

# Postgraduate Certificate

## Phytotherapy for Cardiovascular and Respiratory Disorders





## Postgraduate Certificate Phytotherapy for Cardiovascular and Respiratory Disorders

- » Modality: Online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 8 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-certificate/phytotherapy-cardiovascular-respiratory-disorders](http://www.techtute.com/us/medicine/postgraduate-certificate/phytotherapy-cardiovascular-respiratory-disorders)

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Certificate

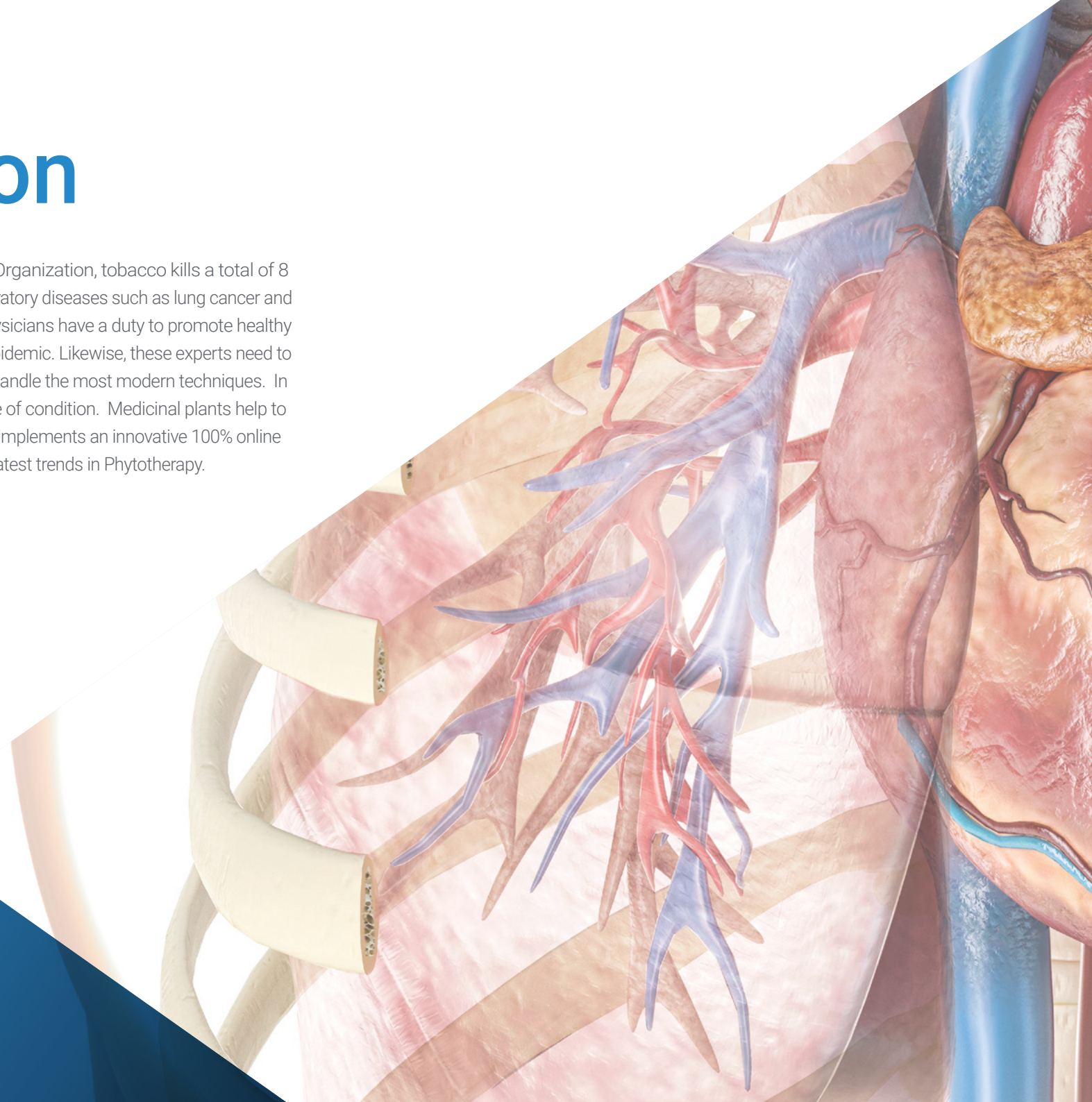
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# 01

