

# Postgraduate Diploma

## Gerontology and Oxidative Stress in Integrative Medicine



## Postgraduate Diploma Gerontology and Oxidative Stress in Integrative Medicine

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 20 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nursing/postgraduate-certificate/gerontology-oxidative-stress-integrative-medicine](http://www.techtute.com/us/nursing/postgraduate-certificate/gerontology-oxidative-stress-integrative-medicine)

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# 01

# Introduction

Scientific studies have an impact on advancing in the prolongation of people's lives and improving their quality of life. In this sense, Integrative Medicine has further boosted the development of therapeutic strategies in elderly patients, especially those affected by pathologies related to Oxidative Stress. Attracted by these advances, many patients are demanding their inclusion in health systems. In order for professionals to obtain a complete update in this field, TECH has designed this program, which delves into the most important advances in Gerontology, mental health and research in these areas. All in a 100% online format and with a syllabus developed by a team of experts with national and international clinical experience.



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*Improve your skills for the management  
of patients with pathologies related to  
Oxidative Stress thanks to TECH”*

From the biological, psychological and sociological point of view, or from the dimension of chronological aging, Gerontology has managed to take important steps towards improving the health of the elderly population and delaying old age. Integrative Medicine has contributed significantly to this progress, as it has been able to provide patients with less invasive treatments and to act effectively against pathologies related to Oxidative Stress.

The benefits of this specialty have made both health professionals and patients bet on it to promote the health and welfare of the person. Given this boom, TECH has created this 100% online Postgraduate Diploma, which offers the possibility of being able to make an update in Gerontology and Oxidative Stress in Integrative Medicine in just 6 months.

This is an advanced program, developed by an excellent specialized team with a reputed professional career in this field. In this way, the clinician will be able to carry out an effective update on research in chronological age, the therapeutic approach to patients with mental health diseases and will be able to learn about the latest scientific advances applied in Integrative Medicine.

All this, in addition, with didactic material based on video summaries of each topic, videos in detail, essential readings and clinical case studies, which offer a theoretical-practical and much more dynamic perspective. In addition, thanks to the Relearning System, based on the reiteration of key concepts, alumni will not invest a large number of hours of study time.  
of study hours.

In this way, this academic institution offers the possibility of being able to update with the best professionals in this field and through a flexible Postgraduate Diploma. All you need is an electronic device with an Internet connection to view the program syllabus at any time of the day. An exceptional opportunity to study an avant-garde degree, compatible with daily responsibilities.

This **Postgraduate Certificate in Gerontology and Oxidative Stress in Integrative Medicine** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- ♦ Practical cases presented by experts in Integrative Health
- ♦ 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 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



*This program will allow you to combine your daily professional responsibilities with a 100% online Postgraduate Diploma"*

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*You are looking at one of the best academic programs to be able to update your knowledge on scientific progress in chronological age”*

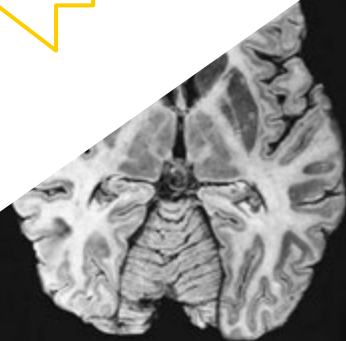
The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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 immersive education programmed to learn in real situations.

