



## Professional Master's Degree

## Acne Treatment

» Modality: online

» Duration: 12 months

» Certificate: TECH Global University

» Credits: 60 ECTS

» Schedule: at your own pace

» Exams: online

Website: www.techtitute.com/pk/medicine/professional-master-degree/master-acne-treatment

## Index

01		02			
Introduction		Objectives			
	p. 4		p. 8		
03		04		05	
Skills		Course Management		Structure and Content	
	p. 14		p. 18		p. 24
		06		07	
		Methodology		Certificate	
			p. 30		p. 38





## tech 06 | Introduction

Understanding the pathophysiology of acne is key to being able to prescribe the appropriate treatment for each individual patient, given the clinical polymorphism of this disease. Each medication will act on one or more of the pathogenic pillars of acne and, depending on the predominance of retention-related or inflammatory lesions, will be more or less effective.

In addition, in recent years, the active and key role of certain etiological agents that were not previously considered so important has been discovered.

In recent years, discoveries have been made in the inflammatory cascade and in the mediators involved, opening the way to the development of new medicines targeting these inflammatory reactions.

Topical treatments will be the mainstay in many mild cases, and will complement systemic treatments in more severe cases. In addition to the topical medications themselves, it is very important to know which cosmetics are the most suitable for acne-prone skin.

Oral antimicrobials are the mainstay of treatment in many moderate to severe cases in which inflammatory lesions are predominant. As with their topical application, the treatment of acne with oral antibiotics is one of the causes of the increase in the rate of bacterial resistance. For this reason, treatment regimens should be optimized, combining them with other drugs that reduce the risk of resistance and minimizing the duration of the cycles.

Hormonal treatment is very effective in women with acne, especially when there is more evidence of hyperandrogenism. Numerous oral hormonal contraceptives are available, most of them with combinations of two active ingredients. It is necessary to know them, as some will be very beneficial in these patients, but others may significantly worsen their acne

A comprehensive compendium of knowledge that will cover these and other essential issues in the treatment of acne.

This **Professional Master's Degree in Acne Treatment** contains the most complete and up-to-date scientific program on the market. The most important features include:

- Development of a Large Number of Case Studies Presented by Experts
- · Graphic, schematic, and highly practical contents
- The latest developments and cutting-edge advances in this area
- Practical exercises where the self-evaluation process can be carried out to improve learning
- Innovative and highly efficient 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



The latest advances in the field of acne compiled in a Professional Master's Degree of great educational value, which will optimize your efforts and produce the best results"



Discover a new way to keep yourself up-todate and position yourself at the forefront of the medical field with this highly demanding master's degree"

The development of this course is focused on practicing the proposed theoretical learning through the most effective teaching systems and proven methods which have been adopted from the most prestigious universities in the world. You will be able to acquire new knowledge in an eminently practical way, safe in the knowledge that TECH strives to convert their student's efforts into tangible skills for the working world.

TECH's online system is another of the strengths of its educational catalogue, with an interactive platform that takes advantage of the latest technological developments, the most interactive digital tools are made available. In this way, it is possible to offer a form of learning that is totally adaptable to the needs of the students, so that they can perfectly combine this specialization with their personal and working lives.

Everything a professional needs for an effective approach to the field of acne presented in a thorough yet unique Professional Master's Degree.

A training program created to allow you to implement your acquired knowledge into your daily practice almost immediately.



# 02 Objectives

The objective of this TECH Professional Master's Degree in Acne Treatment is to offer medical professionals a complete qualification which will allow them to acquire the necessary knowledge, competence and neurological skills for a routine clinical practice, or to update their existing knowledge of the latest advances in this sector. A practical and effective way to stay ahead in a profession which is constantly evolving.

