
- ♦ Understand what can be disclosed, to whom, for what reason and what is needed to disclose it.
- ♦ Reflect on the need for academic and professional organization according to the regulatory framework of some European countries.
- ♦ Discuss the right of the individual as a patient to free access to Integrative Medicine.
- ♦ Define and differentiate the categories of drugs approved in the Spanish public system and in other countries.
- ♦ Review access to complementary medicine therapies in hospital settings.
- ♦ Address the need to bring Integrative Medicine into the Public Health System.
- ♦ Reflect the reduction in economic expenditure and improvement in quality of life related to the introduction of IM.

- ♦ Identify community resources and referral network for patients requiring specialized care.
  - ♦ Review the epidemiology, pathophysiology, and mechanisms underlying mood disorders and mental illnesses.
  - ♦ Analyze the relationship between the peripheral and central nervous system with the digestive tract and the immune system.
  - ♦ Study the evidence for integrative medicine treatment of neurological and psychiatric diseases.
  - ♦ Establish strategies for an integrative approach to Mental Health.
  - ♦ Review cases related to neurological and psychiatric illnesses and demonstrate expertise in the development of comprehensive care plans.
  - ♦ Study the connection of stress to awareness, mindfulness and self-care.
  - ♦ Develop practices related to Mind-Body Techniques based on mindfulness and related techniques.
  - ♦ Examine heart rate variability, autonomic tone, and self-regulatory practices for emotional care.
  - ♦ Design a care plan based on personal needs and barriers.
  - ♦ Establish basic digital skills.
  - ♦ Examine ICTs in healthcare and the healthcare provider's responsibility to manage increasing amounts of information.
  - ♦ Analyze big data in the context of medical and genomic decision making, and technology.
  - ♦ Examine the impact of ICTs on integrative medicine, predictive analytics and preventive care.
- ♦ Examine technological advances in the collection, interpretation, distribution, and tracking of data in health care.
  - ♦ Describe data integrity and security issues.
  - ♦ Analyze and use online systems and portable devices, and understand the evidence of their variable impact on health outcomes.
  - ♦ Demonstrate an ability to perform technology assessment on patients, its impact on health behaviors, social relationships and daily activities.
  - ♦ Use technology in IM to collect data and biometric data, track results.



*Seize the opportunity and take  
the step to access the most  
global medicine with the latest  
developments in integrative health  
management.*





# 03 Course Management

The course's teaching staff includes renowned experts in Integrative Medicine and Health Prevention, who contribute their work experience to this training. In addition, other specialists of recognized prestige participate in its design and elaboration, completing the program in an interdisciplinary manner.







*Learn the latest advances in procedures in Integrative Medicine and Health Prevention from leading professionals"*

## International Guest Director

Dr. Chiti Parikh is a leading medical figure with an impressive career in **Integrative Medicine**. She began her clinical career at New York Presbyterian Hospital, where she soon rose to the position of **executive director of the Integrative Health and Wellness program**. In this role, Dr. Parikh oversees a team of more than 30 clinical and non-clinical staff members, providing a comprehensive set of services including nutrition, acupuncture, massage, health coaching, psychotherapy, pilates, meditation and yoga. She developed and launched a clinical fellowship in integrative medicine for physicians trained in family medicine and internal medicine, and incorporated integrative medicine education into the curriculum at Weill Cornell Medicine, in addition to establishing important collaborations with the department of oncology, pain management and palliative care to provide a holistic and compassionate treatment experience.

Dr. Parikh has also played a leading role in promoting awareness of integrative medicine, collaborating with professional societies and making regular contributions to media outlets such as the Dr. Oz Show, NBC News and VICE News. She has demonstrated a **strong commitment to teaching and mentoring**, providing learning and mentorship opportunities for medical students, residents, fellows and physicians interested in learning more about integrative medicine.

It is also important to note Dr. Parikh's **international contribution** in the field of human rights. As a volunteer medical evaluator for Physicians for Human Rights, she has conducted forensic medical evaluations for torture victims seeking asylum around the world. In addition, she has volunteered and consulted at the Weill Cornell Center for Human Rights, where she has guided students in conducting medical evaluations and educated them about human rights violations. These important contributions have elevated the relevance of her work in the international arena and reinforce her commitment to justice and human welfare.



## Dr. Chiti, Parikh

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- ♦ Executive Director of Integrative Health and Wellness at New York Presbyterian Hospital
- ♦ Director of Hospital Medicine at New York Presbyterian Lower Manhattan
- ♦ Executive Director at Weill Cornell Medicine
- ♦ M.D. from Rutgers Robert Wood Johnson Medical School

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Management



### Dr. Menassa, Alejandra

- ♦ Internal Medicine Physician
- ♦ President of the Spanish Society of Integrative Health and Medicine and Health (SESMI)
- ♦ Head of CMI's Mental Health Unit
- ♦ Psychoanalyst and Professor at Grupo Cero School of Psychoanalysis
- ♦ Member of SEMI (Spanish Society of Internal Medicine).
- ♦ Expert in ozone therapy in Internal Medicine from the University of Havana.
- ♦ Master's Degree in Evaluation of bodily and psychosocial damage by the European Institute



