

Postgraduate Certificate

Respiratory Sleep Disorders (RSD):
Surgery, Dentistry and Functional
Rehabilitation in SAHS



Postgraduate Certificate

Respiratory Sleep
Disorders (RSD): Surgery,
Dentistry and Functional
Rehabilitation in SAHS

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

Website: www.techitute.com/us/medicine/postgraduate-certificate/respiratory-sleep-disorders-rsd-surgery-dentistry-functional-rehabilitation-sahs

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01

Introduction

The high prevalence of obstructive sleep-disordered breathing disorders and the clinical and social repercussions derived from their high morbidity make it necessary for the medical professional to be aware of all available treatments and how, when or why it is necessary to implement them.



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The new scenarios in Sleep Medicine push us to propose new update programs that meet the real needs of experienced professionals, so that they can incorporate current advances into their daily practice"

There is an increasing multidisciplinary interest in Sleep Medicine, a rapidly growing discipline. Whether approached from a global point of view or from "partial specialisation", depending on the original field of medicine or specific area of interest, it is always vital to have rigorous and up-to-date generic knowledge in all areas. This Postgraduate Certificate more than fulfills this objective, from an eminently practical point of view. Its approach sets it apart from many other courses on this very transverse discipline, which are often criticised for being too "descriptive" and "theoretical", therefore, not entirely useful in resolving many situations that arise in clinical management.

Ventilatory therapy with positive air pressure and its variants remains the standard treatment for obstructive sleep disorders, but it is not without its difficulties; the problems of tolerance and adherence to this treatment, which sometimes arise, highlight the need to know all the alternatives, either as a single isolated therapeutic option or as associated or rescue therapy. To this end, a multidisciplinary approach to the problems is absolutely necessary.

Therefore, in this program it has been considered essential, in addition to being a novelty compared to other courses, to include concepts, techniques and advanced indications of surgical techniques, both in pediatrics and adults, in a clear and graphic way, with special emphasis on when they are useful by themselves, and when they are useful for their coadjuvant effects in the optimization of ventilatory therapy. The inclusion in some detail of the therapeutic possibilities and their precise indications offered by the burgeoning subdiscipline of Dental Sleep Medicine in the field of mandibular advancement devices (MAD) in adults and upper airway expanders in children and adults is another strength of this training.

With the clear objective of combining scientific evidence and practical utility, this Postgraduate Certificate in Respiratory Sleep Disorders (RSD): Surgery, Dentistry and Functional Rehabilitation in SAHS has a broad, up-to-date and unbeatable program, elaborated by a varied team of professional experts (physicians, psychologists, biologists, engineers, etc.)

This **Postgraduate Certificate in Respiratory Sleep Disorders (RSD): Surgery, Dentistry and Functional Rehabilitation in SAHS** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Developing practical cases presented by experts in Sleep Medicine
- ♦ The graphic, schematic, and practical contents provide students with scientific and practical information on the disciplines that are essential for professional practice
- ♦ Updates on Sleep Medicine and safety
- ♦ Practical exercises, where the self-assessment process can be carried out to improve learning
- ♦ Emphasis on innovative methodologies in Sleep Medicine
- ♦ 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



We offer you a comprehensive Postgraduate Certificate, allowing you to progress in the field of Respiratory Disorders in Sleep. Think no more and enrol with us"

“

This Postgraduate Certificate is the best investment you can make when choosing a refresher programme to update your existing knowledge of Respiratory Disorders in Sleep”

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

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

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

We offer you an interactive video system which makes it easier for you to study this Postgraduate Certificate.

Our 100% online training and our original educational methodology allow you to combine your studies with your other daily commitments.



02 Objectives

The main objective of the programme is the development of theoretical and practical learning, so that the doctor is able to master the latest techniques in the field in a practical and rigorous manner.