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Our objective is simply to help you to achieve the most complete up-to-date understanding of the field of acne treatment in a Professional Master's Degree which is totally compatible with your personal and professional commitments"

## tech 10 | Objectives



### **General objectives**

- Gain a fully up-to-date understanding of the different therapeutic options available for the treatment of acne
- Diagnose those cases of acne secondary to systemic pathologies or external agents that require specific management
- Be able to indicate and apply the different types of available physical therapies
- Know the paths of research and possible future directions of treatment
- Know how to treat obstinate cases resistant to the usual therapies
- Detect and anticipate possible complications and side effects of each treatment
- Be able to diagnose psychopathological alterations that are secondary to the disease itself or to treatments which affect the patient's life in relationships and the fulfilment of the patient as a person
- Individualize the management of the aesthetic after-effects of acne, choosing and combining the best options from among the multiple techniques available



An opportunity created for professionals who are looking for an intensive and effective course with which to take a significant step forward in the practice of their profession"





## **Specific objectives**

#### Module 1. Pathophysiology of Acne and Implications for Treatment

- Understand the pathophysiological basis of acne and its implications for the development of drugs and physical therapies
- Identify the physical and chemical diseases that can occur as a result of poorly executed acne treatment

#### Module 2. Topical Treatments

- Know the recommended guidelines, side effects and precautions to be taken with topical and oral antibiotics in acne
- Know the recommended guidelines, side effects and precautions to be taken with topical and oral retinoids in acne

#### Module 3. Oral Antimicrobials

- Identify the main oral antimicrobials that have a favorable impact on the treatment of acne
- Understand the oral treatments and how to evaluate their efficacy compared to other types of treatments
- Know the main oral microbial drugs and compare them with antimicrobials, identifying which has the greatest impact on the treatment of acne





#### Module 4. Hormonal Treatment

- Know the recommended guidelines, side effects and precautions to be taken with hormonal treatments for acne
- Identify the main oral treatments for acne and and how they emerge and can affect any existing conditions

#### Module 5. Systemic Retinoids

- Know how to indicate and perform chemical peeling treatments, choosing the most appropriate product for each case
- Identify alternative acne treatments and see their efficacy in improving the skin

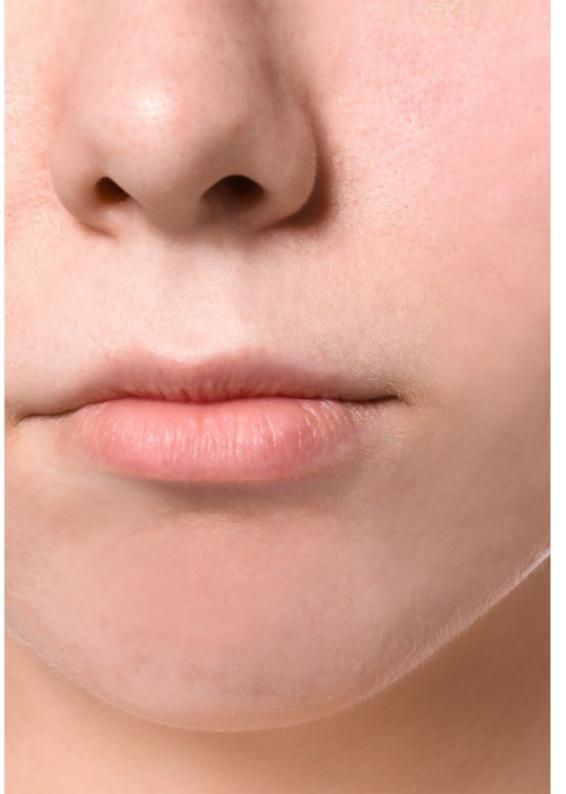
#### Module 6. Light Source Treatment of Active Acne

- Indicate and configure the most suitable parameters for treatments with light sources
- Know the most effective light sources for the different alternative treatments in acne reduction

#### Module 7. Treatment of Acne Scars

- Know the basics of biophotonic therapy and photodynamic therapy, as well as the most appropriate treatment guidelines for each case
- Identify the veracity of drugs and ointments that improve skin wounds
- Define the correct application techniques so as not to injure the skin in the application methods





#### Module 8. Diet and Acne

- Make dietary recommendations to patients with acne in accordance with current scientific evidence
- Identify foods that irritate the skin and their impact on the development of acne
- Recognize the nutrients and benefits of unprocessed food

#### Module 9. Treatment of Acne in Special Circumstances

- Individualize treatment in certain cases, such as pregnant women, high phototypes, adult women, neonatal acne or iatrogenic conditions
- Be capable of choosing and combining the most effective treatments for the cosmetic management of acne scars
- Know which conditions can be affected by the use of anti-acne drugs

