

# Postgraduate Certificate Rheumatic Pain in the Geriatric Patient





## Postgraduate Certificate Rheumatic Pain in the Geriatric Patient

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

Website: [www.techtute.com/us/medicine/postgraduate-certificate/rheumatic-pain-geriatric-patient](http://www.techtute.com/us/medicine/postgraduate-certificate/rheumatic-pain-geriatric-patient)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 18*

05

Methodology

---

*p. 22*

06

Certificate

---

*p. 30*

# 01

# Introduction

Specialized medical care for geriatric patients with pain of rheumatic origin is essential due to the increase in life expectancy in the population and the prevalence of rheumatic diseases in the elderly. For this reason, TECH presents a program with the objective of offering health professionals specialized and updated knowledge in the management of pain in this group of patients. This degree offers a complete vision of pain, integrating different types of ailments in the usual clinical practice and deepening in the most appropriate therapies for each case. With a pedagogical methodology based on Relearning, the degree is taught 100% online and adapts to the flexibility of students to organize academic resources.





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*Are you concerned about the impact of chronic pain on the quality of life of geriatric patients? Get updated in the approach to rheumatic pain in this population with this Postgraduate Certificate"*

Chronic pain is a common health problem in the geriatric population, especially in those with rheumatic pathologies. The complexity of this pain and its impact on the quality of life of patients requires specialized and multidisciplinary care.

In view of this need, the Postgraduate Certificate in Rheumatic Pain in Geriatric Patients is presented as an opportunity for health professionals to update their knowledge in the approach to pain in this population. This program offers an integrative approach that addresses the different aspects related to the pathophysiology of pain, its evaluation, prevention and treatment, including interventional techniques and regenerative medicine.

Throughout the degree, topics such as the pathophysiology of pain, its anatomy and epidemiology in the geriatric population are studied in depth. It addresses the diagnosis and treatment of pain through non-pharmacological therapies, physical therapies for degenerative and inflammatory pathologies, and pharmacological treatment, among other topics. In addition, interventional techniques in the geriatric patient and regenerative medicine as therapeutic options will be explored.

This Postgraduate Certificate is offered 100% online and uses the Relearning pedagogical methodology, which allows for greater flexibility in the organization of academic resources. Participants will also have access to a highly specialized teaching team, as well as updated study materials and interactive didactic tools to facilitate their learning.

This **Postgraduate Certificate in Rheumatic Pain in Geriatric Patients** contains the most complete and up-to-date scientific program on the market. Its most outstanding features are:

- ♦ The development of case studies presented by health experts focused on Rheumatic Pain in Geriatric Patients
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential 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



*Deepen in the pathophysiology of pain and its anatomy in the geriatric population, learn interventional techniques and regenerative medicine as therapeutic options in this degree"*

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*Flexibility, highly specialized teaching staff and updated materials are some of the benefits you will find in this Postgraduate Certificate. Don't wait any longer to sign up!"*