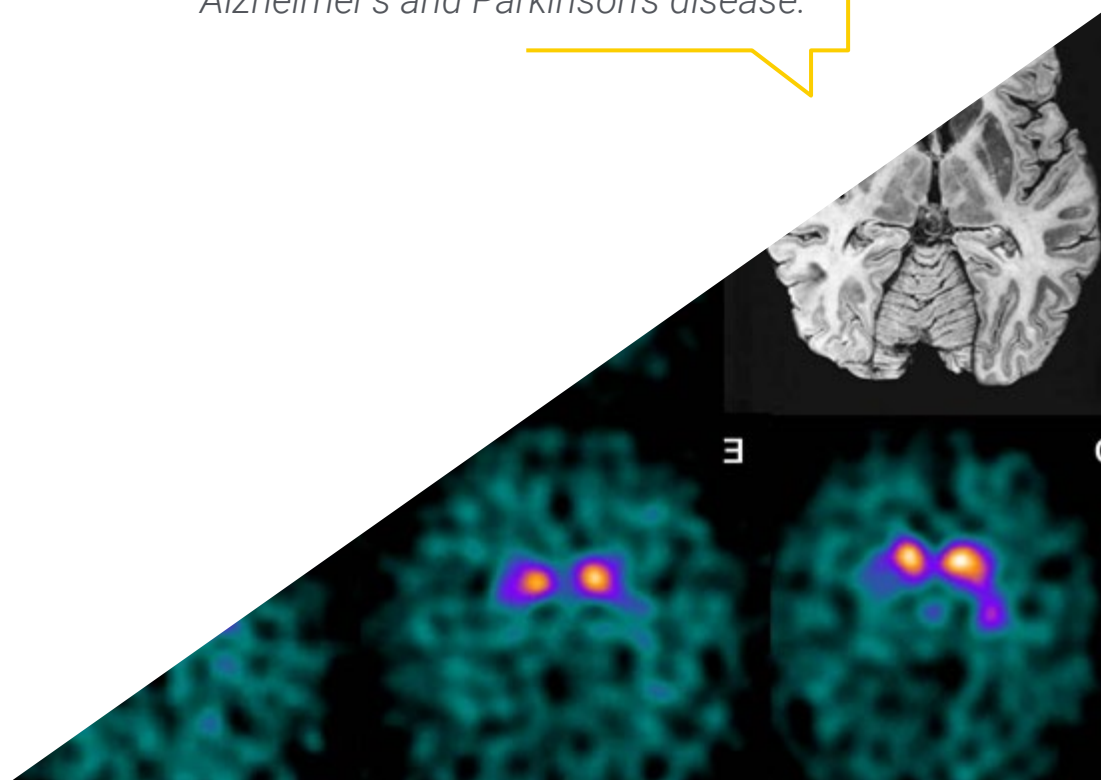
This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*You will get an intensive and attractive update thanks to the multimedia capsules that make up the resource library of this program.*

*Are you up to date in Neurology? This program brings you closer to the most recent advances in cognitive impairment, Alzheimer's and Parkinson's disease.*

