

# Postgraduate Certificate

Health Promotion and  
Health Education in the  
Ostomy Patient for Nurses





## Postgraduate Certificate Health Promotion and Health Education in the Ostomy Patient for Nurses

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

Website: [www.techtute.com/in/nursing/postgraduate-certificate/health-promotion-health-education-ostomy-patient-nurses](http://www.techtute.com/in/nursing/postgraduate-certificate/health-promotion-health-education-ostomy-patient-nurses)

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# 01

# Introduction

In patients living with an ostomy, health care becomes even more necessary and concrete. In this course we will take you through the knowledge in this area of intervention, and give you the necessary skills to become the support your patient needs. With the endorsement and prestige of the world's largest online university.





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*Become the hub of ostomized patients' health care by offering them the learning they need to take care of their health in all areas"*



This course focuses on identifying the role of the nurse in the health care of the ostomized patient, in an important area such as health promotion and health education.

The nurse is responsible for the care within his or her competence, whose functions, as established by the Health Professions Law, are the direction, evaluation and provision of care aimed at the promotion, maintenance and recovery of health, as well as the prevention of diseases and disabilities.

Care requires nursing thinking, which is the way nurses approach care and which clarifies the field of nursing discipline.

For all these reasons, the nurse will play a key role in the health promotion and health education of ostomized patients, helping and training them in this new situation.

Hygiene, self-care, nutrition, medication and skin care are basic areas in the care of the ostomized patient. In addition, we add others such as continuity of care, beyond the hospital area, and recovery, through expert patient support, patient schools or rehabilitation.

This **Course in Health Promotion and Health Education in the Ostomy Patient for Nurses** contains the most complete and up to date scientific program on the market.

The most important features include:

- ♦ Clinical cases presented by experts. Its graphic, schematic and eminently practical contents, with which they are conceived, gather scientific and assistance information on those medical disciplines that are essential for professional practice.
- ♦ Diagnostic and therapeutic novelties on the care of patients with digestive pathologies.
- ♦ Presentation of practical workshops on procedures, diagnosis, and treatment techniques.
- ♦ Algorithm-based interactive learning system for decision-making in the presented clinical situations.
- ♦ It includes theoretical lessons, questions to the expert, discussion forums on controversial topics and individual reflection papers.
- ♦ Content that is accessible from any fixed or portable device with an Internet connection.



*An exceptional opportunity to give your resume a boost with intensive and efficient training, while being fully compatible with your professional and personal life"*

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*During the course you will acquire practical experience through simulated learning environments based on real situations and cases”*

*You will learn in a hands-on way, through case studies and practical situations, which will allow you to deepen your knowledge contextually*

Its teaching staff includes reference professionals, who contribute their work experience to this refresher program, in addition to other professionals specializing in the digestive system service.

The multimedia content developed with the latest educational technology will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive training program to train in real situations.

The design of this program is based on Problem-Based Learning, by means of which the nursing professional must try to solve the different professional practice situations that arise throughout the program. This will be done with the help of an innovative interactive video system developed by recognized experts in nursing care in internal digestive pathology care and with extensive teaching experience.



# 02 Objectives

The objective of this course is to provide you with the most comprehensive tour through all aspects of nursing intervention in ostomy care. A comprehensive training that will allow you to expand your knowledge and give you the confidence and expertise of top-level professionals.







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*Learn everything you need to intervene safely and effectively in the care of the ostomy patient while giving a boost of quality to your profession”*