#### Module 10. Psychological Impact of Acne: Detection and Management

- Early detection of psychological disorders and acquire coping strategies to deal with these complications
- Detect warning signs of self-harm and suicidal behavior in acne patients





## tech 16 | Skills



### **General skills**

- Propose an up-to-date treatment for acne
- Recognize cases of secondary acne
- Schedule physical therapies
- Recognize new lines of research that exist
- Avoid or minimize complications
- Diagnose psychopathological alterations secondary to treatment
- Treat the aesthetic after-effects of acne



Experts in the treatment of acne have brought their experience to this program: a unique opportunity which should not to be missed"



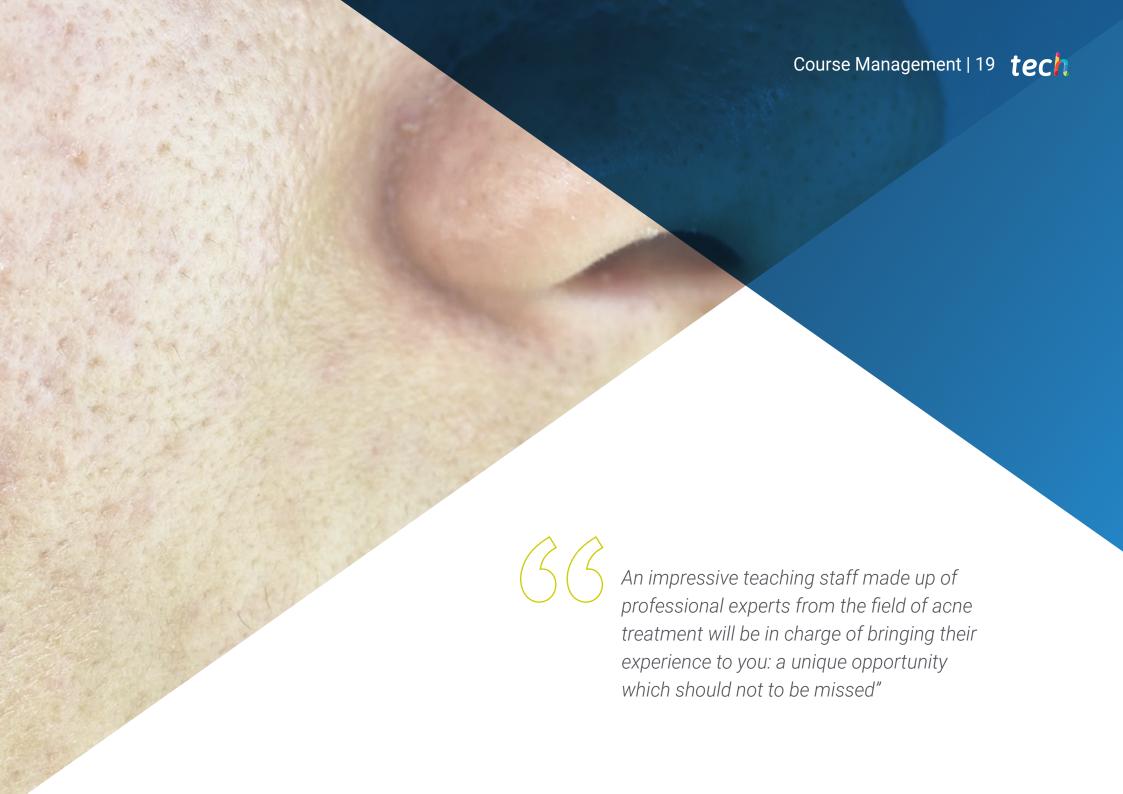




## Specific skills

- Know the appropriate drugs for acne
- Know how to use antibiotics in the treatment of acne
- Use topical retinoids in the treatment of acne
- Use of hormonal treatments for acne
- Indicate the use of chemical peels
- Indicate the use of light source treatments
- Include biophotonic and photodynamic therapies in treatments, if applicable
- Appropriate dietary guidelines for acne treatment
- Make recommendations for the use of cosmetic treatments for acne scars
- Recognize psychological disorders and implement a therapeutic approach
- Conduct acne treatments in specific cases





#### **International Guest Director**

Dr. Joshua Zeichner is an international eminence in the field of Dermatology and Cosmetic Medicine. In both fields he has based his professional career, acquiring the most advanced skills in care and for the development of empirical studies. Based on these skills of excellence, the expert has taken on challenges such as the position of Director of Cosmetic and Clinical Research in the Department of Dermatology at Mount Sinai Hospital in the United States.

