Postgraduate Certificate
Obstructive Sleep Apnea Syndrome

tech global university

Postgraduate Certificate
Obstructive Sleep Apnea Syndrome

- » Modality: **online**
- » Duration: **6 weeks**
- » Certificate: **TECH Global University**
- » Accreditation: **6 ECTS**
- » Schedule: **at your own pace**
- » Exams: **online**

Website: **www.techtitute.com/us/medicine/postgraduate-certificate/obstructive-sleep-apnea-syndrome**

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01
Introduction

Sleep Apnea affects millions of people around the world and diminishes their quality of life based on the lack of hours of rest, causing irritability, headaches, tiredness, stress, etc. In this case, maxillofacial surgeons can provide therapeutic options with high affectivity in many occasions, allowing the person to recover and improve their sleep routine. This is precisely what this program is based on, on the exhaustive knowledge of this disorder and on the latest and most effective techniques and strategies to treat it. It is, therefore, an opportunity for specialists to update their knowledge 100% online, in a guaranteed way.

" *TECH presents a Postgraduate Certificate in Obstructive Sleep Apnea Syndrome in a convenient 100% online format with which you can catch up from wherever you want and at any time"*

Obstructive Sleep Apnea Syndrome affects almost 4% of the population, being more frequent in men. It is a clinical phenomenon that not only influences the patient's rest, but can also alter their body causing a tendency to overweight. Suffering from this pathology has a negative impact not only on the quality of life of people, but also on their environment, causing a high degree of irritability and stress, in addition to the symptoms derived from the syndrome.

In this type of cases, the role of specialists is fundamental to try to provide options for the treatment of this condition. To do this, they must know in detail the latest scientific evidence related to it, something they can do with this Postgraduate Certificate in Obstructive Sleep Apnea Syndrome. It is an intensive program designed by experts in Oral Surgery and Maxillofacial Medicine, which collects the most comprehensive and updated information in this area, with which graduates will be able not only to catch up, but also to improve their techniques and intervention strategies.

All this, through a 100% online program that includes hours of the best additional material in the academic market: detailed videos, real clinical cases with which to put their skills into practice, complementary readings and research articles. Everything they will need to contextualize the information developed throughout the syllabus and to delve into those aspects they consider most relevant for their professional growth.

In addition, graduates will have access to an exclusive and complementary Masterclass, offered by a prestigious and internationally renowned specialist in Head and Neck Surgery. Therefore, these extra sessions will allow them to keep abreast of the most recent procedures and the most advanced tools in this field of medicine.

This **Postgraduate Certificate in Obstructive Sleep Apnea Syndrome** contains the most complete and up-to-date scientific program on the market. The most important features include:

- The examination of case studies presented by experts in Oral and Maxillofacial Surgery
- The graphic, schematic and eminently practical contents with which it is conceived gather scientific and practical information on those disciplines that are indispensable for professional practice
- Practical exercises where self-assessment can be used to improve learning
- Its special emphasis on innovative methodologies
- 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

With this TECH program, you will have the opportunity to participate in a unique and additional Masterclass, taught by a leading international professor in the field of Head and Neck Surgery"

"

You will be able to delve into the treatment of Obstructive Sleep Apnea Syndrome through positive pressure machines, a technique that is obtaining increasingly better results"

A new, current and dynamic syllabus, so you can delve into the different aspects of the diagnosis of sleep disorder in detail.

It is also important to know in detail the non-surgical treatments of the syndrome. Therefore, we have included a section dedicated exclusively to its specifications.

The program includes, in its teaching staff, professionals from the sector who bring to this program their work experience, in addition to recognized specialists from prestigious reference societies and universities.

The 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 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, students will be assisted by an innovative interactive video system created by renowned and experienced experts.

02
Objectives

The objective of this Postgraduate Certificate in Obstructive Sleep Apnea Syndrome is to provide graduates with the best academic tools that will allow them to be updated in everything related to this pathology through a degree adapted to their needs and to those of the current medical environment. Therefore, specialists who completes this program will have an exhaustive and innovative knowledge that will allow them to diagnose and treat, from then on, based on the latest scientific evidence of Medicine.

