



# Postgraduate Diploma Genomic Medicine and

Advances in Integrative Medicine for Nursing

» Modality: online

» Duration: 6 months

» Certificate: TECH Global University

» Credits: 24 ECTS

» Schedule: at your own pace

» Exams: online

Website: www.techtitute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-genomic-medicine-advances-integrative-medicine-nursing

# Index

 $\begin{array}{c|c} 01 & 02 \\ \hline & \\ \hline \\ 03 & 04 \\ \hline \\ \hline \\ \hline \\ course Management \\ \hline \\ \hline \\ \\ \hline \\ p. 12 \\ \hline \end{array} \begin{array}{c} Objectives \\ \hline \\ \hline \\ 04 \\ \hline \\ \hline \\ p. 20 \\ \hline \end{array} \begin{array}{c} O5 \\ \hline \\ Methodology \\ \hline \\ \hline \\ p. 24 \\ \hline \end{array}$ 

06 Certificate

p. 32

# 01 Introduction

Advances in recent decades in Genomic and Integrative Medicine have led to a growing interest on the part of healthcare professionals in this field. An area with a new approach to the care of patients with chronic diseases, which is gradually being brought into clinical practice by nurses. The integration, therefore, of the omic sciences makes an update necessary, which also allows them to progress in daily practice. Precisely the new developments in these areas have prompted the creation of this 100% online program that delves into the latest scientific research in the genomic field, in Integrative Medicine and in Gerontology and pathologies related to oxidative stress.



# tech 06 | Introduction

Undoubtedly one of the great scientific advances has been the exhaustive study of DNA, which has led to significant progress in Genomic Medicine and with it the treatment of diseases such as cancer or AIDS. This has contributed to the improvement of people's health through the correction of certain genetic defects. This technique suggests a promising future in the treatment of chronic pathologies that affect a large number of people throughout the world.

Therefore, Integrative Medicine also facilitates personalized clinical care, taking into account the specific characteristics of each patient and with a complementary approach to the traditional one. Given the advances in both fields, there has been a significant interest on the part of health professionals, who increasingly wish to incorporate all the advances in their daily lives. For this reason, TECH has created this 100% online Postgraduate Diploma, developed by the best specialists in this area.

An educational experience of 600 hours through which the student will work the latest information on nutritional genomics, biomedicine and pharmacogenomics, focusing also on the factors that influence neural therapy and phytotherapy. In addition, thanks to the multimedia content you will be able to delve much more dynamically into Gerontology and pathologies related to oxidative stress.

In this way, TECH provides the opportunity to enhance care competencies through a program that favors self-management of study time and compatibility with daily responsibilities. The professional who takes this Postgraduate Diploma can access it at any time of the day, from any electronic device (Tablet, mobile or computer) with internet connection. An unique opportunity to update your knowledge with a university qualification that is at the forefront of the educational field.

This Postgraduate Diploma in Genomic Medicine and Advances in Integrative Medicine for Nursing 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 self-assessment can be used 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



# Introduction | 07 tech

With this program you will be up to date on advances in food intolerances and personalized diet therapy recommendations.

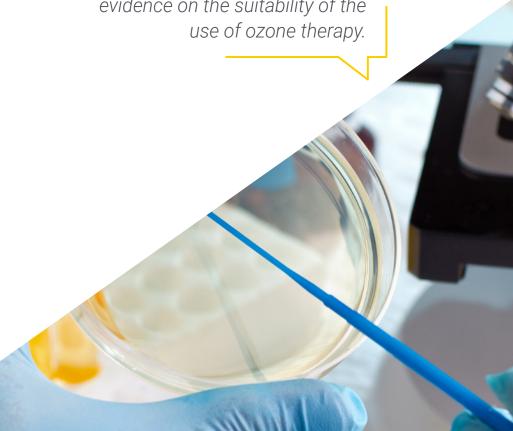
In this Postgraduate Diploma you will learn about the recent clinical evidence on the suitability of the use of ozone therapy.

You will get the most up-to-date approach on recommendations for active and healthy aging in just 6 months"

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.







# tech 10 | Objectives



# **General Objectives**

- Provide the graduate with the most complete and cutting-edge information related to Genomic and Integrative Medicine in the current clinical context
- Provide the specialist with all the tools they need to update their practice in a comfortable and exhaustive way, but, above all, in a guaranteed way.





