

Postgraduate Diploma

Geriatric Patient Comprehensive Rheumatological Care





Postgraduate Diploma Geriatric Patient Comprehensive Rheumatological Care

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-geriatric-patient-comprehensive-rheumatological-care

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01

Introduction

The complexity of the approach to the geriatric patient lies in its clinical particularities, comorbidities and the scarce existence of clinical trials in which this population group is included. For this reason, it is necessary that, given the advances obtained in the field of Rheumatology, both in diagnosis and in the management of the patient, the specialist is aware in order to increase their clinical care competencies. In this sense, TECH has not hesitated to create this program aimed at all those medical professionals interested in carrying out a complete update on the pathophysiology of pain, the different existing therapies or the relevance of nutrition at this stage of life. Everything, in a 100% online educational format and with the most innovative teaching resources.





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A 6-month educational journey through the most current knowledge on the care and management of the main rheumatic pathologies in the geriatric patient”

Beyond the pathologies present in the specialty of Rheumatology, patient care today must be comprehensive and based on the most outstanding scientific evidence. And it is that the professional assumes the daily challenge of being in consultation with people with previous illnesses or other conditions such as malnutrition that affect their physical condition.

Undoubtedly, clinical cases that are complex and that require the specialist to constantly update their knowledge of the most innovative diagnostic methods and therapeutic treatments. All this is evident in this Postgraduate Diploma in Geriatric Patients Comprehensive Rheumatology Care taught 100% online and with an excellent team of specialists in this medical branch.

It is, therefore, a program aimed at the most complete update in the field of rheumatic pain, the management of polypharmacy, the appropriate vaccines for this population group or advances in nutritional treatments in favor of improving the patient's diseases.

Likewise, the multimedia didactic elements, the complementary readings or the case study simulations will lead the graduate to delve into the musculoskeletal manifestations of systemic pathologies in the elderly.

In addition, students will have before them the most innovative methodology, which will allow them to reduce the long hours of study and memorization through the Relearningsystem In this way, the graduate is faced with a unique academic option, which provides flexibility and comfort in their access. And it is that it only requires a digital device with an internet connection (mobile, tablet or laptop) to view, at any time of the day, the agenda hosted on the virtual platform.

This **Postgraduate Diploma in Geriatric Patients Comprehensive Rheumatology Care** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Practical case studies are presented by experts in Rheumatology
- ♦ 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 the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions for experts, discussion forums on controversial issues and individual reflection work
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



Increases patient safety with the application of the latest rheumatological treatments with less effect on the immune system”



The practical perspective of this program will allow you to be aware of the advances obtained in the management of the painful experience”

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 designed 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 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.

Investigate whenever you want in the most recent studies on polypathology and prognostic indices.

You will be aware of the detection of endocrinological diseases through musculoskeletal manifestations.



02

Objectives

The study plan of this program has been prepared with the purpose of offering the specialist in the Geriatric Patients Comprehensive Rheumatology Care. To achieve this goal, TECH makes available to students the most innovative pedagogical tools in which this institution has used the most advanced technology on the academic scene. In this way, you will be able to carry out an effective update and in only 6 months.



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Get an update on the most current prophylactic treatments and with scientific criteria prescribed for elderly patients”



General Objectives

- ♦ Deepen the aging processes, their clinical and diagnostic implications and forecasts
- ♦ Inquire into the specific biological and physiological determinants of geriatric patients
- ♦ Delve into the reasons why pathologies manifest themselves differently in geriatric patients, as well as the pharmacological characteristics that condition their treatments
- ♦ Update knowledge about the biopsychosocial determinants that are 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

Module 1. Musculoskeletal manifestations of systemic pathologies of the elderly (IR, hepatic I, anemia, parathyroid pathology) and other metabolic abnormalities

- ♦ Delve into the specific characteristics of each of the pathologies included with their impact on the geriatric age
- ♦ Analyze the approach to systemic diseases mediated by the immune system (vasculitis, myopathies and others) in the geriatric population
- ♦ To identify the problems and limitations of the different current classification criteria for systemic diseases mediated by the immune system (vasculitis, myopathies and others) in geriatric patients
- ♦ Address the current pharmacological and non-pharmacological therapeutic measures in each of the situations that may arise in systemic diseases mediated by the immune system