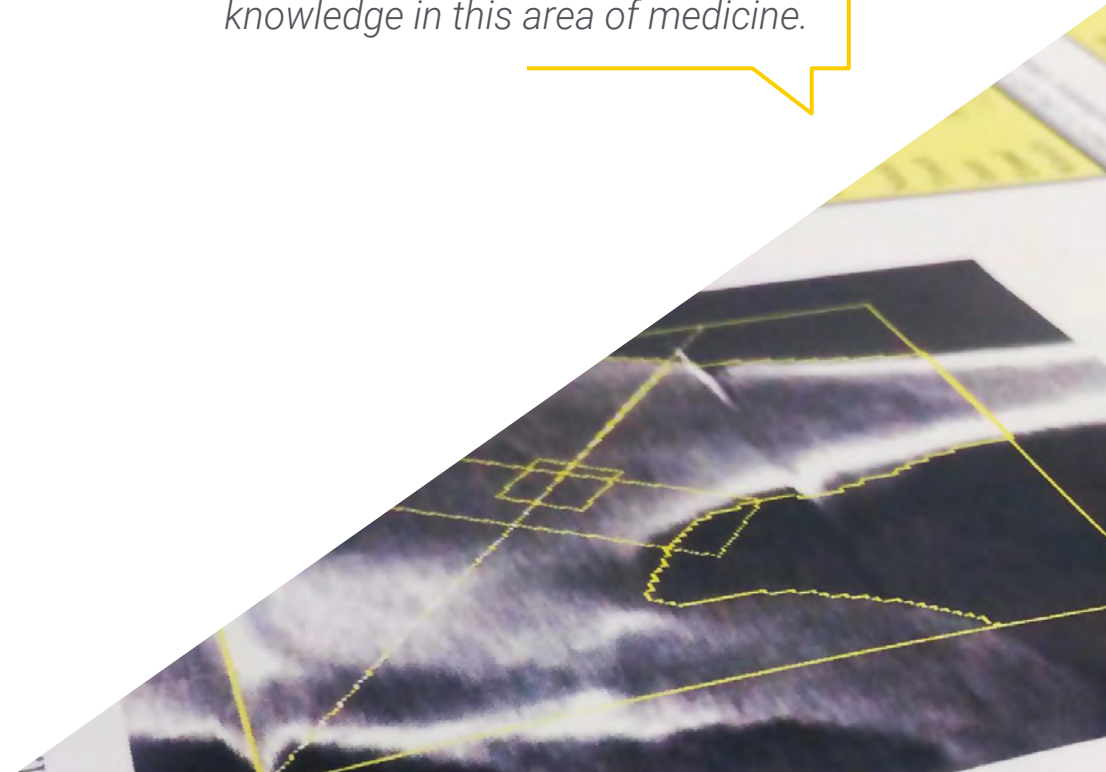
The program's teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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. This will be done with the help of an innovative system of interactive videos made by renowned experts.

*Update your knowledge in the basics of pain and learn how to perform more effective treatments in geriatric patients with pain of rheumatic origin in this degree.*

*Do you want to know the most appropriate therapies for pain management in geriatric patients with rheumatic origin? Join this Postgraduate Certificate and deepen your knowledge in this area of medicine.*



# 02

# Objectives

With this Postgraduate Certificate in Rheumatic Pain in Geriatric Patients, TECH seeks to offer participants a specialized and updated training, where they can strengthen their anatomical and physiological knowledge, integrate different types of pain in routine clinical practice, update the basics of pain and deepen in the different therapies used for pain management in geriatric patients with rheumatic origin. Likewise, upon completion of this degree, it is intended that participants will be able to develop skills and abilities that will allow them to provide adequate and effective pain management, thus improving the quality of life of patients.







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*Improve your clinical practice and help your geriatric patients manage pain of rheumatic origin. Enroll in this Postgraduate Certificate and learn the most effective therapies”*



## General Objectives

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- Deepen in the processes of aging, its clinical, diagnostic and prognostic implications
- Investigate the specific biological and physiological determinants of geriatric patients
- Learn more about the reasons why pathologies manifest themselves differently in geriatric patients, as well as the pharmacological characteristics that condition their treatments
- Update knowledge of the biopsychosocial determinants related to the aging process
- Promote comprehensive and holistic care in geriatric patients with rheumatic pathologies, whether measured by the immune system, bone metabolism, paraneoplastic or degenerative manifestations





## Specific objectives

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- ◆ Strengthen anatomical and physiological knowledge to ensure an update on the mechanisms and pathways by which pain is produced
- ◆ Integrate the different types of pain for each of the situations of routine clinical practice
- ◆ Update knowledge on the basics of pain to enable the participant to perform the most appropriate treatment for each case
- ◆ Deepen in the indication of the different specific therapies for pain management



*Do you want to know the quality of life assessment measures? Get to know this and achieve all your goals thanks to this Postgraduate Certificate in Rheumatic Pain in Geriatric Patients"*

# 03

## Course Management

The specialized faculty of this Postgraduate Certificate focuses on providing specialized and up-to-date training for healthcare professionals who care for geriatric patients with Rheumatic Pain in Geriatric Patients. The teaching team is composed of renowned professionals in the field of rheumatology and geriatrics, who will share their knowledge and experience to provide the necessary tools for a comprehensive approach to pain in geriatric patients. In addition, the program has the latest technology and innovative methodologies that allow the student to develop skills and abilities to improve the quality of life of geriatric patients with pain of rheumatic origin.