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General objective

- Master and/or update the necessary skills and knowledge for adequate practice in the field of Sleep Medicine at a global level, from the clinical and instrumental points of view



Train yourself for success with the help of this Diploma, with which you will learn to develop yourself in the field of Respiratory Sleep Disorders (RSD): Surgery, Dentistry and Functional Rehabilitation in SAHS"





Specific objectives

- ◆ Develop anatomical-functional knowledge of the upper airways and the examination methods used. These are very useful in guiding surgical and dental management to address the factors influencing upper airway obstruction. Special attention is given, although not exclusively, to the indications and methodology of modern somnoscopia technology (DISE)
- ◆ Specialise in the different surgical techniques, including multilevel techniques, their precise indications and their functionality in different situations, either as a standalone technique or alongside others
- ◆ Apply skills in the utility, indications, mechanisms of action in modern dental devices and techniques, either used alone, as an alternative, or in combination with other therapeutic techniques
- ◆ Specialize in the different myofunctional techniques for rehabilitation of muscles involved in airway obstruction, their indications and how and to what extent they can help in the prevention and resolution of problems
- ◆ Know how to integrate all the techniques discussed at the decision level, in order to properly protocolize the therapeutic line to be followed in each patient, maintaining possible alternative or rescue solutions, according to the particular evolution

04

Course Management

The program's teaching staff includes leading experts in marketing management, who bring years of their own work experience to this program. Additionally, other recognized experts have participated in its design and preparation, complementing the program in an interdisciplinary manner.



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The leading professionals in the field have come together to offer you the most comprehensive knowledge in this field, so that you can develop with total guarantees of success"

International Guest Director

Dr. Craig Canapari is an eminent specialist in **Pediatric Pulmonology and Sleep Medicine**. He has been internationally recognized for his commitment to the study and treatment of sleep disorders in children, as well as his work in the field of **pulmonary diseases**. Throughout his extensive professional career, Dr. Canapari has had an outstanding praxis focused on treating pediatric patients with chronic and life-threatening respiratory diseases.

As director of the **Pediatric Sleep Medicine Program** at **Yale-New Haven Children's Hospital**, Dr. Canapari has been dedicated to the management of various disorders such as **Sleep Apnea and Obstructive Sleep Apnea**. He also treats those suffering from general pulmonary problems, including cough, shortness of breath and asthma, as well as those suffering from **Muscular Dystrophy**. In this field, he is noted for his interdisciplinary approach, combining **Pneumology, Neurology and Psychiatry** in the research and treatment of these complex disorders.

In addition to his clinical expertise, Dr. Canapari is a celebrated researcher who has collaborated with other **Harvard** professionals to develop innovative tools, such as a smart phone application to assist parents in sleep training. His tireless efforts have also focused on how the use of CPAP machines can help children with **Obstructive Sleep Apnea** improve their quality of life. His in-depth knowledge in this area has led him to publish the book **It's Never Too Late to Sleep Train: The Low-Stress Way to High-Quality Sleep for Babies, Kids, and Parents**.

To this must be added his exceptional work as an Assistant Professor of **Pediatrics**, specializing in **Respiratory Medicine**, at the **Yale School of Medicine**. There he contributes to both clinical care and the training of future **pediatric and pediatric pulmonology professionals**.



Dr. Canapari, Craig

- ◆ Director of the Pediatric Sleep Medicine Postgraduate Certificate Program at Yale-New Haven Children's Hospital
- ◆ Attending Physician in Pediatric Pulmonology and Sleep Medicine at Yale-New Haven Children's Hospital
- ◆ Assistant Professor of Pediatrics, Respiratory Medicine, Yale School of Medicine, Yale University School of Medicine
- ◆ Doctor of Medicine, University of Connecticut School of Medicine
- ◆ Specialist in Pediatric Pulmonology and Sleep Medicine

