

Postgraduate Diploma

Phytotherapy of
Locomotor System
Disorders for Nursing



Postgraduate Diploma Phytotherapy of Locomotor System Disorders for Nursing

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-phytotherapy-locomotor-system-disorders-nursing

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Course Management

p. 12

04

Structure and Content

p. 18

05

Methodology

p. 22

06

Certificate

p. 30

01

Introduction

Harpagophytum or Meadowsweet are some of the countless medicinal plants used to treat rheumatic diseases by natural means. The benefits they provide to promote the welfare of people suffering from arthritis or osteoarthritis in a non-aggressive way lead to the constant emergence of new alternative methods to optimize their recovery. This fact causes that the nurse must know these advances to improve their health skills, reason why TECH has developed this program. Through this program, the student will identify new anti-inflammatory and analgesic plants that can reduce joint pain or address muscle contractures. All this, with a 100% online methodology that will enable their excellent learning without depending on uncomfortable tight schedules.





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Manage, with this program, the latest advances in the application of anti-inflammatory and analgesic plants to establish the care of patients with osteoarthritis or arthritis"

Over the last decade, Phytotherapy has established itself in the health field as an excellent method for dealing with numerous locomotor pathologies from a natural perspective and with fewer side effects than traditional drugs. In this line, research has consistently found that several unknown plants have certain anti-inflammatory and analgesic properties that can combat the pain of contractures or rheumatic diseases. Given the continuous advances in this area and the benefits they bring to the patient, nurses must be aware of them in order to offer cutting-edge healthcare in their daily professional work.

In response to this situation, this academic institution has promoted the creation of this program, with which the student will adopt the most up-to-date knowledge regarding the use of Phytotherapy to address the different conditions of the Locomotor System. During 6 months of intensive learning, the student will detect the most avant-garde medicinal plants that favor the recovery of the patient with Arthrosis or Arthritis and will master their use for the care of the patient with different joint pains. They will also determine the applications of uricosuric plants for the management of the individual suffering from Gout.

Thanks to the 100% online methodology offered by this Postgraduate Diploma, the student will achieve effective learning through the development of their own study schedules. Likewise, this program is taught by professionals in the pharmaceutical field who actively exercise their functions related to the area of Phytotherapy. Therefore, the knowledge that the student will assimilate will be in tune with the latest developments in this field.

This **Postgraduate Diploma in Phytotherapy of Locomotor System Disorders for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Practical case studies are presented by experts in Phytotherapy
- ♦ 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



Perfect your skills in the care of patients by phytotherapeutic means and position yourself as a reference professional in this area"

“

The Postgraduate Diploma in Phytotherapy of Locomotor System Disorders for Nursing will allow you to learn about the most avant-garde medicinal plants to address these various muscular aches and pains"

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.

Balance to perfection, thanks to the study opportunities that TECH has to offer, your learning and your professional and academic obligations.

Adapt your study to the textual and multimedia format that is most satisfactory for you to achieve effective and enjoyable learning.



02 Objectives

This Postgraduate Diploma has been designed to provide the nurse with the latest advances in the area of Phytotherapy applied to the approach of the different affections produced in the Locomotor System. Throughout their academic period, they will identify the most avant-garde applications of medicinal plants to treat pathologies such as osteoarthritis or rheumatism. All this, sustained by following the general and specific objectives developed by TECH.





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Update your knowledge in the use of Phytotherapy for the treatment of rheumatism by taking this Postgraduate Diploma”



General Objectives

- 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

Module 1. Phytotherapy and Herbal Medicines

- ♦ Define what a drug is and distinguish it from an active ingredient
- ♦ Explain the protocols for drug recognition
- ♦ Identify the main chemical groups of active ingredients, which are responsible for the effects of drugs and, by extension, of plants
- ♦ Delve into techniques for the cultivation, collection, processing and conservation of medicinal plants
- ♦ Detect botanical nomenclature and species citation
- ♦ Classify plant groups according to current regulations
- ♦ Define the medicinal utility of mushrooms
- ♦ Explain the legislation and regulation in relation with Phytotherapy

Module 2. Active Ingredients of the Plants, Pharmaceutical Forms and Galenic Preparations

- ♦ Master the application of the magistral formulation in Phytotherapy
- ♦ Explain the industrial processing of herbal medicines
- ♦ Define the main groups and properties with relation to the active ingredients
- ♦ Define the therapeutic application of phenols, flavonoids, tannins, isoprenoids, resins, alkaloids and other products