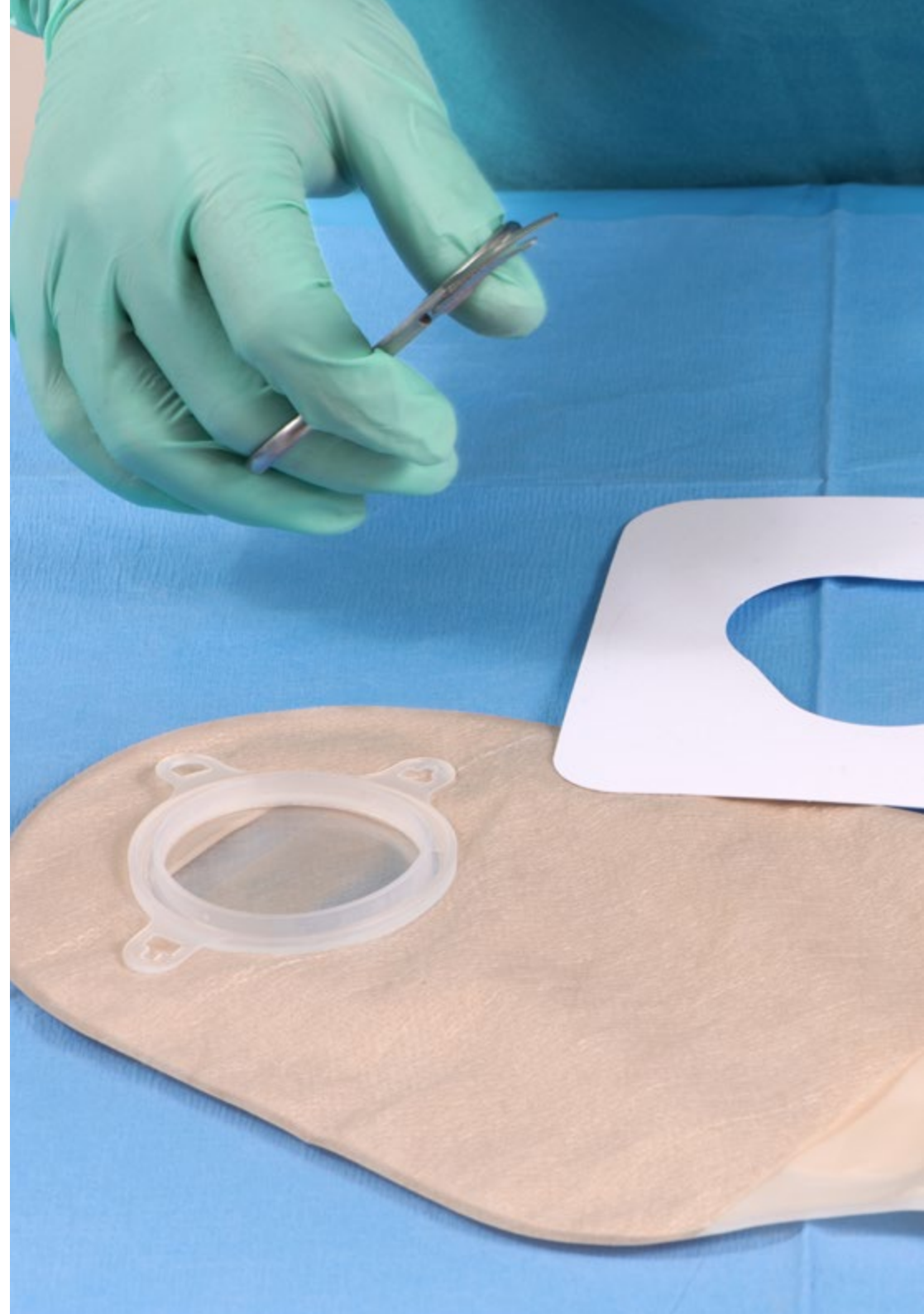
## General Objectives

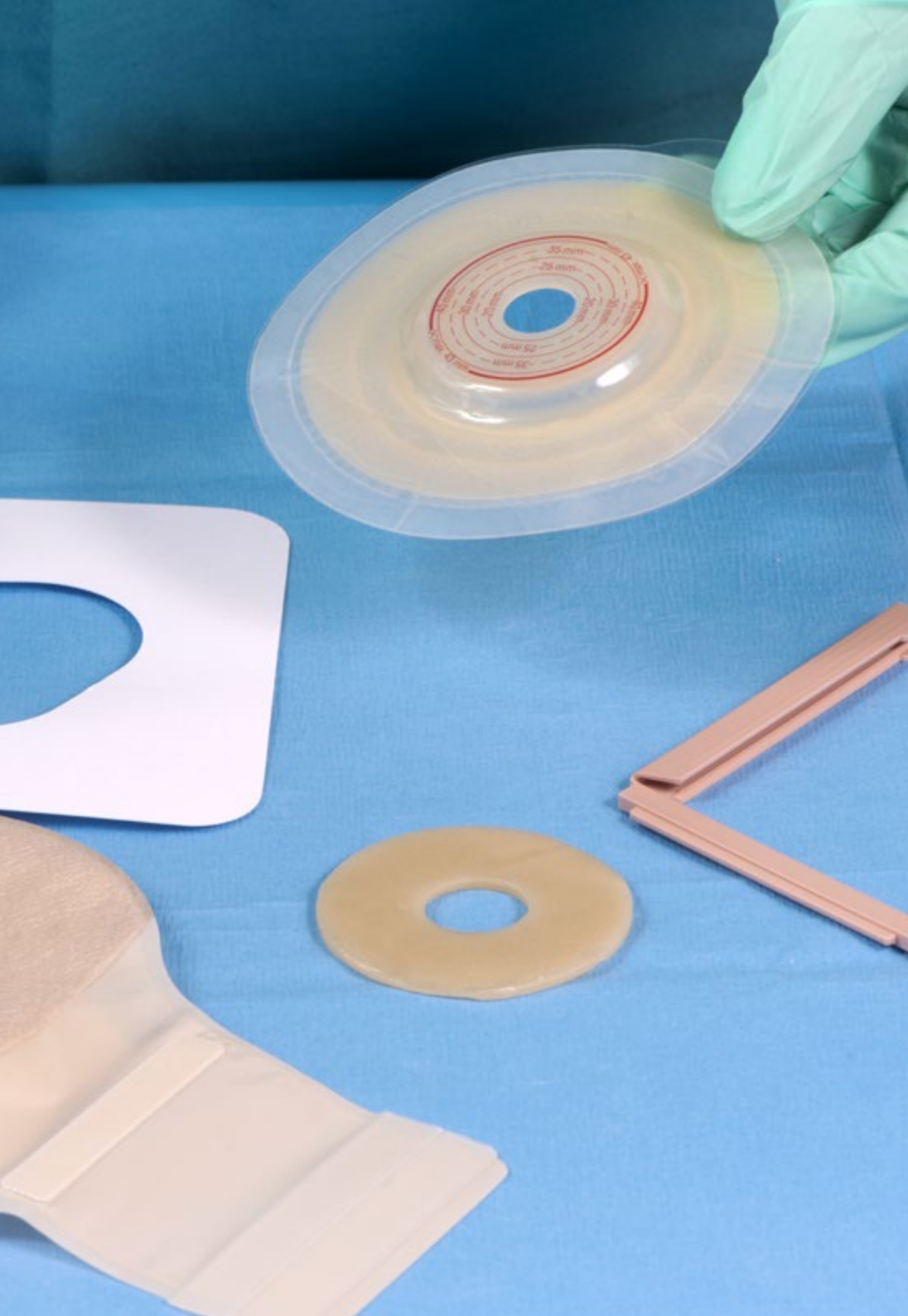
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- ♦ Apply the theoretical knowledge and skills to carry out a correct health promotion and education in the ostomized patient.

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*Realistic objectives, which will measure your progress and your advancement as a professional, in a constant and effective way”*





## Specific Objectives

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- ◆ Specialize in the importance of Health Education as an essential tool for the quality of life of the ostomized patient.
- ◆ Identify the most important nutritional aspects for each type of ostomized patient.
- ◆ Identify the different devices and accessories available for ostomy care.
- ◆ Apply the correct technique for placement and removal of devices.
- ◆ Recognize the specific pharmacological treatment needs of ostomized patients.
- ◆ Deepen understanding of the importance of skin care in ostomized patients.
- ◆ Identify and know the associations of ostomized patients, in order to be able to transmit the most reliable and effective information to the patient.
- ◆ Deepen understanding of the meaning of patient schools and their impact on patients.



03

# Course Management

A teaching staff prepared by leading professionals who bring to this training the experience of their work. Additionally, other specialists of recognized prestige have participated in the creation of the contents, complementing the program in an interdisciplinary manner.





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*The most up-to-date developments in the field of Health Promotion and Education in the Ostomy Patient, from leading experts in this area"*



## Management



### Rodríguez Perea, Ana María

- ♦ Diploma in Nursing
- ♦ Master's Degree in Health Management and Direction Health Planning for Health Executives
- ♦ Associate Professor Rey Juan Carlos University
- ♦ Nursing Supervisor of General and Digestive Surgery Hospitalization at the Rey Juan Carlos University Hospital

## Professors

### **Arroyo Girón, Rocío**

- ◆ Nurse in general and digestive surgery hospitalization University Hospital Rey Juan Carlos.

### **Crespo González, Juan**

- ◆ Hospitalization nurse, general and digestive surgery, University Hospital Rey Juan Carlos.

### **Crespo González, Miguel**

- ◆ Hospitalization nurse, general and digestive surgery, University Hospital Rey Juan Carlos.

### **Martin Castro, Rafael**

- ◆ Physiotherapist at the University Hospital Rey Juan Carlos.