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

Management



Dr. Larrosa Gonzalo, Óscar

- ♦ Specialist in Clinical Neurophysiology, San Rafael Hospital
- ♦ Expert in Sleep Medicine (CEAMS accredited, first national exam, 2013)
- ♦ Coordinator and founder of the Sleep Medicine Unit of MIPsalud, Madrid. Specialist and clinical consultant in sleep medicine at the Center of Neurological Diseases in Madrid and at the Multidisciplinary Unit for Sleep Disorders in San Rafael Hospital in Madrid, Spain
- ♦ Member of the Spanish Sleep Society (SES), founding member and former coordinator of its working group on Sleep Behaviour and Behavioural Disorders
- ♦ Member of the Spanish Society of the Neurophysiology Clinic (SENEC), founding member and former coordinator of its working group on sleep disorders
- ♦ Honorary Member, medical advisor and recommended specialist of the Spanish Restless Legs Syndrome Association (AESPI)
- ♦ Director of the Online Course "RESTLESS LEGS SYNDROME (WILLIS-EKBOM DISEASE)", (AESPI/Information without borders) for healthcare professionals, July 2016 - July 2017

Professors

Dr. Jiménez Ferreres, Luis

- ♦ Specialist in otorhinolaryngology and head and neck surgery, Autonomous University of Madrid. Doctorate in Medicine. (Universidad Complutense de Madrid)
- ♦ Assistant Doctor at the Department of Otorhinolaryngology and Cervico-Facial Surgery, Hospital San Rafael, Madrid
- ♦ Director of the Multidisciplinary Sleep Unit, Hospital San Rafael, Madrid
- ♦ Master in "Senior Healthcare Management", Arthur Andersen (Madrid)
- ♦ Master's Degree in "Sleep Physiology and Medicine" from the UCAM
- ♦ Member of the following scientific societies
- ♦ Spanish society of otorhinolaryngology and head and neck surgery (SEORL)
- ♦ Spanish Society of Sleep (SES)
- ♦ American Association of Sleep Medicine (AASM)
- ♦ Otorhinolaryngology Society of Madrid
- ♦ Otorhinolaryngology Society of Castilla la Mancha
- ♦ European society of Pediatric Otorhinolaryngology
- ♦ Interamerican Association of Pediatric Otolaryngology, (IAPO)

Dr. Marco Garrido, Alfonso

- ♦ Assistant to the ENT Department at Reina Sofía University Hospital. Murcia
- ♦ Degree in Medicine and Surgery from the Faculty of Medicine of the University of Murcia
- ♦ Specialist in otorhinolaryngology by MIR training at the Virgen de la Arrixaca health city (Murcia)
- ♦ Diploma in Respiratory Sleep Disorders, Snoring and Applied Rhinology. Faculty of Medicine. Autonomous University of Nuevo León. Monterrey Mexico. Coordinator Dr. Rodolfo Lugo Saldaña
- ♦ Member and Member of the ORL Society of Murcia (SORLMU)
- ♦ Member of the Spanish Society of Sleep (SES)
- ♦ Founding Member of the Iberoamerican Society of Sleep Surgery (SIBECS)
- ♦ Member of the Spanish Society of Pulmonology and Thoracic Surgery (SEPAR)
- ♦ Member of the Commission of Roncopathy and Sleep Disorders. Spanish Society of Otorhinolaryngology and Head and Neck Surgery

Dr. Fernández Jáñez, Cristina

- ♦ Teacher in different training projects in centers such as the VITHAS Arturo Soria Hospital in Madrid
- ♦ Degree in Medicine from the University of Navarra
- ♦ Residency at Great Ormond Street Hospital for Children (Londres). Visiting Observer Program in the Department of Pediatric Otorhinolaryngology and Head and Neck Surgery
- ♦ Specialty performed by the MIR route of the Ministry of Health and Consumption of Spain in Otorhinolaryngology at the Gregorio Marañón General University Hospital (Madrid)