Whatever your objectives are, TECH will give you the keys to overcome them through the best syllabus and the most complete program in the academic sector"

General Objectives

- Understad the cerviofacial anatomy, the starting point and basis for the entire master's program
- Learn the anatomy and physiology of the relevant glands
- Build a knowledge base on a highly prevalent disorder such as sleep apneas, in which maxillofacial surgeons are among the specialists who can offer therapeutic options
- Update knowledge on facial traumatology, including its main causes and diagnostic techniques
- Know about malignant pathologies divided by anatomical regions that can affect the head and neck
- Know the different reconstructive techniques

Specific Objectives

- Know how to interpret a polysomnography, polygraphy or videosomnography report, in order to diagnose and offer individualized therapeutic options for patients

- Be aware of other non-surgical treatments for sleep apneas, in order to be able to offer them to patients, as appropriate: mandibular advancement devices, positional therapy, positional therapy

- Know the different surgical techniques available. Pharyngoplasty Avance Gene XII Pair Stimulator Maxillomandibular Advancement

- Understand the systems and protocols for a multidisciplinary approach to these patients
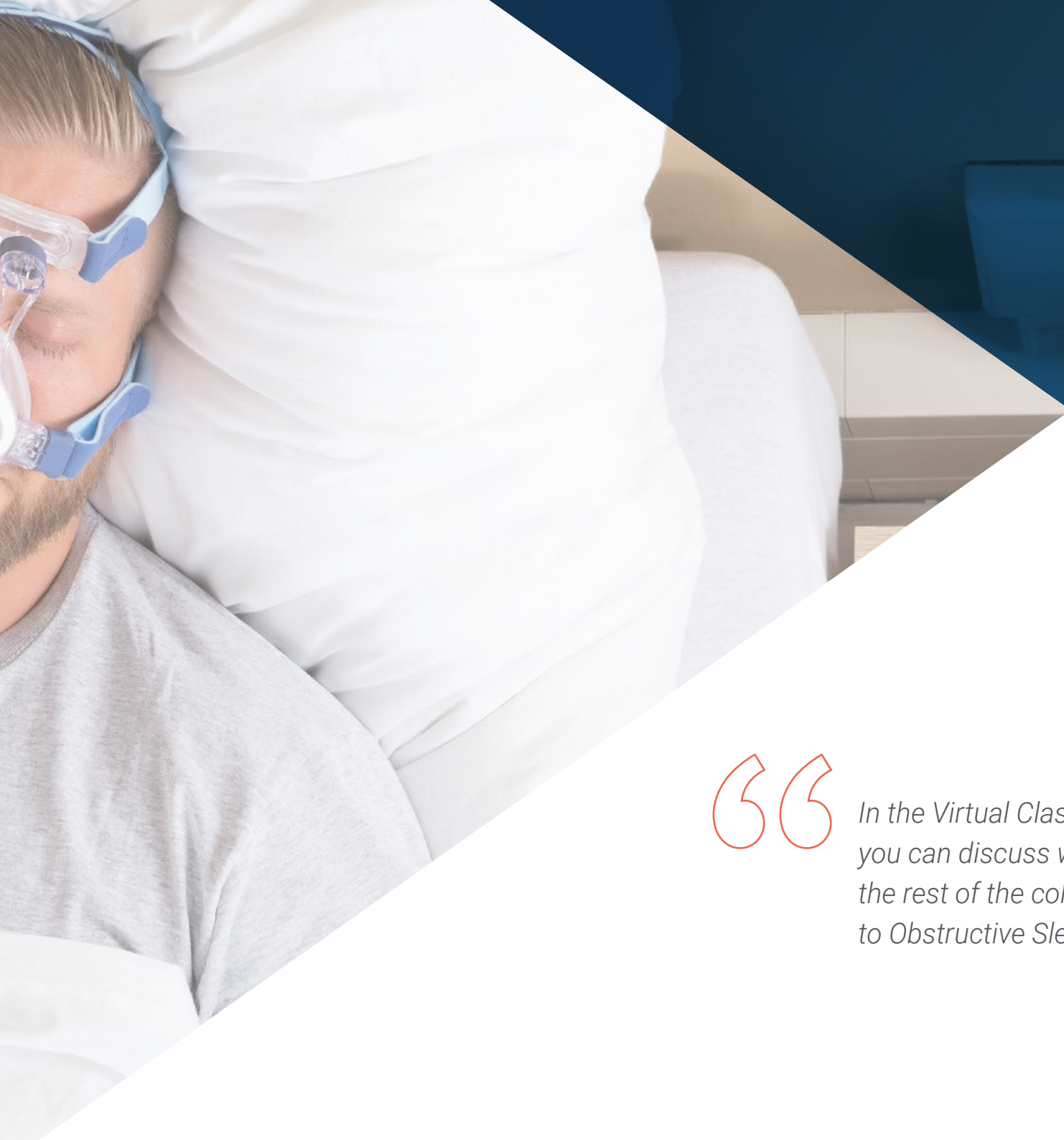
You choose when to connect and from where. So, if there is a gap in your consultation, you can access the virtual classroom and continue to consult the agenda"

03

Course Management

Both the management and the teaching staff of this Postgraduate Certificate have been selected, mainly on the basis of their professional study plan, but also taking into account their human qualities. Therefore, they are specialists in Maxillofacial Medicine and Oral Surgery with an extensive working career, but who, in addition, have so far demonstrated a commitment to their graduates. This is reflected not only in the quality with which they have developed the syllabus, but also in the possibility of individualized tutorials to resolve doubts and raise questions about the syllabus and the profession.