# 04

# Structure and Content

The contents of this course have been created to provide the most efficient route through the essential knowledge of this area of work. A complete, intensive, clear and useful syllabus that will allow you to use the new skills and knowledge you acquire almost immediately.



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*A complete program created by experts in the field that will take you through the most comprehensive and effective compendium of knowledge in the online teaching market"*



## Module 1. Health Promotion and Health Education

- 1.1. Education of Healthcare Personnel
- 1.2. Continuity of Care
- 1.3. Hygiene and Self-care
- 1.4. Devices and Choice of Device
- 1.5. Skin Care and Adaptation to Daily Life
- 1.6. Nutrition in the Ostomized Patient
- 1.7. Medication in the Ostomized Patient
- 1.8. Recovery and Physiotherapy
  - 1.8.1. Pelvic Floor Recovery
  - 1.8.2. Recovery of the Abdominal Wall
- 1.9. Ostomy Patient Associations
- 1.10. Patient Schools







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*An unparalleled professional and personal growth experience that will put you at the forefront of your profession"*

05

# Methodology

This training provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used 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 Nursing School we use the Case Method

In a given clinical situation, what would you do? Throughout the program, you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology 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, in an attempt to recreate the real conditions in professional nursing 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. Nurses who follow this method not only grasp concepts, but also develop their mental capacity by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 university program.