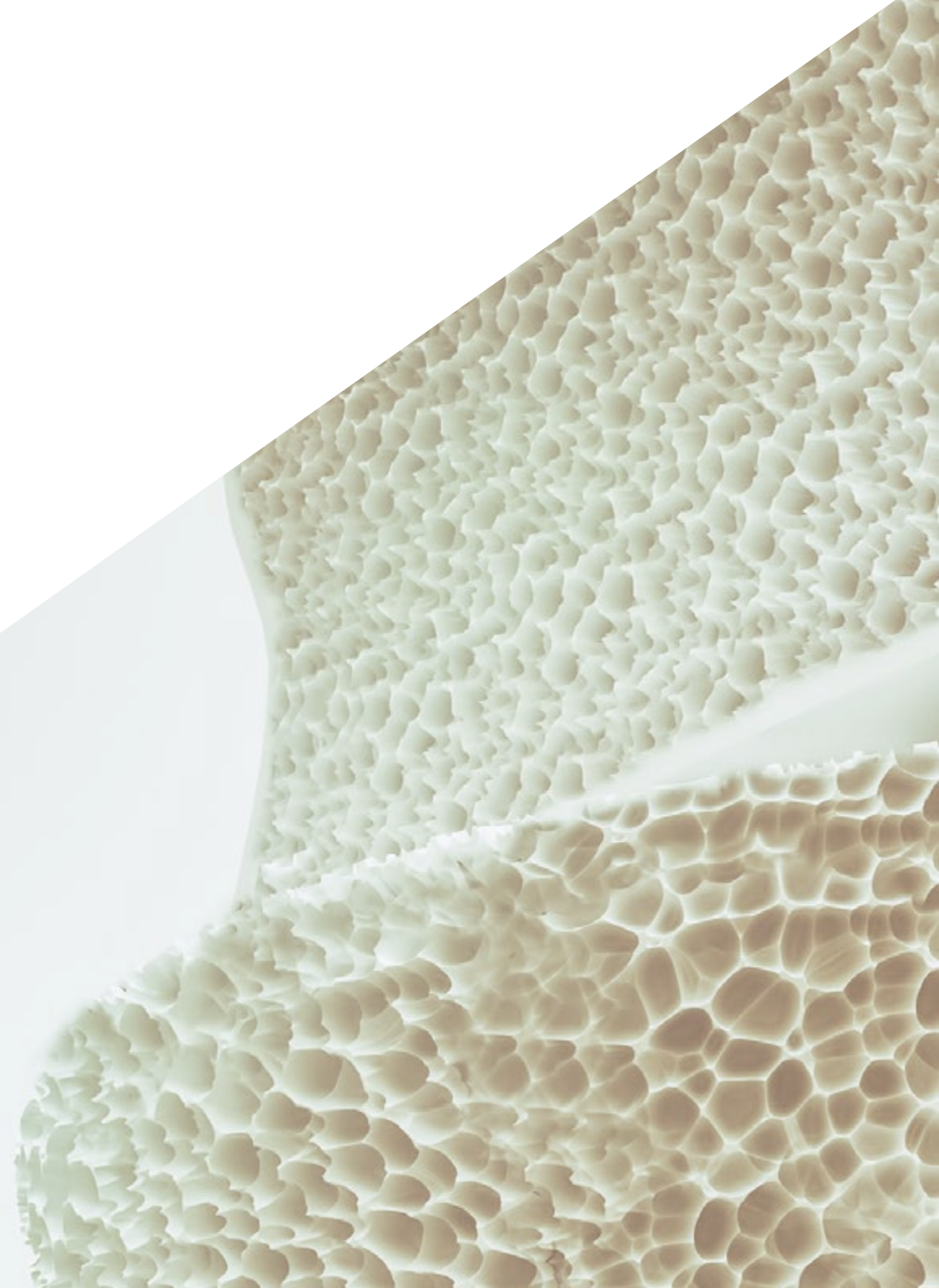


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# 02 Objectives

TECH shows in this program a great commitment to health professionals by bringing them closer to the most recent advances in Gerontology and Oxidative Stress in Integrative Medicine. The continuous advances in this specialty and the most rigorous research will allow the graduate to achieve a complete update. In addition, this objective will be much easier to achieve thanks to the theoretical-practical approach of this degree and the innovative pedagogical resources to which you will have access.





A close-up photograph of a white ceramic teapot and a white ceramic cup. The teapot is on the left, and the cup is on the right. The cup has a honeycomb pattern on its side. The background is a solid teal color.

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*Undoubtedly, the clinical case studies provided by this specialized team will give you the most appropriate strategies to approach patients with Alzheimer's disease"*



## General Objective

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- ♦ Gather, in a single program, the most avant-garde and accurate information related to Integrative Medicine applied to the field of Gerontology and the management of Oxidative Stress
- ♦ Know in detail the most innovative guidelines to carry out research projects with the elderly in the context of Integrative Medicine

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*You will be able to adopt in your daily practice the latest recommended measures for healthy aging thanks to the pedagogical resources offered by this program"*





## Specific Objectives

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### Module 1. Gerontology and Pathologies related to Oxidative Stress

- ◆ Address advances in chronological ageing research and measures for healthy aging
- ◆ Analyze changes in the neurological diseases that have the greatest impact on this population, such as Alzheimer's or Parkinson's disease

### Module 2. Mental Health and the Helping Relationship

- ◆ Study the evidence for integrative medicine treatment of neurological and psychiatric diseases
- ◆ Review the epidemiology, pathophysiology, and mechanisms underlying mood disorders and mental illnesses
- ◆ Understand the effectiveness of Body-Mind techniques such as yoga and Psychoanalysis in the therapeutic approach

### Module 3. Research

- ◆ Understand what can be disclosed, to whom, for what reason and what is needed to disclose cases
- ◆ Address the need to bring Integrative Medicine into the Public Health System
- ◆ Reflect on the need for academic and professional organization according to the regulatory framework of some European countries
- ◆ Discuss the right of the individual as a patient to free access to Integrative Medicine
- ◆ Reflect the reduction in economic expenditure and improvement in quality of life related to the introduction of IM
- ◆ Identify community resources and referral network for patients requiring specialized care



# 03

# Course Management

In this Postgraduate Diploma, the great teaching team, made up of leading specialists in Integrative Medicine, stands out above all. The extensive experience in this clinical field is a guarantee for the health professional who wishes to acquire an update from the best experts. In addition, their human quality and proximity will allow you to resolve any questions you may have about the content of this program.