### Rodríguez, Pedro

- ♦ Nurse.
- ♦ Master's Degree in Mental Health Catholic University of Valencia
- ♦ Master's Degree in Nutrition University of the Balearic Islands
- ♦ Expert in Immunonutrition Catholic University of Valencia
- ♦ Specialist in Natural Medicine (Osteopathy, Kinesiology and Acupuncture), Faculty of Medicine, University of Murcia.
- ♦ Diploma in Acupuncture by ADEATA and FEDINE
- ♦ Director of the Therapeutic Yoga postgraduate course at the CEU Cardenal Herrera
- ♦ Director of Medintegra
- ♦ Partner of Biomédica Sc.
- ♦ Educational partner of the G-SE international team



## Professors

### Dr. Alonso, Marta

- ◆ Diploma in Nutrition and Bachelor's Degree in Food Science. Master's Degree in Orthomolecular Nutrition. Graduate in Traditional Chinese Medicine. Nutritionist in an Integrative Medicine Clinic

### Faulin, Ayla

- ◆ Head of the Department of Nursing at the Integrative Medicine Clinic - CMI. Diploma in Nursing (University of La Rioja). Bachelor's Degree in Natural Therapies, specializing in Naturopathy (Real Centro Universitario "Escorial-Maria Cristina"). Expert in Manual Therapies and Body-Mind Relaxation Techniques. Fernández, Tomás

### García, Daniel

- ◆ Nurse, physiotherapist. Master's Degree in neuro-motor control. Doctor in health sciences. Mind-body techniques such as meditation, Chi Kung and Tai chi

### Dr. Hortal, Luis

- ◆ Family Physician. Advanced Diploma in Homeopathy. Professor of Health Information Systems and Ultrasound in SERMAS. Internship teacher for 5th and 6th year students at the University of Alcalá. Family and Community Medicine Resident Tutor DAEste SERMAS

### Yanguas, Jose Pol

- ◆ Degree in Pharmacy from Granada. Diploma in CEDH homeopathy at the College of Doctors of Alicante by Boiron director Alain Eche. Superior Technician in Orthoprosthetics in the private center of primary and secondary education CEBAT of Muchamiel. Continuing education diploma for pharmacists in pharmacies taught by the Pharmaceutical Federation. Lecturer at the International Symposium on Pharmaceutical Innovation at the Benemérita Universidad Autónoma of Puebla.



04

# Structure and Content

The structure of the contents has been designed by a team of professionals from the best hospitals and universities in the country, aware of the relevance of keeping up-to-date to intervene in the treatment and monitoring of the patient through the use of Integrative Medicine and Health and committed to quality teaching through new educational technologies.







*This Postgraduate Certificate in Integrative Medicine and Health contains the most complete and updated scientific program on the market”*

## Module 1. Integrative Medicine and Health Prevention

- 1.1. Prevention, Health Education, and Lifestyles.
  - 1.1.1. Preventive Nutrition.
- 1.2. Physical Activity and Sport.
- 1.3. The Patient as a Pro-Active Subject.
  - 1.3.1. The Role of Nursing in Health and Integrative Medicine.
- 1.4. Community Networks as a Pillar of Prevention and Health Promotion.
  - 1.4.1. Community Pharmacies.
  - 1.4.2. Health Centers.
  - 1.4.3. The Family Network.
  - 1.4.4. GAM.





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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 abundant 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. 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 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 course you will have access to the best educational material, prepared with you in mind:



### Study Material

After a complex production process, we transform the best content into high-quality educational and audiovisual multimedia. We select the best syllabus and make it available to you. Everything you need to acquire in-depth knowledge of a discipline, from A to Z. Lessons written and chosen by specialists in each of the disciplines.



### Surgical techniques and clinical procedures on video

We bring you closer to the newest techniques, to the latest scientific advances, to the forefront of doctor news. 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.