" *In the Virtual Classroom you will find a forum where you can discuss with the teaching team and with the rest of the colleagues on current issues related to Obstructive Sleep Apnea Syndrome"*

International Guest Director

Dr. Brittany E. Howard is a leading **facial plastic surgeon** and expert in **Head and Neck Surgery,** with a special focus on **aesthetics, oncologic reconstruction** and advances in **Regenerative Medicine**. In this way, she has held senior positions such as **Chair of the Department of Plastic Surgery,** in the Department of Otolaryngology, Head and Neck Surgery at the **Mayo Clinic in Phoenix, Arizona.**

Her experience encompasses a wide range of **surgical procedures**, including **Rhinoplasty, Facelift, Mohs Surgery and Nasal Reconstruction,** as well as treatments for conditions such as **Head and Neck Cancer, Paralysis and Facial Deformities**. In addition, her interest in **Regenerative Medicine** has led her to investigate new techniques for **facial aging and scarring.**

It should be noted that Dr. Howard has been recognized on multiple occasions for her **professional excellence**, receiving the **Best Provider Award** from the **Mayo Clinic Experience Office** for two consecutive years. Her innovative approach and ability to treat complex conditions have established her as one of the most influential leaders in her field, and she has also been recognized as the **Best Otolaryngology Physician in Phoenix** by *Phoenix Magazine.*

In addition to her outstanding clinical work, she has dedicated herself to **research in Microvascular Surgery and Oncology,** working as an **Associate Consultant** at the **Mayo Clinic** and participating in advanced studies on the treatment and reconstruction of patients with **Head and Neck Cancer.** As such, her contribution to the field of Facial Plastic and Reconstructive Surgery has been more than significant, consolidating her as one of the leading specialists in her area. Likewise, her multidisciplinary approach and her ability to treat complex cases have made her highly respected, both by her patients and by her colleagues at an international level.

Dr. Howard, Brittany E.

- Chair of the Department of Plastic Surgery, Head and Neck Surgery, Mayo Clinic, Phoenix, United States
- Associate Consultant at Mayo Clinic
- Researcher in Advanced Head and Neck Oncology and Microvascular Reconstruction at the University of North Carolina
- Specialist in Facial Plastic and Reconstructive Surgery at the University of North Carolina
- Specialist in Otolaryngology from the Mayo Clinic College of Medicine
- M.D. from the University of New Mexico
- Bachelor of Science, Colorado State University
- Member of: Mayo Clinic Comprehensive Cancer Center, Patient Safety Incident Review Group, Arizona, American Board of Otolaryngology

Thanks to TECH, you will be able to learn with the best professionals in the world"
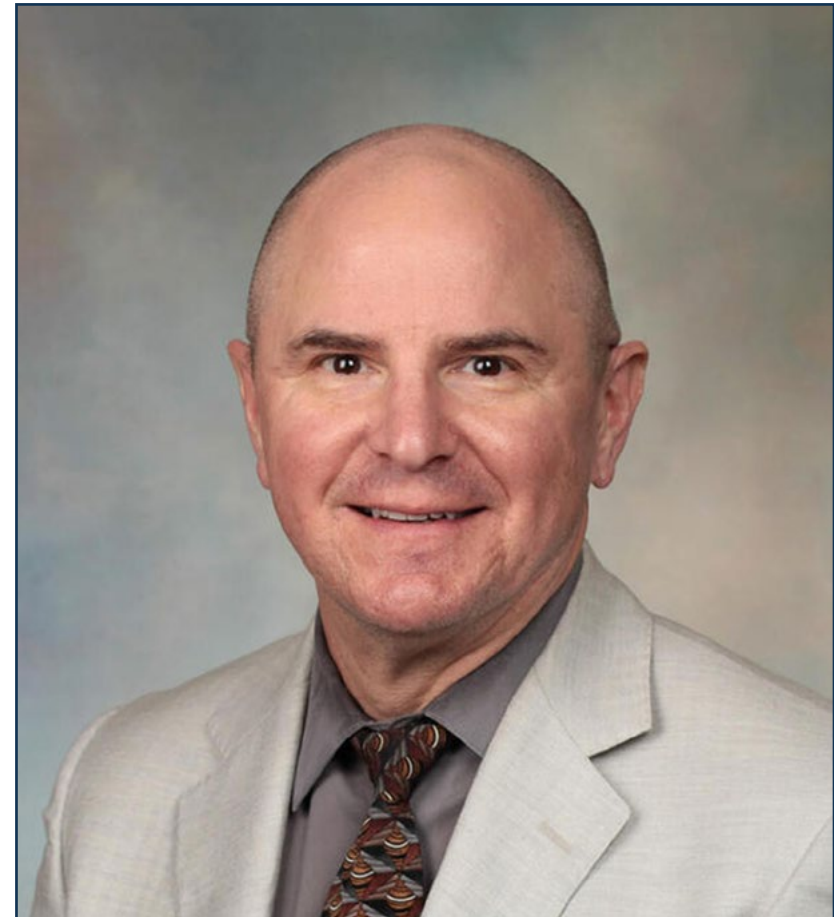
International Guest Director