# Introduction

According to a recent study by the World Health Organization, tobacco kills a total of 8 million citizens every year. The reasons include respiratory diseases such as lung cancer and tuberculosis. Faced with this alarming situation, physicians have a duty to promote healthy lifestyle habits while actively fighting the smoking epidemic. Likewise, these experts need to update their contents on a regular basis in order to handle the most modern techniques. In this regard, phytotherapy plays a key role in this type of condition. Medicinal plants help to improve lung function. Faced with this reality, TECH implements an innovative 100% online program for health professionals to learn about the latest trends in Phytotherapy.





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*You will alleviate symptoms of venous insufficiency-related disorders such as pulmonary thromboembolism through this program”*

In a society with a high rate of cardiovascular conditions, citizens are increasingly concerned about their health. This has even prompted several people to specialize in specific areas of medicine. Among them is the branch of phytotherapy, used for cardiovascular conditions such as strokes or angina pectoris. In turn, this represents a valuable investment in both the students' personal health and their professional future.

With this in mind, TECH has developed the most complete program for professionals to delve into their knowledge of phytotherapeutic therapies. For this reason, the syllabus includes the latest scientific trends in this evolving field. Throughout 240 hours, the syllabus will delve into how this science can bring benefits for conditions such as arterial hypertension, asthma and cardiomyopathies. In addition, students will analyze in depth different plants that help to reduce coughing. In this way, graduates will have at their disposal the most effective resources in Phytotherapy.

It should be noted that the Postgraduate Certificate is based on the innovative Relearning system, of which TECH is a pioneer. This teaching method consists of reiterating key aspects, ensuring that they remain naturally in the students' minds. In addition, students will have access to a multitude of audiovisual materials to enrich their learning process (including interactive summaries, real case studies, infographics and explanatory videos). In addition to broadening their knowledge, at the end of the program, graduates will have acquired new competencies for their professional work (such as adaptability, problem-solving skills and time management).

This **Postgraduate Certificate in Phytotherapy for Cardiovascular and Respiratory Disorders** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- ♦ The development of practical cases presented by experts in Phytotherapy and Pharmacy
- ♦ 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 the self-assessment process can be carried out 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



*In 6 weeks you will delve into advances in the management of conditions such as cardiac arrhythmias”*

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*You will delve into the use of drugs made from plants for the management of patients with arterial hypertension”*

The program's teaching staff includes professionals from the industry who contribute their work experience to this program, as well as renowned specialists from leading societies and prestigious 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 during the course. For this purpose, students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*You will have access to the most comprehensive content on active plant ingredients in the treatment of lung cancer on any device.*

*Looking for the most modern and effective therapies to prevent respiratory infections? Bet on TECH to take a leap in your career.*



# 02 Objectives

The purpose of this program is to provide students with the most exhaustive contents of the medical field, applied to Phytotherapy in cardiovascular and respiratory conditions. In this sense, the syllabus will provide students with the most modern tools to adapt to their treatments. In this way, graduates will be at the forefront of health technology and will hone their procedures.







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*You will be exposed to real work scenarios in the phytotherapy field. Step into an immersive experience together with the best teachers!”*



## General Objectives

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- ♦ Define the therapeutic limits of Phytotherapy and identify the cases in which it can be used safely
- ♦ Describe the use of Phytotherapy oriented to the satisfaction of the needs derived from the patient's health problems and the prevention of complications, guaranteeing a safe and quality practice
- ♦ Solve cases related to the field of phytotherapy
- ♦ Explain the use and indication of medical devices, food supplements and/or drugs, assessing the expected benefits and associated risks
- ♦ Apply theoretical knowledge in daily practice