Module 2. Rheumatic pain in the geriatric patient

- ♦ Consolidate anatomical and physiological knowledge that ensures an update on the mechanisms and pathways by which pain is produced
- ♦ Integrate the different types of pain for each of the practice situations usual clinic
- ♦ Update the knowledge on the bases of pain that allow the participant to carry out the most appropriate treatment for each case
- ♦ Delve into the indication of the different specific therapies for pain management

Module 3. Most Common Psychological Problems in Geriatric Patients

- ♦ Consolidate knowledge about the comorbidities of patients and how they can influence polypharmacy and vice versa
- ♦ Recognize the need for derived prophylactic and supportive treatments of the first prescription
- ♦ Evaluate the stages of the care process in geriatric patients
- ♦ Delve into the knowledge of the work of nursing in the care work in geriatric patients
- ♦ Identify the spatial characteristics of the geriatric population from the point from a statistical point of view



Thanks to the teaching staff of this program you will be able to raise your skills for the design of studies in Rheumatology"

03

Course Management

In order to offer quality teaching, which gives a real response to the updating needs of specialists, TECH has brought together an excellent team of specialists versed in Rheumatology, Nursing and Psychology. A multidisciplinary teaching staff that will allow the graduate to obtain up-to-date and comprehensive information that favors updating and enhancing their capacities to care for geriatric patients. A top-level educational option made up of the best experts.





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*You have a program designed by
established specialists in the field
Rheumatology and care of elderly patients”*

Management



Dr. García Martos, Álvaro

- ♦ Specialist in Rheumatology at the Hospital Universitario del Tajo
- ♦ Medical Specialist in Rheumatology, 12 de Octubre University Hospital
- ♦ Associate Professor of Rheumatology at the Alfonso X University, El Sabio
- ♦ Research Sufficiency from the Complutense University of Madrid
- ♦ Bachelor of Medicine at the University of Cantabria
- ♦ Master in Rheumatic Diseases mediated by the Immune System, Rey Juan Carlos University and the Society
- ♦ Spanish Rheumatology
- ♦ EFSUMB Certification Musculoskeletal Ultrasound level 1

Professors

Dr. Lavilla Villar, Patricia

- ♦ Assistant Rheumatology Physician at La Zarzuela University Hospital
- ♦ Assistant Rheumatology Physician at the University Hospital 12 de Octubre in Madrid
- ♦ Researcher at the 12 de Octubre Biomedical Research Foundation in Madrid
- ♦ Collaborating professor Alfonso X El Sabio University
- ♦ Degree in Medicine from the University of Oviedo

Dr. Andrés Esteban, Eva María

- ♦ Professor at the Rey Juan Carlos University
- ♦ Doctor of Medicine, Psychiatry and Dermatology from the University of Zaragoza
- ♦ Degree in Statistical Sciences and Techniques from the Miguel Hernández University from Elche
- ♦ Diploma in Statistics from the University of Zaragoza

Ms. Fernández Guardia, Cristina

- ♦ Nurse at the Tagus University Hospital
- ♦ Internal Medicine Service Nurse at the Tagus University Hospital
- ♦ Nurse at the Primary Care Health Center
- ♦ Nurse at the Obstetrics and Cardiology Service of the Gregorio Marañón University Hospital
- ♦ Geriatric Nurse Specialist
- ♦ Associate Professor from the Faculty of Nurses of the of Alcalá University
- ♦ Degree in Nursing EUE Red Cross-UAM
- ♦ Diploma in Social Work from the Complutense University of Madrid
- ♦ Diploma in Nursing from EUE Puerta de Hierro
- ♦ Master's Degree in Research in Sociosanitary Sciences from the University of Alcalá
- ♦ Member of the Secretary-Treasurer of the Madrid Association of Gerontological Nursing, President of the Pressure Ulcers and Falls Group of the Hospital del Tajo

Dr. Sánchez Martín, Julio

- ♦ Rheumatology Associate Physician at the Marqués de Valdecilla University Hospital
- ♦ Rheumatology specialists at the University Hospital 12 de Octubre
- ♦ 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 certificate of expert in musculoskeletal ultrasound by the Swiss Society ultrasound of the locomotor system and SER
- ♦ Member of the Spanish Rheumatology Society, Spanish Pain Medicine Society (SEMDOR), Spanish Pain Society (SED), ECOSER Working Group of the Spanish Rheumatology Society