Dr. Guillén Lozada, Enrique

- ♦ Assistant Specialist in Otorhinolaryngology and Cervicofacial Pathology at Hospital Infantil Universitario Niño Jesús
- ♦ Assistant Specialist in Otorhinolaryngology and Cervicofacial Pathology at Hospital Vithas Nuestra Señora de América
- ♦ MIR Otorhinolaryngology and Head and Neck Surgery. Virgen del Rocío University Hospital
- ♦ Official Master's Degree in Medical Research: clinical and experimental. University of Seville
- ♦ D. Cum Laude in Molecular Biology, Biomedicine and Clinical Research. University of Seville
- ♦ Expert in voice pathology. University of Alcalá

Ms. Neves Leal, Daniela

- ♦ Exclusive clinical practice in Orofacial Myofunctional Therapy, author and co-author of scientific publications and books related to oral breathing, sleep apnea, maxillofacial surgery and lingual frenulum
- ♦ Teaching collaboration in several Degrees and Masters of Dentistry, Orthodontics and Pediatric Dentistry
- ♦ Degree in Speech Therapy from the Complutense University of Madrid
- ♦ Official Master's Degree in Advances in Speech Therapy Intervention and Master's Degree in Orofacial Motricity - Specialist in Orofacial Myofunctional Therapy
- ♦ Postgraduate Degree in Myofunctional Rehabilitation and Dentistry
- ♦ Ambassador of the TBI technique in Spain and specialist in the evaluation and rehabilitation of the lingual frenulum (TBI-EUA)

Dr. De Carlos Villafranca, Félix Antonio

- ♦ Professor of Orthodontics of the University of Oviedo
- ♦ Director of the Master's Degree in Orthodontics at the University of Deusto
- ♦ Degree in Medicine and Surgery. Specialist in Stomatology
- ♦ Master's Degree in Orthodontics and Dentofacial Orthopedics
- ♦ Doctor of Medicine and Surgery
- ♦ Expert in Sleep Medicine: Accredited by the Spanish Committee of Sleep Medicine
- ♦ Expert in Sleep Dental Medicine: Accredited by the Spanish Committee of Sleep societies
- ♦ Member of the SFODF (Société Française D'Orthopédie Dento-Faciale)
- ♦ Active member of SEDO (Spanish Orthodontic Society), AESOR (Spanish Association of Orthodontic Specialists), EOS (European Orthodontic society), SOCEFF (Spanish Society of Facial Clefts), EADSM (European Academy of Dental Sleep Medicine), SES (Spanish Society of Orthodontic Specialists), SES (European Academy of Dental Sleep Medicine)

Dr. Bazán Inostroza, Borja

- ♦ Resident Doctor of Otorhinolaryngology and Head and Neck Surgery at La Princesa University Hospital (Madrid)
- ♦ Completion of Doctoral Thesis at the Faculty of Medicine, Autonomous University of Madrid



05

Structure and Content

The structure of the syllabus has been designed by a team of professionals with knowledge of the implications of medical preparation, who are aware of the relevance of the up-to-date specialization, and are committed to quality teaching using new educational technologies.



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*A comprehensive teaching program,
structured in well-developed teaching units,
oriented towards efficient and swift learning”*

Module 1. Respiratory Sleep Disorders (RSD): Surgery, Dentistry and Functional Rehabilitation in SAHS

- 1.1. Functional Anatomy and Exploration of the Airway from Surgical and Dental Perspectives
 - 1.1.1. Exploration of the Airway in the Otorhinolaryngological Practice
 - 1.1.2. Dental and Maxillofacial Exploration
- 1.2. Airway Imaging Tests
 - 1.2.1. Somnoscopy (DISE) in Pediatrics and Adults
 - 1.2.2. Applied Radiology
- 1.3. Palato-oro-pharyngeal Surgery and Treatments
 - 1.3.1. Tonsillectomy, Adenoidectomy and Pharyngoplasty: Concepts and Techniques
 - 1.3.2. Lingual Frenulum Surgery
 - 1.3.3. Soft Tissue Stiffness Augmentation Techniques
 - 1.3.3.1. Radiofrequency
 - 1.3.3.2. Sclerosants
 - 1.3.3.3. Devices
- 1.4. Hypopharyngeal Surgery
 - 1.4.1. Surgery of the Base of the Tongue and Epiglottis
 - 1.4.2. Other Treatment Techniques from a Cervical Approach
 - 1.4.2.1. Tongue and Hyoid Suspension
 - 1.4.2.2. Neurostimulation of the Hypoglossal Nerve
- 1.5. Tracheostomy
- 1.6. Nasal Surgery Optimising Adherence to CPAP
- 1.7. Oro-dental Sleep Medicine (I): Mandibular Advancement Devices in Adults
- 1.8. Oro-dental Sleep Medicine (II): Expanders in Pediatrics and Adults
- 1.9. Maxillary-Mandibular Advancement and Other Orthognathic Surgery Treatments
- 1.10. Myofunctional Therapy and Respiratory Reeducation in the Treatment of SAHS
- 1.11. Multilevel and Multidisciplinary Treatment Conclusions