He has also been awarded the prestigious Skin Genius Award by Elle magazine for his innovative approaches to the treatment of aging skin and faces. In turn, his peers have voted for his name to fill New York Magazine's Best Doctors lists since 2018. Also, he has had rankings as one of the Top Doctors in the New York Metropolitan Area by Castle Connolly and New York City Super Doctors, renowned catalogs that evidence Dr. Zeichner's dedication to his patients.

In addition to his medical knowledge and practice, often focused on Acne, this expert has therapeutically addressed other pathologies and general skin conditions. Among them, he has stood out for his comprehensive management of Eczema, Rosacea, Psoriasis and Cancer in different areas of the epidermis. At the same time, he has mastered the use of Botox and dermal fillers, as well as Laser and Chemical Peels.

Dr. Zeichner's opinion is also frequently used by the media. For this reason, his name has been mentioned many times in reports published by magazines and newspapers such as Allure, Vogue, Cosmopolitan, Elle, Glamour and The New York Times. Likewise, he regularly participates in congresses and lectures on Dermatology around the world.



## Dr. Zeichner, Joshua

- Director of Cosmetic and Clinical Research in Dermatology at Mount Sinai Hospital
- Specialist in Dermatologic Cosmetics, Acne Treatment and Anti-Aging Skin.
- Physician Consultant at Mount Sinai Beth Israel, Mount Sinai Brooklyn, Mount Sinai Queens and Mount Sinai West hospitals
- Officially Board Certified by the American Board of Dermatology
- Specialist Practitioner at St. Vincent Brooklyn Queens Catholic Medical Center
- John Hopkins University, M.D.
- Dermatology Residency and Dermopharmacology Fellowship at The Mount Sinai Hospital
- Graduate of the University of Pennsylvania



## tech 22 | Course Management

#### Management



#### Dr. Leis Dosil, Vicente Manuel

- Dermatologist at the IDELIA clinic
- Degree in Medicine and Surgery. Faculty of Medicine and Dentistry, University of Santiago de Compostela
- Postgraduate Diploma in medical-surgical dermatology from the University of Alcalá de Henares
- Postgraduate Diploma in health services management from the UNED (online university distance learning university)

#### **Professors**

#### Dr. Ruiz de Almirón, Antonio Clemente

• Dermatologist graduated from the University of Granada

#### Dr Olivares Rueda, Teresa

• Degree in Medicine and Surgery from the University of Murcia

#### Dr Garrido Gutiérrez, Carolina

• Dermatologist at the Infanta Sofía University Hospital

#### Dr Cornejo, Paloma

• Degree in Medicine and Surgery from the Autonomous University of Madrid

#### Dr. Iglesias Pena, Nicolás

- Degree in Medicine and specialist in Medical-Surgical Dermatology and Venereology
- Dermatologist at the Lucus August University Hospital (Lugo)
- Resident intern in Medical-Surgical Dermatology and Venereology at University of A Coruña Hospital Complex
- Degree in Medicine from the Faculty of Medicine (Santiago de Compostela University)
- International Master's Degree in Aesthetic Dermatology from the University of Alcalá de Henares (Madrid)
- Member of the Spanish Academy of Dermatology and Venereology



## Course Management | 23 tech

#### Dr Barchino Ortiz, Lucía

- Degree in Medicine from the Autonomous University of Madrid
- Specialist in Medical-Surgical Dermatology and Venereology, via MIR. Gregorio Marañón General University Hospital, Madrid
- Doctoral courses in Medical-Surgical Dermatology and Venereology. Complutense University of Madrid
- Attending physician specializing in Dermatology and Venereology, Dermatology Department, Gregorio Marañón General University Hospital, Madrid
- Head of the Gynecological Dermatology practice at the Gregorio Marañón General University Hospital, Madrid
- Tutor for dermatology residents at the Gregorio Marañón General University Hospital, Madrid
- Collaborating physician in dermatology teaching practice at the Gregorio Marañón University Hospital of the UCM