Dr. González Ferrer, Ruth

- ♦ Faculty of Physical Medicine and Rehabilitation, University Hospital at Tajo
- ♦ Associate Specialist Physician at CROSECON
- ♦ Associate Specialist Physician in Pediatrics
- ♦ Specialist in Physical Medicine and Rehabilitation, University Hospital Fundación Alcorcón
- ♦ Academic Internship Tutor in the Degree in Medicine at the Alfonso X El Sabio University
- ♦ Honorary collaborator at Rey Juan Carlos University
- ♦ Degree in Medicine from the Autonomous University Madrid
- ♦ Professional Master's Official in Epidemiology and Public Health, Rey Juan Carlos University
- ♦ Expert in Musculoskeletal Ultrasound Francisco de Vitoria University
- ♦ Member of the Knowledge Management and Continuing Education Commission of the Tagus University Hospital, Spanish Society of Physical Medicine and Rehabilitation

Dr. Cortijo Garrido, Laura

- ♦ Faculty of Physical Medicine and Rehabilitation, University Hospital at Tajo
- ♦ Associate Specialist Physician at CROSECON
- ♦ Associate Specialist Physician in Pediatrics
- ♦ Specialist in Physical Medicine and Rehabilitation, University Hospital Fundación Alcorcón
- ♦ Academic Internship Tutor in the Degree in Medicine at the Alfonso X El Sabio University
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04

Structure and Content

The characteristics of geriatric patients require up-to-date knowledge on the approach to comorbidities, as well as the main conditioning factors of the pathologies and the presence of rheumatic pain. All of this is evident in an advanced syllabus that delves through the best teaching material into the most frequent diagnostic and therapeutic procedures in this population group and the existing lines of research in this field.





You have at your disposal numerous additional didactic material that will allow you to expand the agenda of this Postgraduate Diploma in Geriatric Patients Comprehensive Rheumatology Care”

Module 1. Musculoskeletal manifestations of systemic pathologies of the elderly (IR, hepatic I, anemia, parathyroid pathology) and other metabolic abnormalities

- 1.1. Microcrystalline Arthropathies: Characteristics
 - 1.1.1. Epidemiology
 - 1.1.2. Pathogenesis
 - 1.1.3. Types
- 1.2. Microcrystalline Arthropathies: Diagnoses
 - 1.2.1. Pathophysiology
 - 1.2.2. Differential Diagnosis
- 1.3. Microcrystalline Arthropathies: Psychotherapeutic treatment
 - 1.3.1. Treatment
 - 1.3.2. Prevention of new episodes
- 1.4. Renal diseases and their musculoskeletal manifestations
 - 1.4.1. Epidemiology
 - 1.4.2. Physiopathogenesis
 - 1.4.3. Treatment
- 1.5. Hepatic diseases and their musculoskeletal manifestations
 - 1.5.1. Musculoskeletal manifestations of HCV
 - 1.5.2. Cryoglobulinemia
- 1.6. Non-Neoplastic Hematological Diseases and their Musculoskeletal Manifestations
 - 1.6.1. Multiple Myeloma Monoclonal Gammopathy of Uncertain Significance (MGUS)
 - 1.6.2. Hemophilia
- 1.7. Endocrinology diseases and musculoskeletal manifestations
 - 1.7.1. Diabetes Mellitus
 - 1.7.2. Thyroid Disease

- 1.8. Wilson's Disease, Hemochromatosis, Mucopolysaccharidoses
 - 1.8.1. Wilson's Disease: Etiopathogenesis, Clinical Characteristics, Diagnosis and Treatment
 - 1.8.2. Wilson's Disease: Etiopathogenesis, Clinical Characteristics, Diagnosis and Treatment
 - 1.8.3. Wilson's Disease: Etiopathogenesis, Clinical Characteristics, Diagnosis and Treatment
- 1.9. Rheumatic Diseases with Skin Affection: Panniculitis
 - 1.9.1. Epidemiology
 - 1.9.2. Pathophysiology
 - 1.9.3. Treatment
- 1.10. Enteropathic Arthritis
 - 1.10.1. Coeliac Disease
 - 1.10.2. Collagenous Colitis
 - 1.10.3. Whipple's Disease