Dr. Michael L. Hinni is a leading **head and neck surgeon** at the **Mayo Clinic Comprehensive Cancer Center** in **Phoenix, Arizona**, considered one of the best hospitals in the **United States** for the treatment of **cancer** and designated as a comprehensive **cancer center** by the **National Cancer Institute (NCI).**

In this regard, this outstanding professional has held the position of **Chairman** of the **Department of Head and Neck Surgery**. Here, his clinical and research expertise has focused on **Transoral Endoscopic Cancer Surgery** and **Endocrine Surgery**, fields in which he has developed an internationally recognized reputation. Indeed, with exceptional dedication, he has offered **customized treatment options** that are tailored to the specific needs and goals of his patients.

Michael L. Hinni, M.D., has received numerous **awards and distinctions** that attest to his vast contribution to **Medicine**. These include the **Steven A. Leibel Memorial Award**from the **American Society for Radiation Oncology**and the **E. Grey Dimond, M.D., Take Wing Award**from the University of Missouri School of Medicine in **Kansas City**. In addition, given his excellent work as an **otolaryngologist**, **Phoenix Magazine** has named him one of the **Best Doctors** on several occasions.

Likewise, his academic and professional work has been reflected in his participation in multiple professional societies, such as the **American Society of Otolaryngology, Head and Neck Surgery** and **the American Head and Neck Society**, among others. In turn, he has written or co-written more than **100 articles** in peer-reviewed journals, **16 book chapters** and **edited three textbooks**. He has also given more than **200 national and international lectures**, establishing himself as a key figure in his specialty.

Dr. Hinni, Michael L.