#### Dr Moya Cortés, Lucía

- Clinical psychologist at Valdelasfuentes Clinic, Madrid
- · Clinical psychologist at Anagnor Psychologists, Madrid
- Degree in Psychology from the Autonomous University of Madrid
- Professional Master's degree in Psychosocial Intervention in Crisis Situations and Emergencies at Autonomous University of Madrid
- Professional Master's Degree in General Health Psychology from the University of Pontificia de Comillas
- Postgraduate Diploma in Clinical and Intervention entitled Trauma in the Spanish Society of Psychosomatic Medicine and Psychotherapy
- Expert in Brief Psychotherapy with Children and Adolescents at The Spanish Society of Psychosomatic Medicine and Psychotherapy
- Specialist in Clinical and Psychoanalytic Psychotherapy at University of Pontificia de Comillas





## tech 26 | Structure and Content

#### Module 1. Pathophysiology of Acne and Implications for Treatment

- 1.1. Sebaceous Secretion
- 1.2. Hypercornification
- 1.3. Microbiota
- 1.4. Inflammation
- 1.5. Metabolic Syndrome
- 1.6. Pollution
- 1.7. Syndromes with Acne
- 1.8. Complementary Studies in Patients with Acne

#### Module 2. Topical Treatments

- 2.1. Benzoyl Peroxide
- 2.2. Topical Antibiotics
- 2.3. Topical retinoids
- 2.4. AHA
- 2.5. Azelaic Acid
- 2.6. Dapsona
- 2.7. New Drugs
- 2.8. Magistral Formulation in Acne
- 2.9. Acne Skin Care
  - 2.9.1. Specific Cosmetics
  - 2.9.2. Supportive Cosmetics to the Treatments
  - 2.9.3. Corrective Makeup

#### Module 3. Oral Antimicrobials

- 3.1. Tetracyclines:
  - 3.1.1. Doxycycline
  - 3.1.2. Minocycline
- 3.2. Azithromycin
- 3.3. Erythromycin
- 3.4. Clindamycin
- 3.5. Cotrimoxazol
- 3.6. Amoxicillin and Cephalosporins
- 3.7. Sulfone
- 3.8. Antibiotic Resistance
- 3.9. Optimization of the Guidelines
- 3.10. Treatment Combinations

#### Module 4. Hormonal Treatment

- 4.1. Candidates for Hormonal Treatment
- 4.2. Complementary Studies, Hormonal Profile
- 4.3. Oral Hormonal Contraceptives
- .4. Hormonal Contraceptives in Other Devices
  - 4.4.1. Hormonal Contraceptive Devices
  - 4.4.2. Uses in the Treatment of Acne
- 4.5. Cyproterone Acetate
- 4.6. Spironolactone
- 4.7. Metformin
- 4.8. Corticoids
  - 4.8.1. Systemic Corticoids
  - 4.8.2. Intralesional Corticoids
- 4.9. Acne in Men with Hormonal Treatments



## Structure and Content | 27 tech

#### Module 5. Systemic Retinoids

- 5.1. Isotretinoin: Pharmacology
- 5.2. Techniques
- 5.3. Teratogeny
  - 5.3.1. Risk of Malformations
  - 5.3.2. Pregnancy Prevention Recommendations
  - 5.3.3. Monitoring
- 5.4. Side Effects on the Lipid Profile
- 5.5. Hepatotoxicity
- 5.6. Interactions and Precautions for Use
- 5.7. Posology
- 5.8. Isotretinoin at Low Doses
- 5.9. Monitoring During Treatment
- 5.10. Myths and Realities

#### Module 6. Light Source Treatment of Active Acne

- 6.1. Intense Pulsed Light
- 6.2. Pulsed Dye Laser
- 6.3. Nd:YAG Laser
- 6.4. Erbium Laser
- 6.5. KTP Laser
- 6.6. Infrared Laser
- 6.7. Photodynamic Therapy:
  - 6.7.1. Photosensitizers
  - 6.7.2. Light Sources
  - 6.7.3. Protocols
- 6.8. Biophotonic Therapy:
  - 6.8.1. Mechanism of Action
  - 6.8.2. Procedure
  - 6.8.3. Treatment Guidelines
- 6.9. LEDs and Acne
- 6.10. New Light Sources