A close-up photograph of a traditional marble mortar and pestle. The pestle is positioned diagonally across the mortar. Several vibrant green leaves, likely basil, are placed inside the mortar. The background is a soft, out-of-focus light green. The image is partially obscured by a large teal diagonal graphic element that covers the top right and bottom right portions of the page.

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*You have at your disposal an excellent team of professionals who are referents in the international clinical context of Integrative Medicine"*

## Management



### Dr. Menassa, Alejandra

- Head of Internal Medicine and Mental Health Unit at the Integrative Medicine Clinic
- Head of Ozone Therapy at the Integrative Medicine Clinic Attending Physician in the Internal Medicine service Emergencies in the Service at the 12 de Octubre University Hospital
- Member of the Psychoanalytic Medical Team of the Film Production Company Grupo Cero
- Master's Degree in Evaluation of Bodily and Psychosocial Damage, European Institute Ministry of Health and Social Welfare
- Expert in Psychological Judicial Expertise at the Instituto Superior de Psicología Alborán
- Expert in Ozone Therapy in Internal Medicine, University of Havana
- Vicepresident of the Spanish Society of Integrative Health and Medicine (SESMI)
- Member of: Spanish Society of Internal Medicine (SEMI)



### Dr. Rodríguez Picazo, Pedro

- Attending Director, UME clinic
- Director Founder of Medintegra
- Health Coordinator at Colisée
- Doctorate in Health Sciences, University of Alicante
- Degree in Nursing in Community Health from the University of Alicante
- University Specialist in Osteopathy, Kinesiology and Acupuncture by the University of Murcia
- Master's Degree in Advanced Integrative Health and Medicine by TECH Technological University
- ARPN, Sanitary Services by the European University Miguel de Cervantes
- Member of: Editorial Board of the Revista Medicina Integrativa RS&MI, Board of Directors of the Spanish Society of Integrative Health and Medicine, Fellow of the European Society of Integrative Medicine, Fellow of the Society of Integrative Oncology

## Professors

### Dr. Cruz, Héctor

- ♦ Medical Specialised in Neurology
- ♦ Neurologist in the Terrassa Health Consortium
- ♦ Neurological at the Clinical symptoms University Hospital of Zaragoza
- ♦ Neurologist in the Vic transfer Consortium
- ♦ Homeopath at Family Health Center
- ♦ Author of several scientific articles
- ♦ Speaker at congresses related to Homeopathy
- ♦ Master's Degree by the Medical and Homeopathic Academy of Barcelona (AMHB)

### Dr. García, Daniel

- ♦ Physical Therapist and Nurse
- ♦ Physiotherapist in private practice Daniel García Pérez-Juana
- ♦ Assistance Director at Clínica IMEDE
- ♦ Head of the Department of Physiotherapy and Osteopathy at the Integrative Medicine Clinic
- ♦ Doctor in the Health Sciences and Proprioception by the Rey Juan Carlos University
- ♦ Master's Degree in motor and Physiotherapy from Rey Juan Carlos University
- ♦ President and Founder at the Spanish Association of Yin

### Dr. Aldana Martínez, Sonia Cristina

- ♦ Geologist
- ♦ D. in Earth and Environmental Science and Technology from the University of Cagliari
- ♦ Master's Degree of Science in Earth Sciences: Applied and Environmental Geology at the University of Salamanca
- ♦ Degree in Geology at the University of Santander

### Ms. Sánchez, Sonia

- ♦ Educational psychologist at Castalla City Council
- ♦ Psychologist in the Health and Community Foundation. Alicante, Valencian Community
- ♦ Social Educator in the Health and Community Foundation. Alicante, Valencian Community
- ♦ Diploma in Social Education, Social and Philosophical Bases of Education from the National University of Distance Education (UNED)
- ♦ Degree in Psychology from the National Distance Education University
- ♦ Gestalt Therapist, Psychology by the Institute of Psychotherapy and Group Techniques
- ♦ Expert in Applied Clinical Psychology from Esneca Business School