# **Specific Objectives**

#### Module 1. Genomic Medicine

- Analyze the efficacy of Genomic Medicine in clinical practice, pattern recognition, and evaluation of metabolic networks
- Interpret literature related to the module
- Describe the importance of isolating patterns of meaning within complex signals and the complexity of analyzing large datasets
- Develop customized, clinically meaningful omics-based solutions, with a focus on lifestyle and wellness-centered solutions

### Module 2. Advances in Integrative Medicine Techniques

- Analyze the relationship between the peripheral and central nervous system with the digestive tract and the immune system
- \* Review access to complementary medicine therapies in hospital settings
- Analyze Neural therapy and Ozone Therapy
- Learn the clinical advances in integrative nutrition such as the Anti-Inflammatory and Ketogenic Diets

### Module 3. 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



Through real case studies, you will work on perfecting the design of integrative diets for nutritional rebalancing in an alternative way"





# tech 14 | Course Management

# Management



# Dr. Menassa, Alejandra

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



# Dr. Rodríguez Picazo, Pedro

- Assistant Director, UME clinic
- Founder Director of Medintegra
- Health Coordinator at Colisée
- PhD in Health Sciences, University of Alicante
- Diploma in Nursing. 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 from TECH Technological University
- ARPN, Health Services by the European University Miguel de Cervantes
- Member of:
  - Editorial Board in the Journal Integrative
- Board of-President of the Spanish Society of Integrative Health and Medicine
- Partner of the European Society of Integrative Medicine
- Partner in the Society of Integrative Medicine

# tech 16 | Course Management

### **Professors**

### Dr. García Gutiérrez, Rosario

- Specialist in Family and Community Medicine; and in Esthetic Antiaging and Medicine
- Vitaelia Clinic Director
- Medical Responsible of the Ozone and Biological Serotherapy Unit at SHA Wellness Clinic
- Doctor in private practice
- Master's Degree in Biological and Antiaging from the CEU Cardenal Herrera University
- Master's Degree in Advanced in Aesthetic Medicine Techniques from CEU Cardenal Herrera University

## Dr. Rigau, Josepa

- Immunologist and Specialist at Virtual Clinic MASalud
- Microimmunotherapist in Virtual Clinic MASalud
- \* Medical Specialist in Biological and Genetic Medicine in different institutions
- PhD in Medicine and Surgery, Rovira i Virgili University
- \* Master's Degree in Biological Medicine and Antiaging from the University of Alcalá, Spain
- Master's Degree in Pharmacogenetics, Pharmacogenomics and Personalized Medicine from the University of Barcelona
- Master's degree in Environmental Medicine from the American Academy of Environmental Medicine
- President and Founder at the Spanish Association of Microimmunotherapy (AEMI)
- Member of:
- European Medicines Association
- Spanish Society of Medical Surgical Laser (SELMQ)
- Spanish Society of Antiaging and Longevity Medicine (SEMAL)
- Spanish Society of Integrative Health and Medicine (SESMI)

### Dr. Lajo Morales, Teresa

- Endocrinologist at Synergia MedicalCare
- Endocrinologist at Nuosalud Clinic
- Head of the Endocrinology Service at the Hospital HLA Universitario Moncloa
- Physician specialized in Endocrinology and Nutrition at La Paz University Hospital
- University Expert in Bioregulatory Medicine by the University of Alcalá

### Dr. Salgado, Carmen

- Naturopath, Director and Founder of the Herabarum Natura therapeutic center
- Member of the Naturopathy Department of the Philippus Thuban Center for Higher Studies
- Graduate in Pharmacy from the Complutense University of Madrid
- Degree in Biochemistry and Molecular Biology
- Postgraduate Diploma in Naturopathy by the Escorial- María Cristina Royal University Center
- Postgraduate Diploma in and Orthomolecular Medicine Nutrition by the French Association of Orthomolecular Medicine

# Dr. Serrano Gandía, Juan

- Executive Technical Project Manager at the company Dietéticos Intersa
- Analyst Biologist at the Valencian Institute of Oncology Foundation
- Degree in Biological Sciences, specialized in Biochemistry and Molecular Biology from the University of Valencia
- Member of:
- Vice-President of the Spanish Society of Integrative Health and Medicine
- Spanish Society of Phytotherapy

## Dr. Blázquez, Elisa

- Clinical nutritionist and communicator
- Head of the Department of Nutrition and Dietetics at Clínica IQtra Medicina Avanzada
- Regular contributor to newspapers and magazines
- Nutritional disseminator through YouTube
- \* Author of the book Dieta integrativa, la dieta que tu salud necesita
- Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid
- Specialized in Immunonutrition