- Chairman of the Department of Head and Neck Surgery at the Mayo Clinic, Arizona USA
- Head and Neck Surgeon at the Mayo Clinic Comprehensive Cancer Center
- Fellowship in Head, Neck and Skull Base Surgery at the Department of Otolaryngology at the Johannes Gutenberg University, Germany
- Fellowship in Otolaryngology at Mayo Clinic School of Medicine
- Doctor of Medicine from the University of Missouri, Kansas City
- B.S. in Biology from the University of Missouri, Kansas City
- Member of: American Society of Otolaryngology, Head and Neck Surgery, American Association of Bronchoesophagology, American Head and Neck Society, American Society of Laryngology, Rhinology and Otology, International Head and Neck Scientific Group
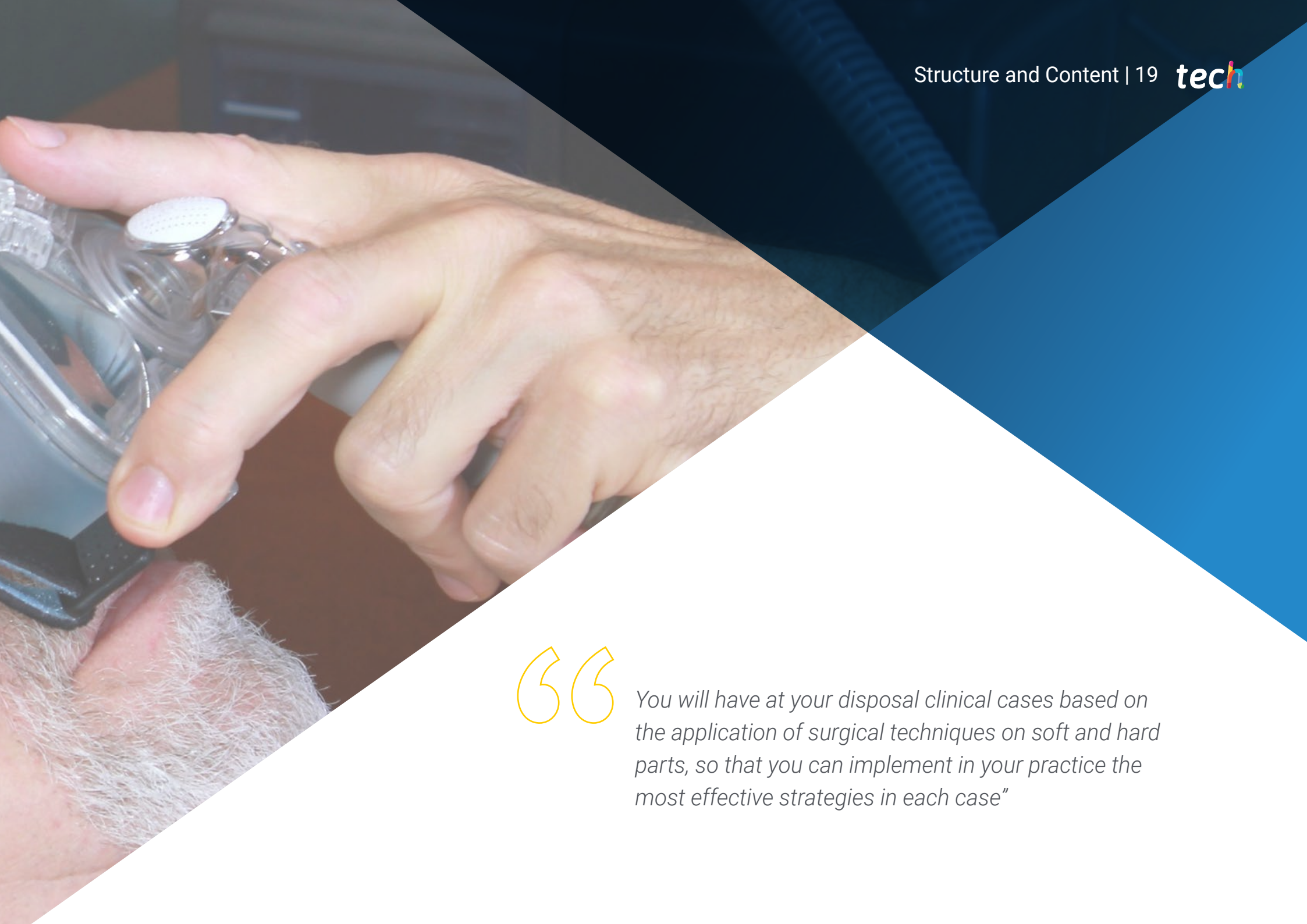
"

Thanks to TECH you will be able to learn with the best professionals in the world"

04

Structure and Content

TECH is a pioneer in the use in each of its programs of the innovative and effective Relearning methodology, which consists of reiterating the most important concepts throughout the syllabus in such a way that graduates acquire and update their knowledge progressively and naturally, without having to invest long hours of study in memorizing. In addition, this technique has demonstrated a prolonged retention of ideas, which positively influences active practice.

" *You will have at your disposal clinical cases based on the application of surgical techniques on soft and hard parts, so that you can implement in your practice the most effective strategies in each case"*

Module 1. Obstructive Sleep Apnea Syndrome

A unique opportunity to catch up with the best experts in Maxillofacial Medicine at the world's largest online medical school'

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.

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.

> *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.

01 learning from evidence

02 relearning from evidence

03 testing

04 learning from an expert

05 neurocognitive context dependent learning

06 Von-Restorff effect

07 case based learning through storytelling

08 competencies testing (retesting)

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.

20%

15%

15%

3%

20%

17%

7%

3%

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

The Postgraduate Certificate in Obstructive Sleep Apnea Syndrome guarantees, in addition to the most accurate and up-to-date knowledge, access to a Postgraduate Certificate issued by TECH Global University.

"

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

This private qualification will allow you to obtain a **Postgraduate Certificate in Obstructive Sleep Apnea Syndrome** 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** private qualification, 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 Obstructive Sleep Apnea Syndrome**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**

tech global university

Mr./Ms. _____, with identification document _____ has successfully passed and obtained the title of:

Postgraduate Certificate in Obstructive Sleep Apnea Syndrome

This is a private qualification of 180 hours of duration equivalent to 6 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024

Dr. Pedro Navarro Illana
Dean

Unique TECH Code: AFWORD23S   techtitute.com/certificates

*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.

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