### Dr. Rojas, Pilar

- ♦ Psychoanalyst and Physician Specializing in Rheumatology and Family Medicine at the Centro de Consultas de Psicoanálisis Dra. Pilar Rojas
- ♦ Director of the Department of Psychosomatic Medicine in the School of Psychoanalysis and Poetry Group Zero
- ♦ Assistant Physician in Rheumatology at the General University Hospital of Albacete
- ♦ Degree in Medicine and Surgery from the Autonomous University of Madrid
- ♦ Specialized in Rheumatology at the Hospital Universitario 12 de Octubre
- ♦ Specialized in Family and Community Medicine at the Toledo Teaching Unit

### Dr. Hernández Niño, Leonardo

- ♦ Medical Surgeon Expert in Alternative Therapies
- ♦ Physician in the San Luis Medical-Surgical Unit
- ♦ Physician at Heraz Holistic Medicine
- ♦ Physician in private practice
- ♦ Director of the Research Department of Magnofarma Lab.
- ♦ Lecturer in university programs related to Alternative Medicine
- ♦ Diploma in Homotoxicology and Biological Medicine from El Bosque University
- ♦ Diploma in Acupuncture and Optometry from the University the Forest

### Dr. Aldana Martínez, Natalia Sofia

- ♦ Medical Specialist in Alternative Medicine and Integrative Medicine
- ♦ Consultant at the Ministry of Health and Social Protection of Colombia
- ♦ Coordinator of the Academy of Integrative Health & Medicine
- ♦ Medical Specialist in Alternative, Complementary and Integrative Medicine in Kailash Medicine
- ♦ Medical Specialist in Alternative Medicine at the Medicina de Oriente Hospital
- ♦ Alternative Medicine Specialist at Tunjuelito Hospital
- ♦ Medical Specialist at Hospital ESE Hospital Nazareth
- ♦ General Editor of the Virtual Health Library on Traditional, Complementary and Integrative Medicine of the Americas
- ♦ Degree in Medicine and Surgery University Industrial of Santander
- ♦ Specialist in Alternative Therapies (Acupuncture and Oriental Medicine) from Manuela Beltrán University
- ♦ Professional Master's Degree in Homeopathy Medicine from the National University of Colombia
- ♦ Member of: the MTCL Americas network

### Dr. Serra, Mireia

- ♦ Music Therapist at the San José Institute Foundation Madrid
- ♦ Collaborating Psychologist at La Paz University Hospital. Madrid
- ♦ Degree in Philosophy and Letters from the Autonomous University of Barcelona
- ♦ Ph.D. in Clinical Psychology from the Ramón Llull University
- ♦ Music Therapist from Ramon Llull University

### Dr. Romero, Carolina

- ♦ Director of the Mind-Body Therapy Center of the Canary Islands
- ♦ In charge of the Mind-Body Department in the Integrative Health program at university San Roque Hospitals
- ♦ Joint author of a book on integrative oncology
- ♦ Art therapist, teacher of Samatha and Vipassana, and therapeutic Yoga
- ♦ Specialized in Tibetan Yoga, Dream Yoga and the Bardo
- ♦ PhD in Clinical Psychology
- ♦ Postgraduate degree in Neuropsychology and Education
- ♦ Postgraduate degree in Family Intervention and Mediation
- ♦ Member of: Spanish Society of Integrative Health and Medicine (SESMI)

### Dr. Díaz, Gualberto

- ♦ Specialist in Family and Community Medicine
- ♦ Homeopathic Physician and Integrative Oncologist at Centro Médico Conde Orgaz y Pinar
- ♦ Researcher at Servier Laboratories and at the Medical Department of Boiron Laboratories
- ♦ Lecturer in courses and seminars related to Homeopathy
- ♦ Regular speaker at Homeopathy and Integrative Medicine Congresses
- ♦ Editorial advisor and technical advisor at Amazing Books, a scientific publishing house
- ♦ Member of the Board of Directors of Spanish Society of Homeopathic Medical Therapy
- ♦ D. in Biotechnology, Medicine and Biosanitary Sciences from the Francisco de Vitoria University