### Dr. Díaz Díez, Camino

- Director of Private Practice Dr. Camino Díaz
- Medical coordinator at Blue Healthcare
- Reebok Sports Club Health Department Physician
- Head of the Homeopathy Department of the Integrative Medicine Clinic
- Head of the Oncology Unit at La Moraleja University Hospital
- Medical Specialist at the Homeopathic Institute and San José University Hospital
- Member of:
- Spanish Society of Medicine
- Spanish Society of Integrative Health and Medicine
- Master's Degree in Supplementation and Nutrition from CEU Cardenal Herrera University

# Dr. Cruz, Héctor

- Medical Specialised in Neurology
- Neurologist at the Health Consortium of Terrassa
- Neurologist at the Hospital Clínico Universitario de Zaragoza
- Neurologist at the Vic Hospital Consortium

- Homeopath at the Family Health Center Marenostrum
- Author of several scientific articles
- Speaker at congresses related to Homeopathy
- Master in Homeopathy by Academy of Barcelona(AMHB)

### Dr. García Pérez Juan, Daniel

- Physiotherapist and Nurse
- Physiotherapist in private practice Daniel García Pérez-Juana
- Assistant Director at Clínica IMEDE
- Head of the Department of Physiotherapy and Osteopathy at the Integrative Medicine Clinic
- PhD in Health Sciences, Pain and Proprioception by the Rey Juan Carlos University
- Master in Motor Neurocontrol and Physiotherapy by the University Rey Juan Carlos
- President and Founder of the Spanish Tao Yin Association

### Dr. Matute, Ruth

- \* Biochemist and Molecular Biologist Expert in Nutrigenomics
- Biochemist at ADNI ife
- \* Speaker in several courses related to Nutritional Genomics
- PhD in Biochemistry and Molecular Biology
- Degree in Biochemistry and Molecular Biology
- Expert in Genomics and Precision Medicine from the University of California
- Expert in Epigenetics and Control of Gene Expression, University of Melbourne
- Postgraduate Diploma in Clinical Nutrition from the University of California

# tech 18 | Course Management

# Dr. Fernández Barrera, Valle

- Doctor Expert in Integrative Medicine
- Integrative Physician at the Valle Fernandez Clinic
- Family Physician in Health and Emergency Centers
- Director of Los Almendrales Medical Center
- Master in Integrative and Humanistic Medicine by the Lineo Institute ASEPROIM
- Expert in Immunonutrition, Catholic University of Valencia

### Ms. González Martín, María del Carmen

- Medical Director, Centers clinic
- \* Specialist in Orthomolecular Medicine and Antiaging the Centers Clinic
- PhD in Infectious Diseases and Microbiology from the University of Granada
- Master's Degree in Active Cell Nutrition by the French Association of Orthomolecular Medicine
- Vice-President of the Cosmetic Medicine Association of Granada
- Member of:
- \* Spanish Society of Nutrition and Orthomolecular Medicine
- International Expert Committee on Ozone Therapy

# Dr. Vinyes Casajoana, David

- Medical Specialist in Neurology
- Medical director of the Institute of Neural Therapy and Regulatory Medicine. Barcelona
- Teacher of Neural Therapy courses in Europe and America
- Speaker in several national and international congresses on Neural Therapy, Craniofacial and Oral Pain, and Gynecology
- Degree in Medicine and Surgery from the Autonomous University of Barcelona
- Master's Degree in Neuroscience from the Autonomous University of Barcelona
- Master's Degree in Anthropology of Medicine at the University of Tarragona



- Training in Neural Therapy at CIMA. Colombia
- Member of:
- Honorary Member of the Medical Societies of Neural Therapy of Austria, Italy, Portugal, Colombia and Ecuador
- Ethical and Scientific Commission of the International Federation of Medical Associations of Neural Therapy

#### Dr. Pellicer Sabadí Cristina

- Medical Specialist in Integrative Medicine
- Teacher in different Integrative Medicine trainings
- Medical trainer in thoracic surgery
- Degree in Medicine and Surgery, Autonomous University of Barcelona
- Master's Degree in Clinical Oncology from the University of the Basque Country/Euskal
- Herriko Unibertsitatea (UPV/EHU)
- Master's Degree in Clinical Psychoneuroimmunology from the University of Salamanca
- Trained in muntiple health and complementary disciplines

### Dr. González, Belén

- Specialist in Family and Community Medicine and Psychoneuroimmunology
- Medical Expert in Nutrition and Integrative Medicine at the San Fernando Medical Center
- Expert in Nutrition and Integrative Medicine at the Varoa Clinic
- Clinical Manager in Private Practice of Psychoneuroimmunology
- Professor in undergraduate studies in Integrative Medicine
- Master's Degree in Clinical Psychoneuroimmunology from the University Pontificia of Salamanca