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*Succeed in conjunction with the faculty of this degree program and gain the skills and abilities necessary to enter a growing field such as rheumatology and geriatrics"*

## International Guest Director

Vikas Majithia, M.D. is an internationally renowned figure in the field of **Rheumatology**, recognized for his leadership and contributions in **clinical research** and **medical practice**. As such, he has devoted his career to the treatment of **inflammatory diseases** such as **Rheumatoid Arthritis**, **Psoriatic Arthritis**, **Lupus** and **Vasculitis**, and is an expert in procedures such as **Arthrocentesis** and **Joint Injections**.

In this way, he has a distinguished career in the **academic** and **medical fields**, highlighting his role as **Head of the Division of Rheumatology** at the **Mayo Clinic** in **Florida, USA**. In addition, he has served as **Director of the Division of Rheumatology** at the **University of Mississippi Medical Center**, where he has supervised. He has also worked as a **rheumatologist** at the **GV (Sonny) Montgomery VA Medical Center**, providing care to veterans for over a decade.

Likewise, his dedication to **clinical research** has led him to be the **principal investigator** on **numerous trials and studies**, contributing more than **40 peer-reviewed publications** and several **book chapters**. Indeed, his commitment to ongoing **research** keeps him at the forefront of key projects, being responsible for the implementation of **advanced clinical studies** at **Mayo Clinic**, including the **CLASSIC study** in **Axial Spondyloarthritis**, the **PICORI-funded Patient Advocates in Lupus (PALS)** study, and the **RAPROPR** study to evaluate outcomes in patients with **Rheumatoid Arthritis** among several **non-TNF biologic drugs**.

Among his most notable accomplishments, he has received multiple awards, including the prestigious **Pioneer Award in Medicine and Science**, as well as the **Research and Education Foundation Literature Award for Student Research** from the **American Society of Health-System Pharmacists**, and is considered one of **America's Top Doctors**.



## Dr. Majithia, Vikas

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- ♦ Head of the Division of Rheumatology, Department of Medicine, Mayo Clinic, Florida, USA
- ♦ Director of the Division of Rheumatology at the University of Mississippi Medical Center
- ♦ Rheumatologist at the VA GV (Sonny) Montgomery Medical Center
- ♦ Fellowship in Rheumatology at the University of Mississippi Medical Center
- ♦ Master's Degree in Public Health from Johns Hopkins Bloomberg School of Public Health (BSPH)
- ♦ M.D. from Pandit Bhagwat Dayal Sharma Graduate Institute of Medical Sciences
- ♦ Bachelor of Medicine and Biological Sciences, Pandit Bhagwat Dayal Sharma Graduate Institute of Medical Sciences



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

## Management



### Dr. Garcia Martos, Alvaro

- Rheumatology Specialist at the Tajo University Hospital
- Physician specializing in Rheumatology at the University Hospital 12 de Octubre
- Associate Professor of Rheumatology at the University Alfonso X, El Sabio
- Research Sufficiency by the Complutense University of Madrid
- Degree in Medicine from the Cantabria University
- Master's Degree in Rheumatic Diseases mediated by the Immune System, Rey Juan Carlos University and the Spanish Society of Rheumatology
- EFSUMB Certification: *Musculoskeletal Ultrasound level 1*
- Levels A and B of musculoskeletal ultrasound of the Spanish Society of Sports Medicine