Module 3. Phytotherapy of Locomotor System Disorders

- ♦ Identify the usefulness of Phytotherapy in the treatment of arthritis
- ♦ Define the usefulness of phytotherapy in the treatment of arthrosis
- ♦ Delve into the usefulness of Phytotherapy in the treatment of joint pain
- ♦ Detect the medicinal plants that act as muscle relaxants for the treatment of muscle contractions
- ♦ Classify remineralizing medicinal plants
- ♦ Explain the phytotherapy treatments and therapeutic limits in locomotor system disorders



Achieve the general and specific objectives of TECH and become a leading professional in the field of Phytotherapy of Locomotor System Disorders"

03

Course Management

Thanks to TECH's untiring commitment to raise the educational level of all its qualifications, this program has a teaching team made up of excellent specialists in Phytotherapy, who work in a large number of pharmaceutical centers. These experts are in charge of preparing the teaching materials present throughout this academic itinerary. Therefore, the contents that will be provided to the students will be fully up-to-date.





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In order to offer you the knowledge with greater professional applicability, this program is taught by experts with extensive experience in the area of Phytotherapy”

Professors

Dr. Güemes Heras, Jaime

- ◆ Director of the Botanical Garden of Valencia
- ◆ Biologist and Botany Expert
- ◆ Curator of the Botanical Garden, Cavanilles Institute of Biodiversity and Evolutionary Biology in Valencia
- ◆ President of the Ibero-Macaronesian Association of Botanic Gardens
- ◆ President of the Spanish Society of Plant Conservation Biology
- ◆ PhD in Biology
- ◆ Author of more than a dozen books and chapters related to biology and botany
- ◆ Scientist that named 31 new species for science in the International Plant Names Index

Dr. Soriano Guarinos, Pilar

- ◆ Researcher at the Germplasm Bank of the Botanical Garden of the University of Valencia
- ◆ Professor of the Department of Botanics at the Faculty of Pharmacy of the University of Valencia
- ◆ Researcher at the Cavanilles Institute of Biodiversity and Evolutionary Biology
- ◆ Doctor of Pharmacy
- ◆ Author of dozens of scientific articles related to Botany

Ms. Buendía Sánchez, Esmeralda

- ◆ Technical Pharmaceutical Director Arkopharma Laboratories
- ◆ Director of the Scientific Department, Arkopharma, S.A
- ◆ Author of *Hypericum in the treatment of depression* and co-author of several publications
- ◆ Specialist in Pharmacy



Ms. Izquierdo Palomares, Rosa

- ♦ Private Pharmacy Manager in Customer Service and the Elaboration of Magistral Formulas
- ♦ Head of Industrial Hygiene and Ergonomics at Unión de Mutuas
- ♦ Prevention Technician Specialist in Industrial Hygiene in Unión de Mutuas
- ♦ Degree in Community Pharmacy from the University of Valencia
- ♦ Master in Industrial Hygiene and Occupational Health

Dr. Palomino Ruiz-Poveda, Olga

- ♦ Expert in Pharmacology and Pharmacognosy and Botany and scientific researcher
- ♦ Professor of the Department of Pharmacology in the Faculty of Pharmacy of the Complutense University of Madrid
- ♦ Records Technician at Arkopharma
- ♦ Doctor of Pharmacy
- ♦ Member of the Committee on Herbal Medicinal Products (HMPC) of the European Medicines Agency

Dr. Bejarano, María

- ♦ Specialist in Histology and Pharmacy
- ♦ Associate Pharmacist in Pharmacy Office at LKN Strategies Inc
- ♦ Trainer and promoter at LKN life
- ♦ EFG promoter trainer at Markefarm SL
- ♦ Pharmacist in pharmacy office
- ♦ Doctor of Pharmacy. CEU Cardenal Herrera University
- ♦ Degree in Histology Botanical Garden of the University of Valencia
- ♦ Degree in Pharmacy. University of Valencia

Ms. Ibars Almonacil, Ana

- ♦ Biologist at the Cavanilles Institute of Biodiversity and Evolutionary Biology
- ♦ Teacher in the area of Botany and Geology at the University of Valencia
- ♦ Co-author of the book *Ferns of the Valencian Community*
- ♦ Member of: Cavanilles Institute of Biodiversity and Evolutionary Biology, CBiBE Research Lab, and Scientific Committee of the SEFIT Conference: Phytotherapy in metabolic syndrome