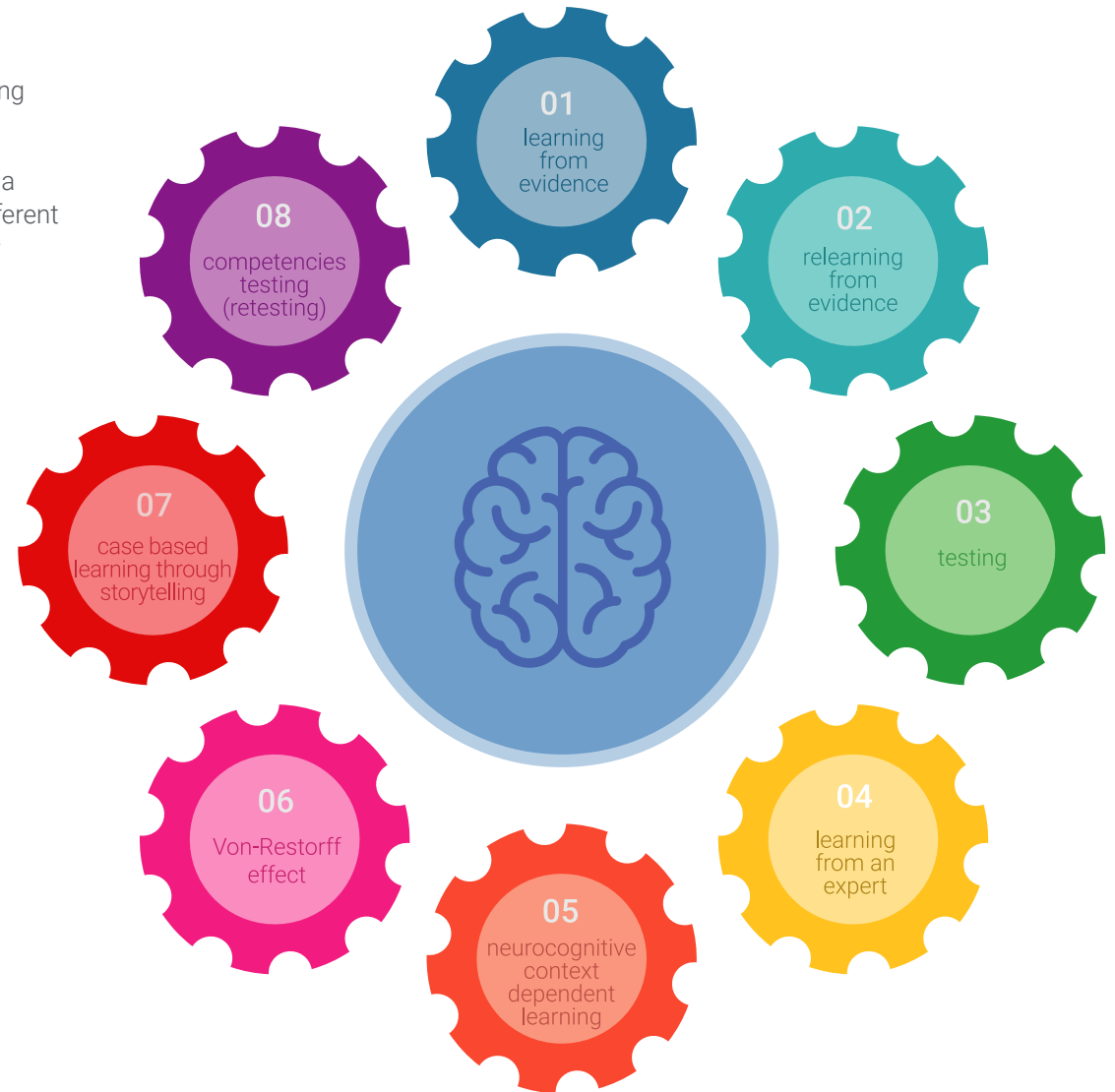




## Re-learning Methodology

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

Our 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, which represent a real revolution with respect to simply studying and analyzing cases.



*The nurse will learn through real cases and by solving 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 we have trained more than 175,000 nurses with unprecedented success, in all specialties regardless of from the workload. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*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 (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



In this program you will have access to the best educational material, prepared with you 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 really specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current nursing procedures and techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



### Interactive Summaries

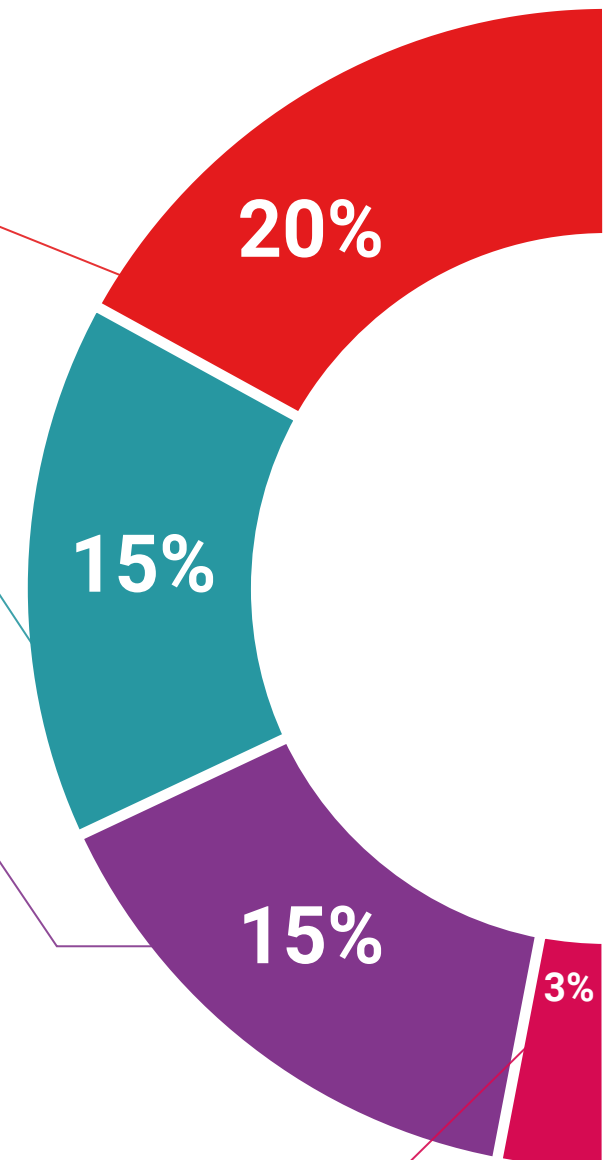
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



### Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.





**Expert-led case studies and case analysis**

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through the development of attention and the resolution of different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Retesting**

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your goals.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an expert strengthens knowledge and memory, and generates confidence in our future difficult decisions.



**Quick Action Guides**

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.





06

# Certificate

The Postgraduate Certificate in Health Promotion and Health Education in the Ostomy Patient for Nurses guarantees you, in addition to the most rigorous and up to date training, access to a Postgraduate Certificate issued by TECH - Technological University.





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*Successfully complete this training and receive your certificate without travel or cumbersome procedures”*

This **Postgraduate Certificate in Health Promotion and Health Education in the Ostomy Patient for Nurses** contains the most complete and up to date scientific program on the market.

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

The certificate issued by **TECH Technological University** will specify the qualification obtained through the course, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

**Title: Postgraduate Certificate in Health Promotion and Health Education in the Ostomy Patient for Nurses**

**ECTS: 6**

**Official Number of Hours: 150**



\*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  
personalized service innovation  
knowledge present  
development language  
classroom



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