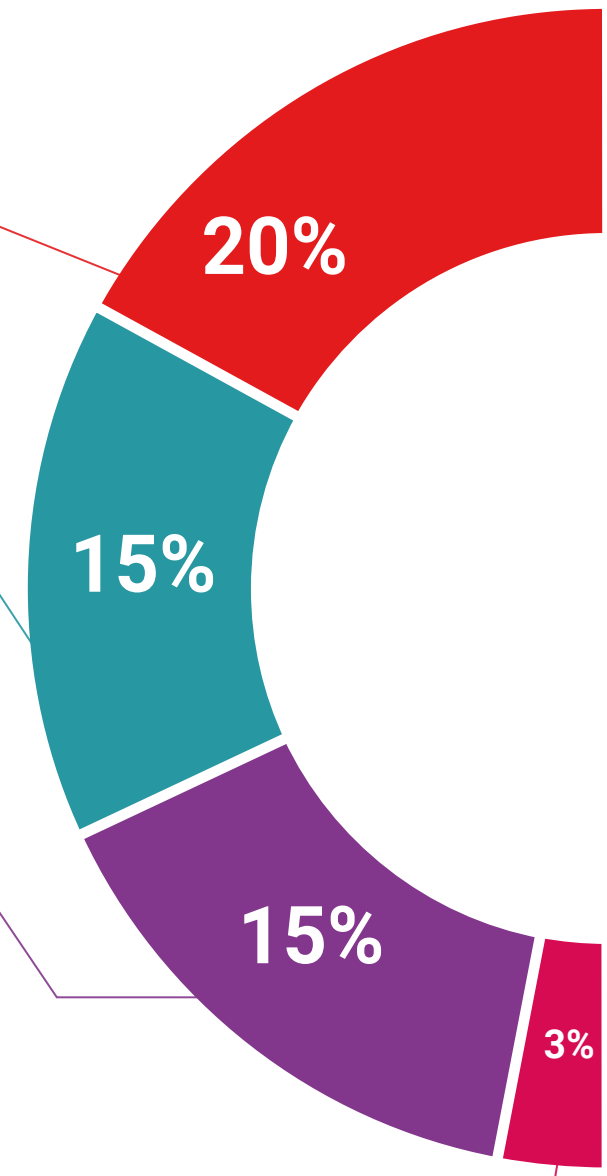
### Interactive Summaries

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

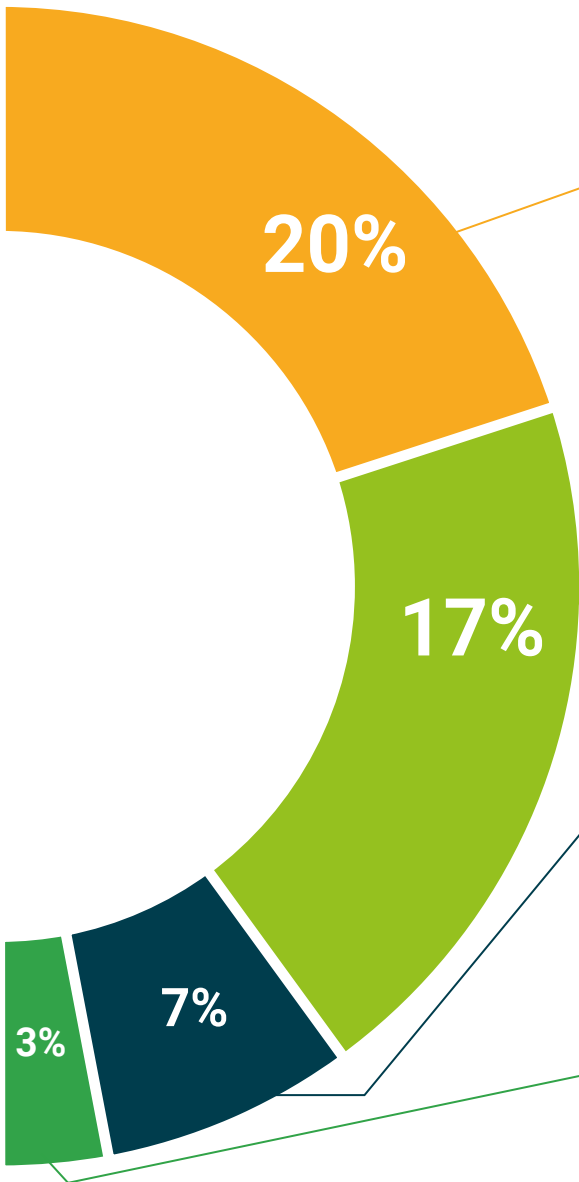


### Additional Reading

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

Through the narratives of expert professionals, it is possible to acquire a high degree of understanding of the most frequent problematic situations. The professional's healthcare practice is not alien to the context in which it takes place. If we want to train ourselves to improve our professional practice, this training must be situated within the context in which it takes place.



#### Testing & Re-testing

We periodically evaluate and re-evaluate your knowledge throughout this program through activities and evaluative exercises.



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful. Learning from an expert strengthens knowledge and recall, and generates confidence in our future difficult decisions



#### Quick Action Guides

One of the most important functions of our team is to select those contents considered essential and present them in the form of worksheets or quick action guides to facilitate their understanding.



# 06 Certificate

The **Postgraduate Certificate in Integrative Medicine and Health Prevention** guarantees you, in addition to the most accurate and up-to-date training, access to a Postgraduate Certificate issued by **TECH Technological University**.





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*Successfully complete this training and receive your diploma without the hassle of travel or paperwork"*

This **Postgraduate Certificate in Integrative Medicine and Health Prevention** contains the most complete and up-to-date scientific program on the market.

After students have passed the assessments, they will receive, by certified mail, their **Postgraduate Certificate** issued by **TECH Technological University**.

The certificate issued by **TECH Technological University** will specify the qualification obtained through the course, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **Postgraduate Certificate in Integrative Medicine and Health Prevention**

ECTS: 7

Official Number of Hours: 175



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

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



**Postgraduate Certificate**  
**Integrative Medicine**  
**and Health Prevention**

Course Modality: Online

Duration: 3 months.

Endorsed by: TECH Technological University

7 ECTS Credits

Hours 150 h.

# Postgraduate Certificate

## Integrative Medicine and Health Prevention

