

# Postgraduate Certificate

## Phytotherapy for Cardiovascular and Respiratory Diseases





## Postgraduate Certificate Phytotherapy for Cardiovascular and Respiratory Diseases

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 8 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nursing/postgraduate-certificate/phytotherapy-cardiovascular-respiratory-diseases](http://www.techtute.com/us/nursing/postgraduate-certificate/phytotherapy-cardiovascular-respiratory-diseases)

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01

# Introduction

Nursing professionals find in Phytotherapy an alternative and supportive way to treat cardiovascular and respiratory diseases. For an efficient practice in this area, it is necessary to have the support of the most advanced knowledge in the field. In this course, you will find the easiest way to achieve this with total quality.







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*The approach to cardiovascular and respiratory diseases using the most advanced Phytotherapy in a course created for nursing professionals”*

At present there is a scientific basis that supports the efficacy of many phytotherapeutic products for certain conditions. Phytotherapy should be used in therapeutics to deal with the situations it has proven to be useful and safe.

For phytotherapeutics to be effective, the proper preparations must be made, both in terms of indications and form of administration.

This program offers a current vision of Phytotherapy and its application in the health field, including the latest contributions and advances. The contents are guaranteed by the teaching staff on the program, since they have all worked in the field of Phytotherapy, or in a related one, in some way, shape or form. Thus, students will learn based on our professors' experience and on evidence-based medicine, resulting in an effective and precise program. Given, on the one hand, that different of Learning university programs generally lack a deep and continuous updated program program on Phytotherapy; and, on the other hand, that current health trends lean toward safe and effective natural remedies, students must be offered the possibility of expanding their knowledge and therapeutic skills with greater training in the use of medical plants, both from a professional and academic perspective so as to prepare themselves for the future in the field.

This **Postgraduate Diploma in Phytotherapy for Cardiovascular and Respiratory Diseases** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- ◆ Latest technology in online teaching software
- ◆ A highly visual teaching system, supported by graphic and schematic contents that are easy to assimilate and understand
- ◆ Practical cases presented by practicing experts
- ◆ State-of-the-art interactive video systems
- ◆ Teaching supported by telepractice
- ◆ Continuous updating and recycling systems
- ◆ Autonomous learning: full compatibility with other occupations
- ◆ Practical exercises for self-evaluation and learning verification
- ◆ Support groups and educational synergies: questions to the expert, debate and knowledge forums
- ◆ Communication with the teacher and individual reflection work
- ◆ Content that is accessible from any fixed or portable device with an Internet connection
- ◆ Supplementary documentation databases are permanently available, even after the course



*Get up to date on all the latest developments in the field of Phytotherapy by completing the most effective program on the subject available on the market"*

“*Cutting-edge training created to propel you toward greater competitiveness in the job market*”

Our teaching staff is composed of medical professionals, practicin specialists. That way, we can be sure to offer students the update we aim to provide. A multidisciplinary team of physicians with training and experience in different environments, who will impart the theoretical knowledge in an efficient way, but above all, who will bring their practical knowledge from their own experience to the course: one of the differential qualities of this program.

This mastery of the subject is complemented by the effectiveness of the methodology used in the design of this course. Developed by a multidisciplinary team of *e-learning* experts, it integrates the latest advances in educational technology. This way, you will be able to study with a range of comfortable and versatile multimedia tools that will give you the operability you need in your training courses.

The design of this program is based on Problem-Based Learning: An approach that conceives learning as a highly practical process. To achieve this remotely, TECH uses telepractice learning: with the help of an innovative, interactive video system and *Learning from an Expert*, you will be able to acquire the knowledge as if you were actually dealing with the scenario you are learning about. A concept that will allow you to integrate and fix learning in a more realistic and permanent way.

*With a methodological design based on proven teaching techniques, this Postgraduate Certificate will take you through different teaching approaches to allow you to learn in a dynamic and effective way.*

*It includes clinical cases to bring the program as close as possible to the reality of health care practice.*



# 02 Objectives

This Postgraduate Certificate will allow students to define the limits of use in Phytotherapy so as to manage it safely with patients by making the appropriate decisions to use it in a preventive and therapeutic way.