## tech 28 | Structure and Content

#### Module 7. Treatment of Acne Scars

- 7.1. Scar Assessment
- 7.2. Microneedling
- 7.3. Platelet-Rich Plasma
- 7.4. Unfractionated CO2 and Er:YAG Lasers
- 7.5. Fractionated Ablative Lasers
- 7.6. Fractionated Non-Ablative Lasers
- 7.7. Radiofrequency
- 7.8. Chemical Peel
- 7.9. Dermal Fillers
- 7.10. Surgery
  - 7.10.1. Abscess Drainage
  - 7.10.2. Punches
  - 7.10.3. Subdivision

#### Module 8. Diet and Acne

- 8.1. Myths and Realities, Current Situation
- 8.2. Metabolic Syndrome
- 8.3. Relationship with BMI
- 8.4. Foods at Risk
- 8.5. Dietary Intervention
- 8.6. Supplements and Acne
- 8.7. Ethnic and Cultural Diversity
- 8.8. Acne and Vitamin D
- 8.9. Microbiota
  - 8.9.1. Repercussion of Microbiota Alteration
  - 8.9.2. Probiotics
  - 8.9.3. Abnormalities





## Structure and Content | 29 tech

#### Module 9. Treatment of Acne in Special Circumstances

- 9.1. Neonatal Acne
- 9.2. Acne in Pregnancy and Lactation
- 9.3. Adult Female Acne
- 9.4. Acne Fulminans
- 9.5. Keloid Acne of the Nape
- 9.6. latrogenic Acneiform Conditions
- 9.7. Cosmetic Acne
- 9.8. Professional Acnes

#### Module 10. Psychological Impact of Acne: Detection and Management

- 10.1. Quality of Life in Patients with Acne
- 10.2. Body Dysmorphic Disorder and Acne
- 10.3. Anxiety and Depression
- 10.4. Deterioration in Sexual Life and Relationships
- 10.5. Treatment-Related Mood Changes
- 10.6. Suicide Risk in Patients with Acne
- 10.7. Excoriated Acne
- 10.8. Psychotherapy in Patients with Acne
- 10.9. When Should the Patient be Referred to Psychiatry?



A unique, key, and decisive training experience to boost your professional development"





## tech 32 | Methodology

#### At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.



Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method"

#### The effectiveness of the method is justified by four fundamental achievements:

- 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.



## Methodology | 35 tech

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.

## tech 36 | Methodology

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.

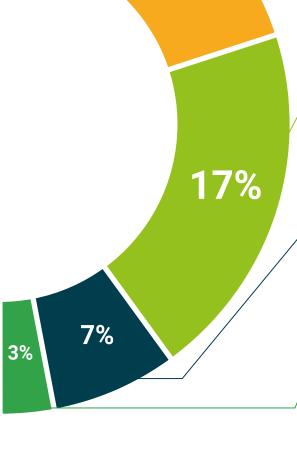
The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### **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.









## tech 40 | Certificate

This program will allow you to obtain your **Professional Master's Degree certificate in Acne Treatment** 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.

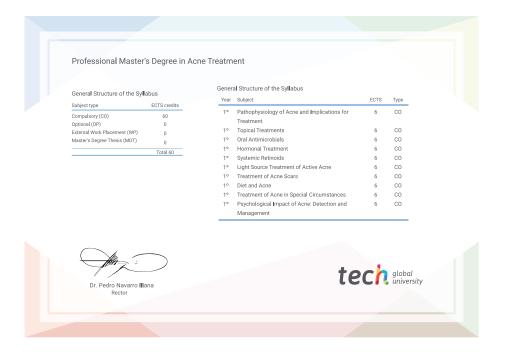
Title: Professional Master's Degree in Acne Treatment

Modality: online

Duration: 12 months

Accreditation: 60 ECTS





<sup>\*</sup>Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

tech global university



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## Acne Treatment

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