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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, 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 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

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 abundant 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.



Re-Learning Methodology

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

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 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, 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 high socioeconomic profile and an average age of 43.5 years old.

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 (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 multimedia content presentation training Exclusive system 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 & Re-testing

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 your goals.



Classes

There is scientific evidence on the usefulness of learning by observing experts: The system termed Learning from an Expert strengthens knowledge and recall capacity, and generates confidence in the face of difficult decisions in the future.



Quick Action Guides

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



06 Certificate

This Postgraduate Certificate in Respiratory Sleep Disorders (RSD): Surgery, Dentistry and Functional Rehabilitation in SAHS guarantees, in addition to the most rigorous and up-to-date training, access to a Postgraduate Certificate issued by TECH Global University.



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

This program will allow you to obtain your **Postgraduate Certificate in Respiratory Sleep Disorders (RSD): Surgery, Dentistry and Functional Rehabilitation in SAHS** Rehabilitation in SAHS endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

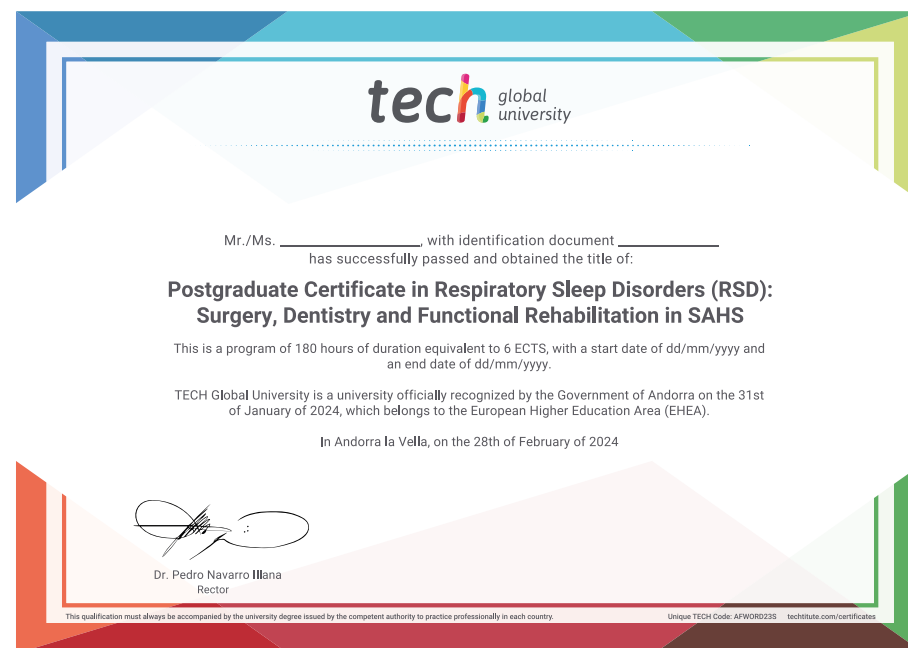
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Respiratory Sleep Disorders (RSD): Surgery, Dentistry and Functional Rehabilitation in SAHS**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 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.



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