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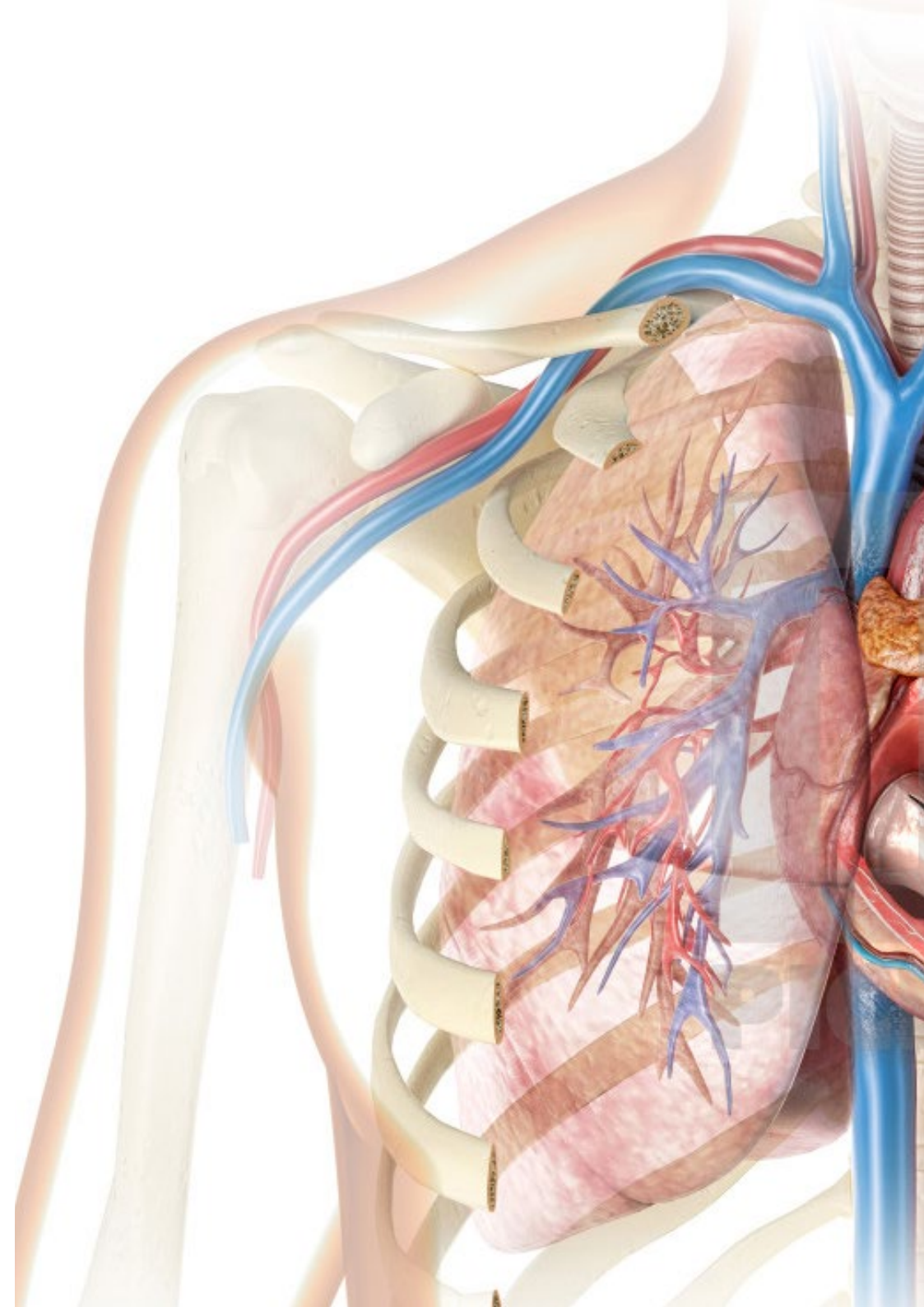
*With excellence as our goal, this Postgraduate Certificate will offer you the resources of an academic program created to train the best”*