**Dr. Vásquez, Carlos**

- ◆ Medical Surgeon, Specialist in Pharmaceutical Sciences and Alternative Medicine
- ◆ Researcher and professor in MTCl in ethnomedicine, phytotherapy and diet
- ◆ Doctorate in Pharmaceutical Sciences Line of Phytochemistry and Pharmacognosy
- ◆ Degree in Medicine and Surgery
- ◆ Master's Degree in Alternative Medicine at the Department of Alternative Medicine of the Faculty of Medicine of the National University. Colombia

**Ms. De la Flor, Irina**

- ◆ Professional Coach
- ◆ Director of Lo Mejor de Mí, Vivo Sano Foundation
- ◆ Director of Health Defense Organisation, Vivo Sano Foundation
- ◆ Degree in Law, Universidad Carlos III de Madrid
- ◆ Degree in Arts from the Carlos III University of Madrid
- ◆ Doctorate in Philosophy, University of Alcalá
- ◆ Master's Degree in Conscious Coaching from the University of East London
- ◆ Collaborator in: The United Nations, The European Parliament, The European Commission

# 04

## Structure and Content

The syllabus of this Postgraduate Diploma includes an intensive and dynamic journey through the most recent advances in the field of Gerontology and Oxidative Stress from Integrative Medicine. As a result, healthcare professionals will have access to an advanced syllabus that will also lead them to delve deeper into techniques such as coaching, yoga or Mindfulness, applied to improving mental health. In addition, there is a large amount of additional material available in the teaching resources library, 24 hours a day, 7 days a week.





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*A 6-month academic itinerary that will allow you to carry out a dynamic update on Gerontology and Oxidative Stress in Integrative Medicine"*

### Module 1. Gerontology and Pathologies related to Oxidative Stress

- 1.1. Advances in Chronological Age Research
- 1.2. Measures for Active and Healthy Aging
- 1.3. Neurology
  - 1.3.1. Alzheimer's Disease and Cognitive Deterioration
    - 1.3.1.1. Parkinson's Disease
    - 1.3.1.2. Sensory Dysfunction
  - 1.3.2. Biomechanics
    - 1.3.2.1. Muscles as a Metabolic Organ

### Module 2. Mental Health and the Helping Relationship

- 2.1. Life History
  - 2.1.1. Pathochrony
- 2.2. Epidemiology and Prevalence of Mental Illness in the Population
- 2.3. Advances in Neuropsychiatry
- 2.4. Illness as a Pathway
  - 2.4.1. Coping with Illness
  - 2.4.2. Psychological Impact of Illness
- 2.5. Introduction to Coaching
  - 2.5.1. Powerful Questions
  - 2.5.2. Coaching Tools
- 2.6. Effectiveness of Mind-Body Techniques in the Therapeutic Approach
  - 2.6.1. Yoga and Mindfulness
  - 2.6.2. Breathing Techniques
  - 2.6.3. Sound Therapy. Music Therapy
  - 2.6.4. Cardiac Coherence
  - 2.6.5. Bioenergetic Techniques
  - 2.6.6. Art Therapy and Creative Processes
  - 2.6.7. Psychoanalysis

### Module 3. Research

- 3.1. Evidence-Based Medicine in Integrative Medicine
- 3.2. Fundamentals of Applied Research in TCAM
- 3.3. Collaborative Work, Networks, and Resources in TQM Research



*With this program you will have the opportunity to keep up to date with the latest advances in the field of Integrative Medicine research"*