## Professors

### Dr. Cortijo Garrido, Laura

- ◆ Physical Medicine and Rehabilitation Physician at the Tajo University Hospital
- ◆ Assistant Specialist at CROSECON
- ◆ Assistant Specialist Physician at the Gorniz Hospital
- ◆ Specialist in Physical Medicine and Rehabilitation at the Foundation Alcorcon University Hospital
- ◆ Academic Tutor of Internships in the Degree of Medicine of the Alfonso X El Sabio University
- ◆ Honorary Collaborator of the Rey Juan Carlos University
- ◆ Degree in Medicine from the Autonomous University Madrid
- ◆ Official Master's Degree in Epidemiology and Public Health from the Rey Juan Carlos University
- ◆ Expert in Musculoskeletal Ultrasound by the Francisco de Vitoria University
- ◆ Member of the Knowledge Management and Continuing Education Committee of the Tajo University Hospital, Spanish Society of Physical Medicine and Rehabilitation

### Dr. Sánchez Martín, Julio

- ◆ Assistant Physician of Rheumatology, Marques de Valdecilla University Hospital
- ◆ Rheumatology Specialists at the 12 de Octubre University Hospital
- ◆ Family and Community Physician at the Virgen de La Concha Hospital
- ◆ Degree in Medicine and Surgery from the University of Salamanca
- ◆ Official certificate of expert in infiltrative pain therapy by the Swiss Pain Society
- ◆ Official expert certificate in musculoskeletal ultrasound from the Swiss Society for Musculoskeletal Ultrasound and SER
- ◆ Member of the Spanish Society of Rheumatology, Member of the Spanish Society of Pain Medicine (SEMDOR), Member of the Spanish Society of Pain (SED), Member of the ECOSER Working Group of the Spanish Society of Rheumatology

# 04

## Structure and Content

With the proposed design of this Postgraduate Certificate, students will be able to gain a detailed understanding of the pathophysiology, anatomy and epidemiology of pain in the geriatric population. In addition, participants will address pain management, both non-pharmacological and pharmacological, as well as interventional techniques and regenerative medicine in the treatment of pain in this population. The content of the program is organized in a systematic and structured way so that students can acquire a wide range of knowledge online, which will enable them to improve their clinical practice in the management of pain in geriatric patients.