Module 2. Rheumatic pain in the geriatric patient

- 2.1. Pathophysiology of Pain
 - 2.1.1. The transmission of Pain. The Nociceptors. Inflammatory Mediators
 - 2.1.2. Peripheral Sensitization, Nociceptive Modulation
 - 2.1.3. Pathophysiology of Neuropathic Pain
- 2.2. Anatomy of Pain
 - 2.2.1. Anatomical Substrate of Nociceptive Transmission
- 2.3. Epidemiology of Pain in Geriatric Patients
 - 2.3.1. Factors Involved in Pain
- 2.4. Treatment: "Prevention and Modification of Harmful Habits
 - 2.4.1. Quality of Life Rating Measurements
 - 2.4.2. Evaluation of Function, Cognitive and Psychological Aspects
 - 2.4.3. Prevention of Sedentary Lifestyle and Inactivity. Health education
- 2.5. Non-Pharmacological Treatment: Urban Interventions
 - 2.5.1. Clinical Initial Therapy Evaluation
 - 2.5.2. Health Education and General Recommendations
 - 2.5.3. Symptomatic Treatment Kinesitherapy and Electrotherapy

- 2.6. Physical Therapy for Degenerative Pathology
 - 2.6.1. Electrotherapy, Kinesiotherapy and Hydrotherapy
 - 2.6.2. Occupational Therapy, Orthotics and Technical Aids
 - 2.6.3. Evidence-Based Medicine
- 2.7. Physical Therapy for Inflammatory Pathology
 - 2.7.1. Physical Therapies and Kinesiotherapy
 - 2.7.2. Occupational Therapy, Orthotics and Technical Aids
 - 2.7.3. Evidence-Based Medicine
- 2.8. Medical treatment
 - 2.8.1. Therapeutic Arsenal and its Indications
 - 2.8.2. News in the Clinic
- 2.9. Intervention Techniques in the Geriatric Patient
 - 2.9.1. Axial Interventionism
 - 2.9.2. Peripheral Interventionism
- 2.10. Regenerative Medicine in the Treatment of Pain in the Geriatric Population
 - 2.10.1. Platelet Rich Plasma
 - 2.10.2. mesenchymal Stem Cells
- 3.6. Treatment Prophylactic of Geriatric Patients
 - 3.6.1. Latent Tuberculosis
 - 3.6.2. Osteoporosis
 - 3.6.3. Repetitive Infections
- 3.7. Facilitating Tools for Health Care
 - 3.7.1. Continuity of Care. Integrated Healthcare Processes
 - 3.7.2. Communication Tools: Telephone Consultation, E-consultation, Video Call
- 3.8. Geriatric Nursing in Rheumatology
 - 3.8.1. Pain Assessment in Older Adults with Rheumatological Problems
 - 3.8.2. Frailty in Older Adults
- 3.9. In Rheumatology Study Design
 - 3.9.1. Special Characteristics of a geriatric population
 - 3.9.2. Advantages and Disadvantages of the Different Designs in the Geriatric Population
- 3.10. Data Analysis in Rheumatology
 - 3.10.1. Description of geriatric Data
 - 3.10.2. Models of Data Analysis

Module 3. Most Common Psychological Problems in Geriatric Patients

- 3.1. Comorbidities. How do they affect treatment?
 - 3.1.1. Polypharmacy and Prognostic Indexes
 - 3.1.2. Recommendations for the Clinical Management of Patients with Multiple Pathologies
- 3.2. Management of Polypharmacy (Interactions)
 - 3.2.1. Polypharmacy Concept Associated Factors
 - 3.2.2. Pharmacotherapeutic Optimization: Adequacy, Conciliation, Interactions, Deprescription Treatment
- 3.3. Elderly People Patient Nutrition
 - 3.3.1. Malnutrition in the Elderly. Screening of Nutritional Status
 - 3.3.2. Nutritional Treatment
- 3.4. Rehabilitation in the Elderly Patient
 - 3.4.1. Chronic Diseases and Exercise
 - 3.4.2. Entrenamiento Multicomponente
- 3.5. Vaccination of the Geriatric Patient
 - 3.5.1. General Vaccination Recommendations
 - 3.5.2. Other Vaccines According to Medical Conditions



It delves into electrotherapy, kinesiotherapy and hydrotherapy as therapeutic options in geriatric patients

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 Diploma in Geriatric Patients Comprehensive Rheumatology Care guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.





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

This **Postgraduate Diploma in Geriatric Patients Comprehensive Rheumatology Care** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Geriatric Patients Comprehensive Rheumatology Care**
Official N° of Hours: **450 h.**



*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION 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

tech technological
university

personalized service innovation

knowledge present
Rheumatological Care

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

development language

virtual classroom

Postgraduate Diploma

Geriatric Patient Comprehensive
Rheumatological Care