AGENCIA  
ESPAÑOLA DE  
PROTECCIÓN  
DE DATOS



# 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

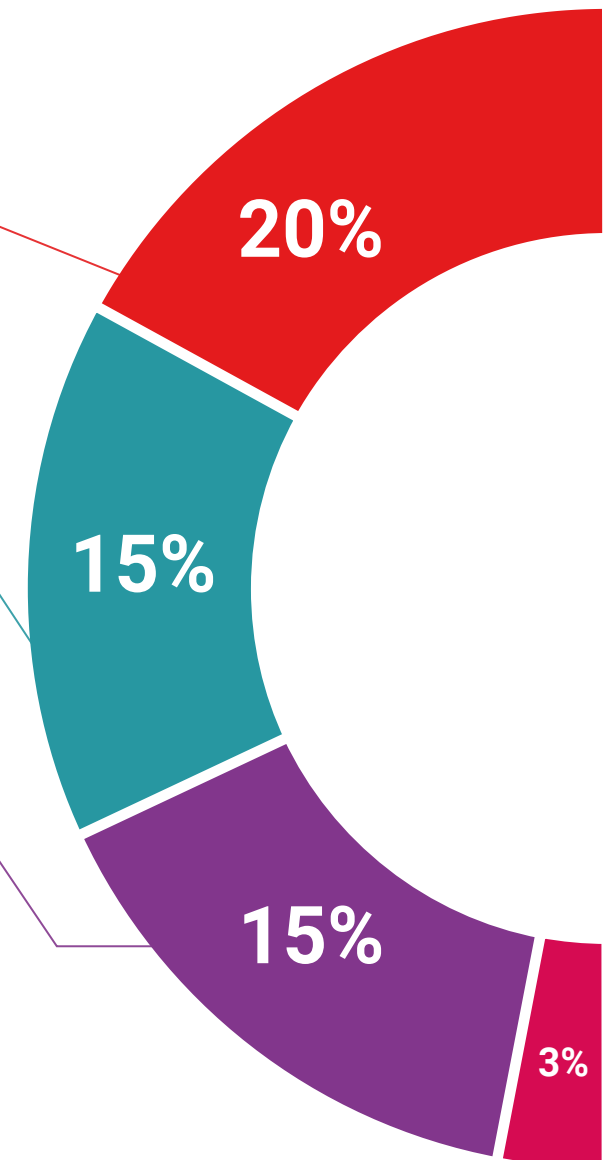
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

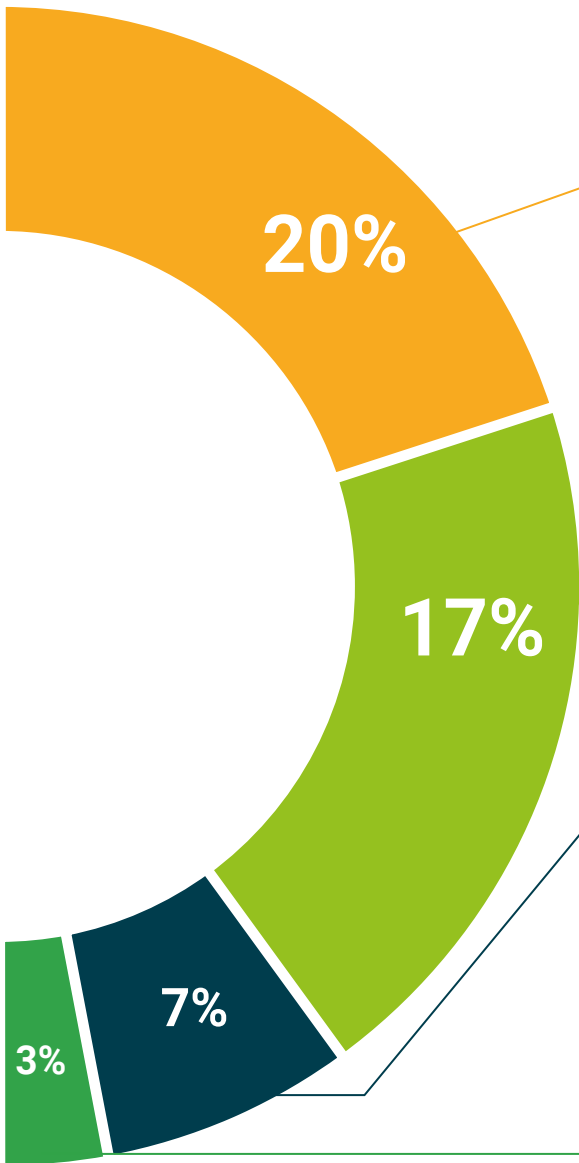
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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 Gerontology and Oxidative Stress in Integrative Medicine 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 Diploma in Gerontology and Oxidative Stress in Integrative Medicine** 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 Diploma in Gerontology and Oxidative Stress in Integrative Medicine**

Modality: **online**

Duration: **6 months**

Accreditation: **20 ECTS**



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





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