#### Dr. Crespo de la Rosa, Juan Carlos

- Physician and expert Researcher in Integrative Medicine and Health
- General Physician in private practices
- Author of 4 books and 150 scientific articles published in national and international journals
- Professor in postgraduate university studies
- President of the Spanish Society of Integrative Medicine
- Director of the Institute of Integrative Medical Revitalization
- Regular speaker at Integrative Medicine and Health Congresses
- Doctor in Medicine and Surgery from the University of Sevilla

#### Dr. Sabater Tobella, Juan

- \* Research Specialist in Genomic Medicine and Metabolopathies
- \* President of honor of the Royal Academy of Pharmacies of Catalonia
- President of EUGENOMIC
- Director of the first center in Spain that focuses on researching and diagnosing metabollic diseases: Institute of Clinical Biochemistry
- Implementation of the first provincial program for the early detection of Phenylketonuria and other metabolopathies
- Biochemistry Professor at the Faculty of Medicine of the Autonomous University of Barcelona
- PhD in Pharmacy from the University of Barcelona
- Degree in Pharmacy from the University of Barcelona
- Member of:
- Royal Academy of Medicine of Catalonia
- Spanish Real Academia Nacional de Medicina
- Royal Academy of Pharmacies of Catalonia
- \* Regular speaker at Integrative Medicine and Health Congresses
- Doctor in Medicine and Surgery from the University of Sevilla





# tech 22 | Structure and Content

# Module 1. Genomic Medicine

- 1.1. Introduction to Genomic Medicine
  - 1.1.1. Advanced Genomic Medicine
- 1.2. Polymorphisms. Epigenetics
- 1.3. Pharmacogenomics
- 1.4. Nutritional Genomics
  - 1.4.1. Nutrigenomics
  - 1.4.2. Nutrigenetics. Gluten, Lactose and Fructose Intolerance
  - 1.4.3. Functional food
  - 1.4.4. Personalized Diet Therapy
- 1.5. Biomedicine. Biochemistry Overview

# **Module 2.** Advances in Integrative Medicine Techniques

- 2.1. Platelet Factors
- 2.2. Neural Therapy
- 2.3. Microimmunotherapy
- 2.4. Mycology and Immunomodulation
- 2.5. Ozone Therapy. Clinical Evidence
  - 2.5.1. Biochemical Principles and Ozone Mechanism of Action
- 2.6. Orthomolecular Supplementation, Phytotherapy, and Interactions
  - 2.6.1. Phytotherapy
- 2.7. Advances in Integrative Nutrition
  - 2.7.1. Anti-Inflammatory Diet
  - 2.7.2. Ketogenic Diet
  - 2.7.3. Fasting
  - 2.7.4. Diet Therapy to Rebalance Microbiota





# Structure and Content | 23 tech

# Module 3. Gerontology and Pathologies related to Oxidative Stress

- 3.1. Advances in Chronological Age Research
- 3.2. Measures for Active and Healthy Aging
- 3.3. Neurology
  - 3.3.1. Alzheimer's Disease and Cognitive Deterioration
    - 3.3.1.1. Parkinson's Disease
    - 3.3.1.2. Sensory Dysfunction
  - 3.3.2. Biomechanics
    - 3.3.2.1. Muscles as a Metabolic Organ