## Specific Objectives

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- Understand the usefulness of phytotherapy in the treatment of heart failure
- Define the usefulness of Phytotherapy in the treatment of arterial hypertension
- Show the usefulness of Phytotherapy in the treatment of venous insufficiency
- Define the usefulness of Phytotherapy in the treatment of cough
- Describe phytotherapy treatments and therapeutic limits in cardiovascular conditions
- Specify the phytotherapeutic treatments and therapeutic limits in respiratory system disorders
- Define the usefulness of Phytotherapy in the treatment of allergic respiratory processes

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*TECH's learning system, based on Relearning, meets the highest international quality standards”*

# 03

## Course Management

In its philosophy of providing the highest quality education, TECH brings together a teaching staff specialized in the field of phytotherapy. These professionals have an extensive professional career and have been part of prestigious health centers. For this reason, the syllabus is characterized by a detailed analysis of the most avant-garde techniques of this booming therapeutic procedure. In this way, students will update their knowledge in this field while acquiring new skills.





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*You will have access to a syllabus designed by a renowned teaching staff, which will guarantee optimal learning”*

## Professors

### Dr. Merino Llorens, Jose Luis

- ♦ Specialist in Pharmacognosy and Phytotherapy
- ♦ Principal investigator in 9 national research projects
- ♦ Professor of Pharmacology at the Faculty of Pharmacy of the University of Valencia
- ♦ Author of several books on Phytotherapy and one on Herbodietetics
- ♦ Author of dozens of chapters in scientific and teaching books
- ♦ Author of hundreds of articles in international scientific journals and 11 articles in national journals
- ♦ Editor of 5 books and 2 international scientific journals
- ♦ Speaker at more than 150 international and national congresses and events
- ♦ Director of 4 doctoral theses
- ♦ Doctor of Pharmacy from the University of Valencia
- ♦ Degree in Pharmacy from the University of Granada
- ♦ Member of: Scientific Advisory Committee of the Research Center on Phytotherapy (INFITO), Spanish Society of Phytotherapy (SEFIT), American Society of Pharmacognosy (ASP), Gesellschaft für Arzneipflanzenforschung (GA), American Society for Pharmacology and Experimental Therapeutics (ASPET), Spanish Society of Pharmacology (SEF) and Pharmaceutical Society of the Latin Mediterranean (SFML)

### Dr. Villagrasa Sebastián, Victoria

- ♦ Disseminator of the DeCo MICOF Chair on the Study of Cognitive Impairment, CEU Cardenal Herrera University
- ♦ Professor of the Department of Pharmacy at the Faculty of Health Sciences, CEU Cardenal Herrera University
- ♦ Doctor of Pharmacy from the University of Valencia
- ♦ Co-author of *Manual de farmacología - Guía para el uso racional del medicamento*
- ♦ Member of: Committee for the Evaluation of Veterinary Medicines of the Spanish Agency of Medicines and Health Products

### Dr. Acero de Mesa, Nuria

- ♦ Pharmacist expert in Biotechnology
- ♦ Former Professor of Vegetable Physiology
- ♦ Full Professor, Department of Pharmaceutical and Health Sciences, Faculty of Pharmacy, CEU San Pablo University
- ♦ Principal investigator of the group Productos Naturales
- ♦ Doctor of Pharmacy
- ♦ Co-author of several scientific publications in specialized media
- ♦ Member of: Team of the toxi-epidemiology line of the Observatory of Drug Addictions of the Valencian Community, National Service of Certification of Plants and Fungi, Technical Commission of monitoring



#### Dr. Muñoz-Mingarro, Dolores

- ◆ Full Professor of the Department of Chemistry and Biochemistry, Faculty of Pharmacy at the CEU San Pablo University
- ◆ Investigator
- ◆ Author of more than 30 scientific articles
- ◆ Prize for the best initiative awarded by Correo Farmacéutico for the book “Manual de Fitoterapia” (Phytotherapy Manual)
- ◆ D. in Biological Sciences from the Complutense University of Madrid
- ◆ Degree in Biological Sciences from the Complutense University of Madrid
- ◆ Graduate in Pharmacy from the Complutense University of Madrid
- ◆ Member of: Spanish Society of Chromatography and Related Techniques SECYTA, Iberoamerican Network of Natural Products for Medicinal Use, Research Groups in Ripronamed

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*A unique, crucial and decisive learning experience to boost your professional development”*

# 04

# Structure and Content

This syllabus is designed by a highly qualified teaching staff. Hence, the teaching materials stand out for gathering the most detailed information in the phytotherapeutic field. In this sense, the syllabus will delve into the use of medicinal plants for cardiovascular and respiratory conditions. The program will cover from the use of active principles to calm coughs to the treatment of asthma based on natural antispasmodics. Emphasis will also be placed on the use of active substances to treat lung cancer. In this way, graduates will broaden their knowledge and have a wide range of medical therapies.