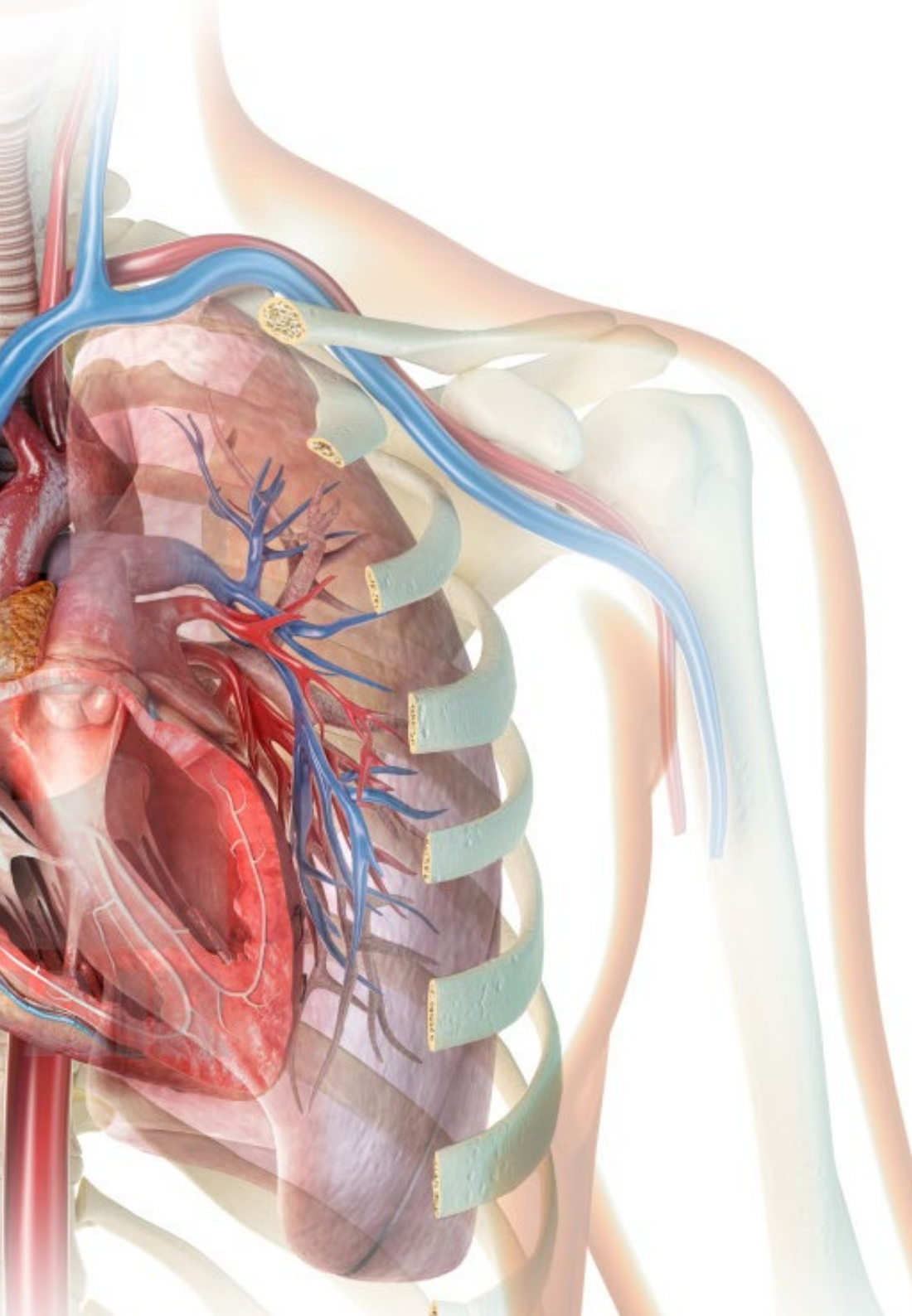


## General Objectives

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- Define the therapeutic limits of Phytotherapy and identify the cases in which it can be used safely
- Describe the use of Phytotherapy oriented to the satisfaction of the needs derived from the patient's health problems and the prevention of complications, guaranteeing a safe and quality practice
- Solve cases related to the field of phytotherapy
- Explain the use and indication of medical devices, food supplements and/or drugs, assessing the expected benefits and associated risks.
- Apply theoretical knowledge in daily practice





## Specific Objectives

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- ◆ Apply Phytotherapy safely in heart failure cases
- ◆ Use Medicinal herbs to treat hypertension
- ◆ Know the Phytotherapy resources available for hyperlipidemia
- ◆ Use the Phytotherapy resources in case of venous insufficiencies
- ◆ Treat respiratory failure with Phytotherapy
- ◆ Treat cough cases using Phytotherapy
- ◆ Treat asthma using Phytotherapy
- ◆ Know the active plant ingredients useful in lung cancer

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03

# Course Management

For our course to be of the highest quality, we are proud to work with a teaching staff of the highest level, chosen for their proven track record. Professionals from different areas and fields of expertise that make up a complete, multidisciplinary team. A unique opportunity to learn from the best.