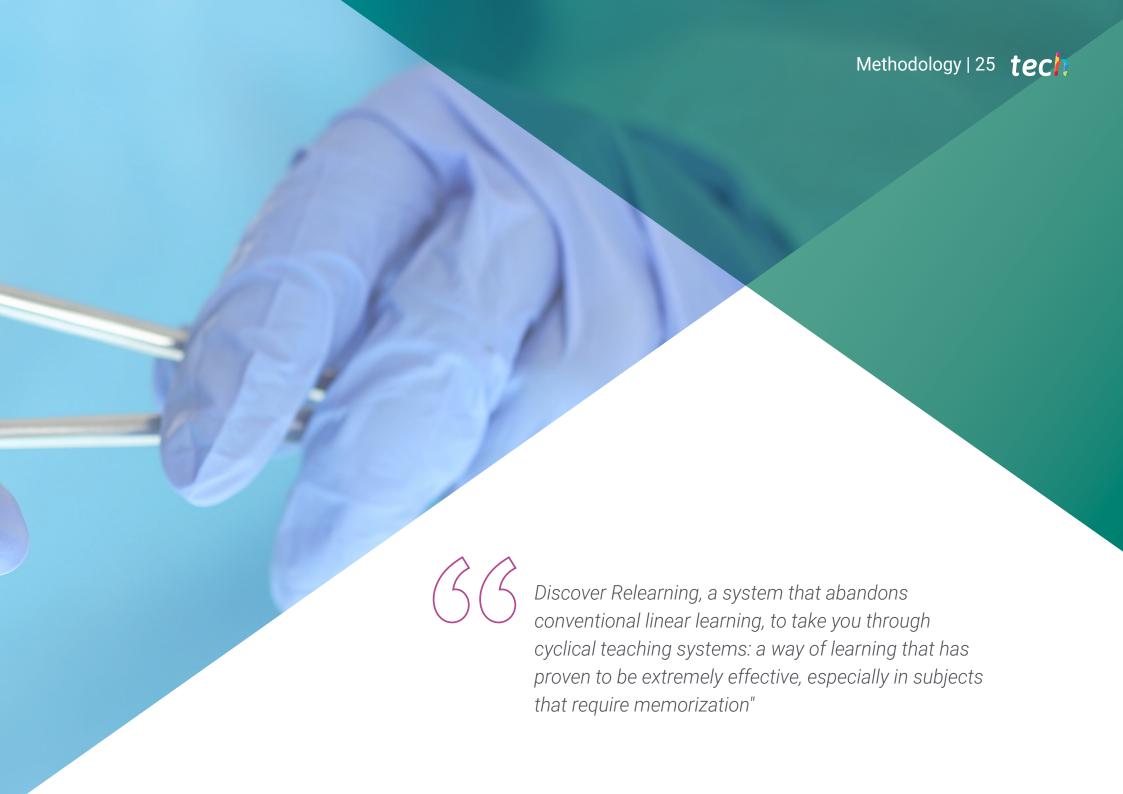


With this university qualification you will be up to date with the latest developments in the Integrative Medicine approach to pathologies related to oxidative stress"



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.

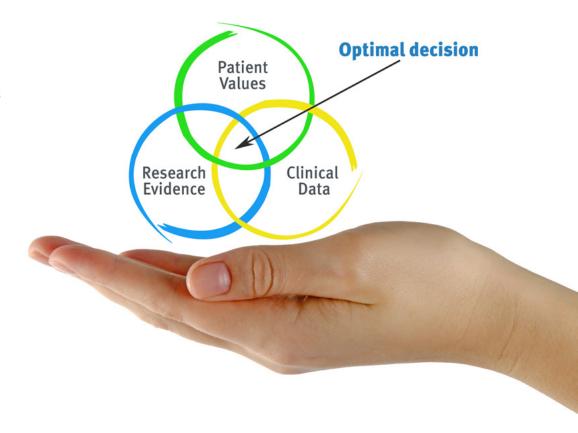


# tech 26 | Methodology

# 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.



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:

- 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.



# Methodology | 29 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 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**

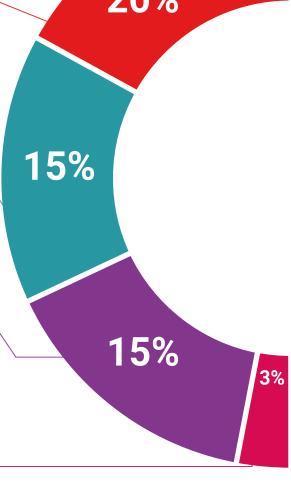
We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you 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

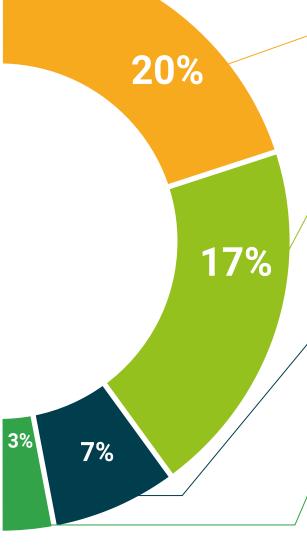
There is scientific evidence suggesting that observing third-party experts can be useful.

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.







# tech 34 | Certificate

This private qualification will allow you to obtain a **Postgraduate Diploma in Genomic Medicine** and **Advances in Integrative Medicine for Nursing** 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** private qualification 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 Genomic Medicine and Advances in Integrative Medicine for Nursing

Modality: online

Duration: 6 months

Accreditation: 24 ECTS



Mr./Ms. \_\_\_\_\_\_, with identification document \_\_\_\_\_ has successfully passed and obtained the title of:

# Postgraduate Diploma in Genomic Medicine and Advances in Integrative Medicine for Nursing

This is a private qualification of 720 hours of duration equivalent to 24 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024



<sup>\*</sup>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.

health
guarantee

tech global
university

# Postgraduate Diploma

Genomic Medicine and Advances in Integrative Medicine for Nursing

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 24 ECTS
- » Schedule: at your own pace
- » Exams: online