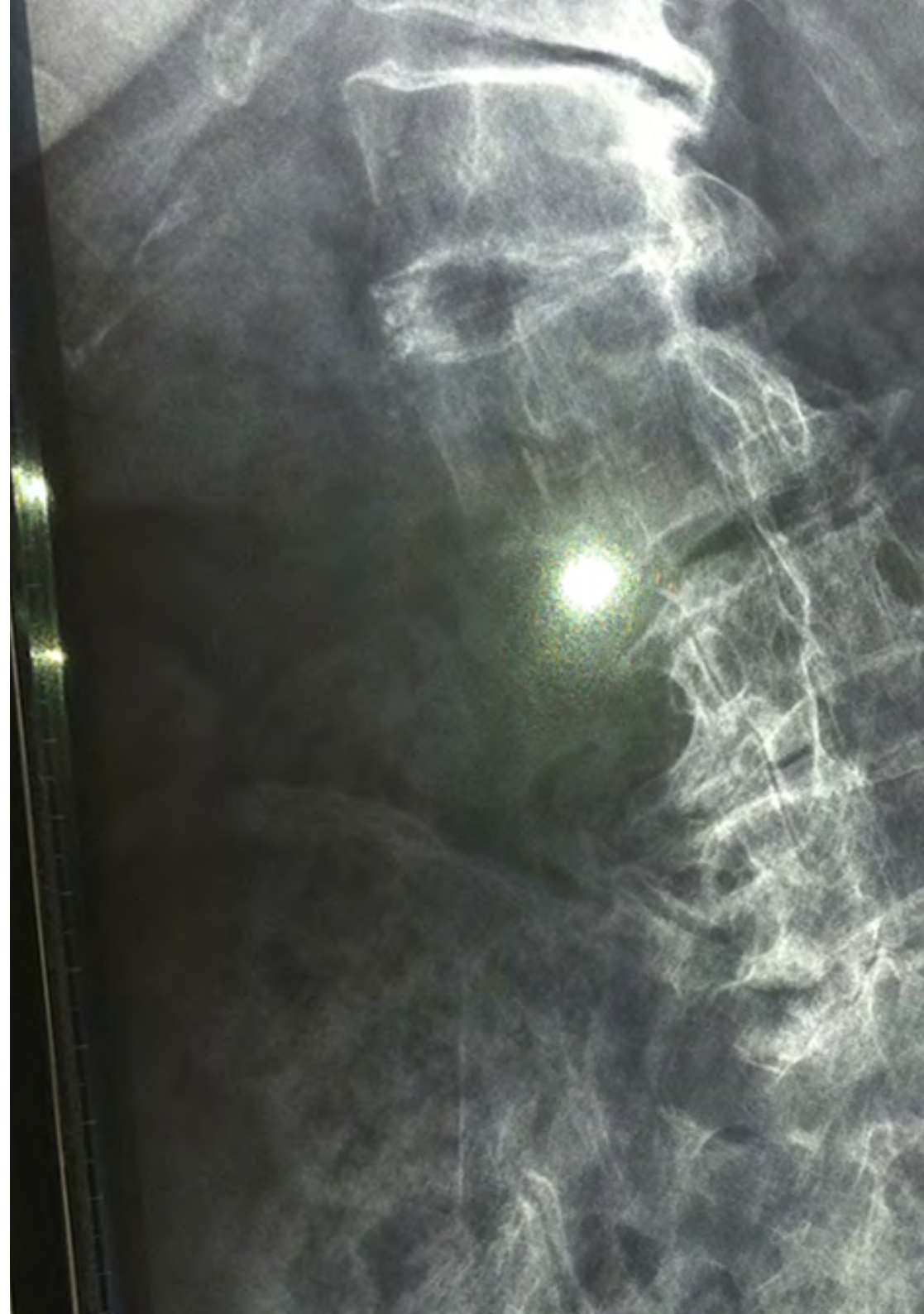


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*TECH is characterized by its innovative 100% online Relearning methodology, which will allow you to combine excellent learning with your personal life register now for this Professional Course!"*

## Module 1. Pain of Rheumatic Origin in the Geriatric Patient

- 1.1. Pathophysiology of Pain
  - 1.1.1. Pain Transmission Nociceptors Inflammatory Mediators
  - 1.1.2. Peripheral Sensitization, Nociceptive Modulation
  - 1.1.3. Pathophysiology of Neuropathic Pain
- 1.2. Pain Anatomy
  - 1.2.1. Anatomical Substrate of Nociceptive Transmission
- 1.3. Epidemiology of Pain in Geriatric Patients
  - 1.3.1. Factors Involved in the Pain
- 1.4. Treatment: Prevention and Modification of Harmful Habits
  - 1.4.1. Quality of Life Assessment Measures
  - 1.4.2. Functional Assessment, Cognitive and Psychological Aspects
  - 1.4.3. Prevention of Sedentary Lifestyles and Inactivity Health education
- 1.5. Non-Pharmacological Treatment: Interventions in the Biopsychosocial Field
  - 1.5.1. Initial Clinical Evaluation
  - 1.5.2. Health Education and General Recommendations
  - 1.5.3. Symptomatic Treatment: Kinesitherapy and Electrotherapy
- 1.6. Physical Therapy for Degenerative Pathology
  - 1.6.1. Electrotherapy, Kinesiotherapy and Hydrotherapy
  - 1.6.2. Occupational Therapy, Orthoses and Technical Aids
  - 1.6.3. Evidence-Based Medicine
- 1.7. Physical Therapy for Inflammatory Pathology
  - 1.7.1. Physical Therapies and Kinesitherapy
  - 1.7.2. Occupational Therapy, Orthoses and Technical Aids
  - 1.7.3. Evidence-Based Medicine



- 1.8. Medical treatment
  - 1.8.1. Therapeutic Arsenal and its Indications
  - 1.8.2. News in the Clinic
- 1.9. Interventional Techniques in the Geriatric Patient
  - 1.9.1. Axial Interventionism
  - 1.9.2. Peripheral Interventionism
- 1.10. Regenerative Medicine in the Treatment of Pain in the Geriatric Population
  - 1.10.1. Platelet Rich Plasma
  - 1.10.2. Mesenchymal Stem Cells

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*Do not miss the opportunity and enroll in this degree that provides you with didactic materials in media such as interactive summary or video”*

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.