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*A university qualification that adapts to the needs and demands of the medical industry by means of an exclusive theoretical and practical update”*

### Module 1. Phytotherapy for Cardiovascular and Respiratory Disorders

- 1.1. Utility of Phytotherapy in the Treatment of Heart Failure
- 1.2. Phytotherapy in the Treatment of Arterial Hypertension
- 1.3. Phytotherapy in the Treatment of Hyperlipidemia involved in Cardiovascular Diseases
- 1.4. Phytotherapy in Venous Insufficiency Disorders
- 1.5. Phytotherapy in Respiratory Infections
- 1.6. Phytotherapy in the Treatment of Cough
- 1.7. Treatment of Asthma with Active Ingredients Derived from Plants. Antispasmodics
- 1.8. Phytotherapy and Herbal Active Ingredients in the Treatment of Lung Cancer





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*The clinical case simulations will provide you with a holistic approach and useful insight into your daily practice”*

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

The Postgraduate Certificate in Phytotherapy for Cardiovascular and Respiratory Disorders 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 private qualification will allow you to obtain a **Postgraduate Certificate in Phytotherapy for Cardiovascular and Respiratory Disorders** 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.

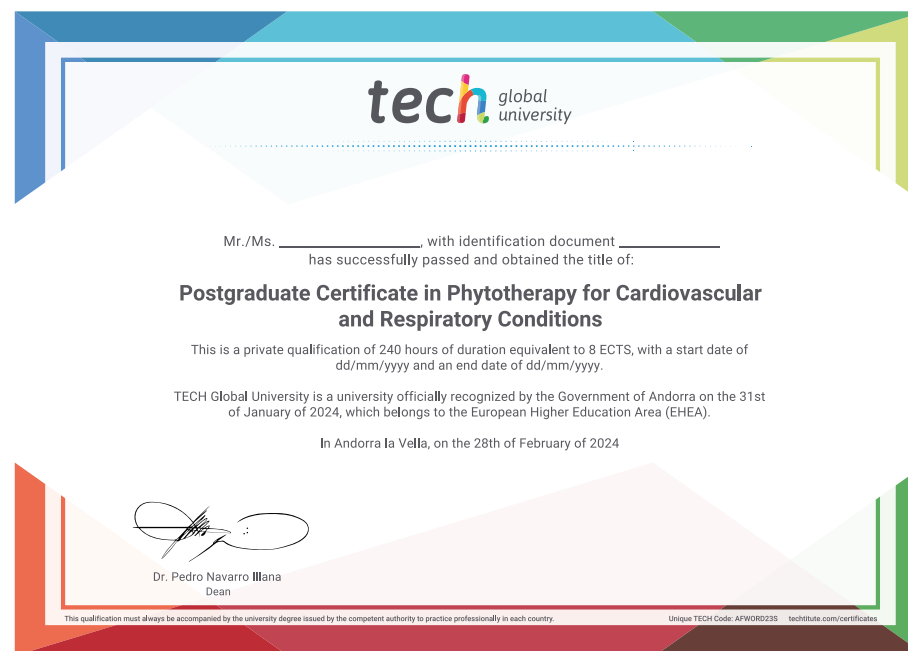
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Phytotherapy for Cardiovascular and Respiratory Disorders**

Modality: **online**

Duration: **6 weeks**

Accreditation: **8 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.



## Postgraduate Certificate Phytotherapy for Cardiovascular and Respiratory Conditions

- » Modality: Online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 8 ECTS
- » Schedule: at your own pace
- » Exams: online

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## Phytotherapy for Cardiovascular and Respiratory Conditions