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*With the expertise of industry professionals who will teach you based on the reality of the sector in a contextual and realistic learning"*



## Professors

### Dr. Acero de Mesa, Nuria

- ♦ Doctor of Pharmacy
- ♦ Titular Professor Department of Pharmaceutical and Health Sciences
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### Dr. Allué Creus, Josep

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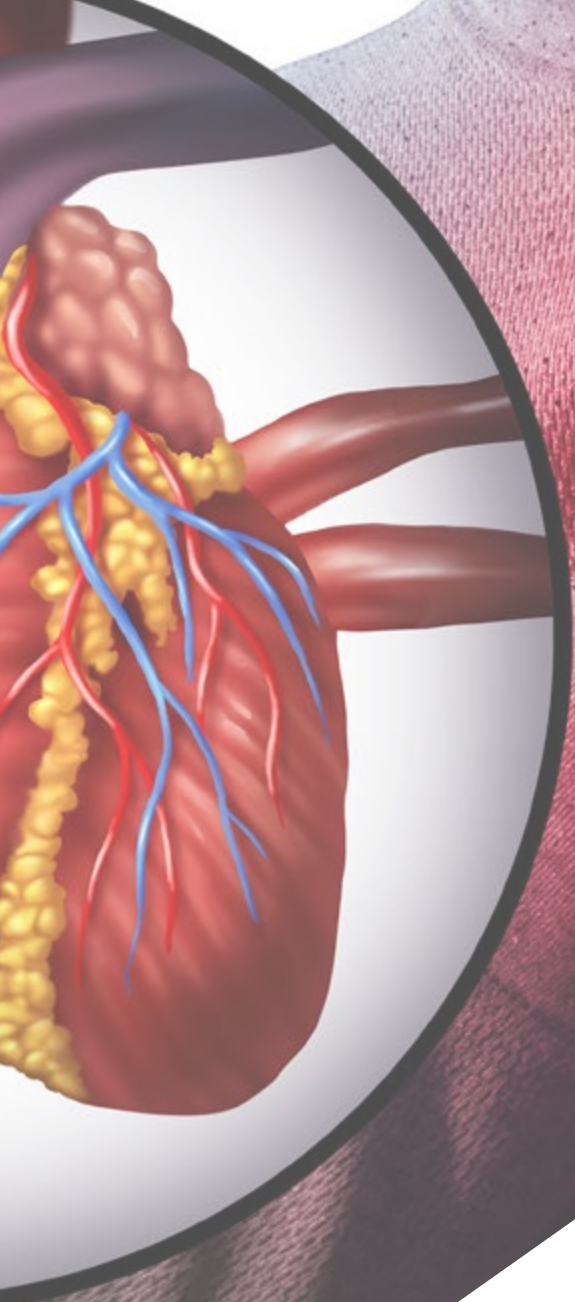
04

# Structure and Content

The contents of this Postgraduate Certificate have been developed by the different professors with a clear purpose: to ensure our students acquire each and every one of the necessary skills to become true experts in this field.







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*An alternative support method of great therapeutic usefulness at your fingertips, with the most complete syllabus in the educational market”*

## Module 1. Phytotherapy for Cardiovascular and Respiratory Diseases

- 1.1. Utility of Phytotherapy in the Treatment of Heart Failure
- 1.2. Phytotherapy in the Treatment of Arterial Hypertension
- 1.3. Phytotherapy in the Treatment of Hyperlipidemia involved in Cardiovascular Diseases
- 1.4. Phytotherapy in Venous Insufficiency Disorders
- 1.5. Phytotherapy in Respiratory Infections
- 1.6. Phytotherapy in the Treatment of Cough
- 1.7. Treatment of Asthma with Active Ingredients Derived from Plants: Antispasmodics
- 1.8. Phytotherapy and Herbal Active Ingredients in the Treatment of Lung Cancer





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



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 Nursing School we use the Case Method

In a given situation, what should a professional do? 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. 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. 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, 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 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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of 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 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 we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. 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 really 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.



#### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, 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 them as many times as you want.



#### 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 suggesting that observing third-party experts can be useful.

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 Phytotherapy for Cardiovascular and Respiratory Diseases 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 Phytotherapy for Cardiovascular and Respiratory Diseases** 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 Phytotherapy for Cardiovascular and Respiratory Diseases**

Modality: **online**

Duration: **6 weeks**

Accreditation: **8 ECTS**







**Postgraduate Certificate**  
Phytotherapy for Cardiovascular  
and Respiratory Diseases

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 8 ECTS
- » Schedule: at your own pace
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## Phytotherapy for Cardiovascular and Respiratory Diseases