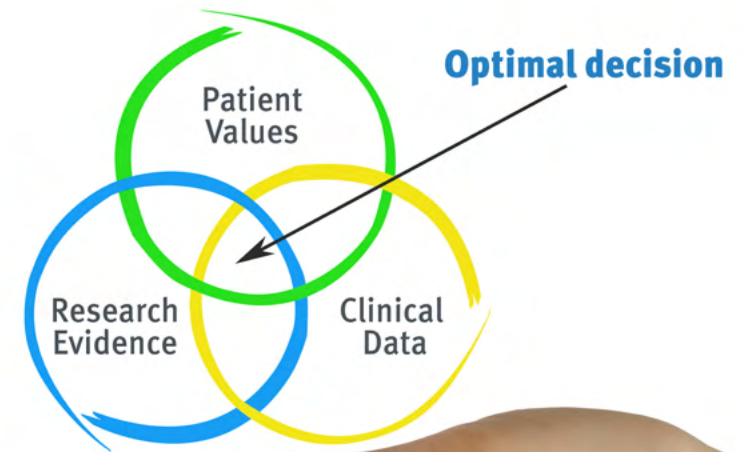
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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. Gervas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching 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 Rheumatic Pain in Geriatric Patients 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 program will allow you to obtain your **Postgraduate Certificate in Rheumatic Pain in the Geriatric Patient** 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.

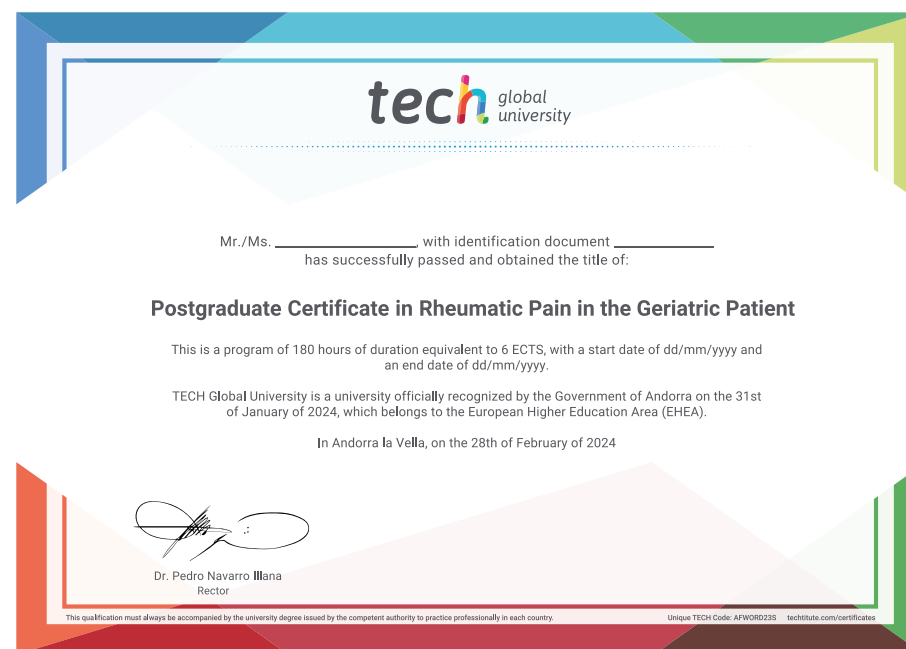
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Rheumatic Pain in the Geriatric Patient**

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.



future  
health 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**  
Rheumatic Pain  
in the Geriatric Patient

- » Modality: online
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