Dr. García-Fontestad, Gema Alejandra

- ♦ Independent Pharmacist and Expert in Chemical Morphophysiology and its impact on health
- ♦ Pharmacist in pharmacy office
- ♦ Writer at Farma13
- ♦ PhD in Pharmacy from CEU Cardenal Herrera University
- ♦ Author of dozens of research articles related to the pharmacological field

Dr. Acero de Mesa, Nuria

- ♦ Pharmacist expert in Biotechnology
- ♦ Former Professor of Vegetable Physiology
- ♦ Full Professor, Department of Pharmaceutical and Health Sciences, Faculty of Pharmacy, CEU San Pablo University
- ♦ Principal investigator of the group Productos Naturales
- ♦ Doctor of Pharmacy
- ♦ Co-author of several scientific publications in specialized media
- ♦ Member of: Team of the toxicology and epidemiology line of the Observatory of Drug Addictions of the Valencian Community, National Service of Certification of Plants and Fungi and Technical Commission of monitoring

Dr. Muñoz-Mingarro, Dolores

- ♦ Full Professor of the Department of Chemistry and Biochemistry, Faculty of Pharmacy, CEU San Pablo University.
- ♦ Investigator
- ♦ Author of more than 30 scientific articles
- ♦ Prize for the best initiative awarded by Correo Farmacéutico for the book *Manual de Fitoterapia* (Phytotherapy Manual)
- ♦ D. in Biological Sciences from the Complutense University of Madrid
- ♦ Degree in Biological Sciences from the Complutense University of Madrid
- ♦ Graduate in Pharmacy from the Complutense University of Madrid.
- ♦ Member of: Spanish Society of Chromatography and Related Techniques SECYTA, Iberoamerican Network of Natural Products for Medicinal Use and Ripronamed Research Groups.

Dr. Balaguer Fernández, Cristina

- ♦ Pharmacist specialized in transdermal administration therapies
- ♦ Vice-Dean of the Faculty of Pharmacy at Cardenal Herrera University
- ♦ Assistant Professor in the Department of Pharmacy at the Faculty of Health Sciences of the CEU Cardenal Herrera University
- ♦ PhD in Pharmacy from CEU - Cardenal Herrera University
- ♦ Presentations and communications in national and international congresses

Dr. Calatayud Pascual, Araceli

- ♦ Director of the Department of Pharmacy, Faculty of Health Sciences, CEU Cardenal Herrera University
- ♦ Assistant pharmacist in pharmacy office
- ♦ Coordinator of the Medicine Degree
- ♦ Coordinator of the External Internships of Medicine
- ♦ Coordinator of the second cycle of the Degree in Medicine
- ♦ Assistant Professor of the University Department of Pharmacy at the Faculty of Health Sciences of the CEU Cardenal Herrera University.
- ♦ Professor responsible for the subject of Pharmacology in the Degree of Medicine at CEU Cardenal Herrera University
- ♦ Participation in 41 presentations and/or oral communications in national and international congresses
- ♦ Investigator in 8 research projects financed by public and private institutions
- ♦ Author of several scientific publications
- ♦ Doctor of Pharmacy. Cardenal Herrera University CEU
- ♦ Degree in Pharmacy. Cardenal Herrera University CEU
- ♦ Master's Degree in Community Pharmaceutical Care University of Valencia
- ♦ Diploma in Pharmaceutical Performance in Primary Care University of Valencia
- ♦ Pharmacist Specialist in Orthopedics University of Valencia

Ms. Alonso Osorio, María José

- ♦ Community Pharmacist and Specialist in Galenic and Industrial Pharmacy
- ♦ Member of Medicinal Plants and Homeopathy, College of Pharmacists of Barcelona
- ♦ Technical director and head of R&D for Farmadiez S.A.
- ♦ Translation coordinator of the medicinal plant monographs of the German Commission E
- ♦ Co-author of the book Medicinal Plants (Practical Phytotherapy) and translator of the book of Richard Pinto's Manual Práctico de Homeopatía (Practical Handbook of Homeopathy)
- ♦ Corresponding member of the Royal Academy of Pharmacy of Catalonia
- ♦ Diploma in Advances in Applied Phytotherapy from the University of Montpellier

Dr. Allué Creus, Josep

- ♦ Scientific Director. Sincrofarm
- ♦ Director of Research and Development. ApDeNa Consult
- ♦ Spokesperson of Medicinal Plants and Homeopathy. Official College of Pharmacists of Barcelona (COFB)
- ♦ Spokesperson for Medicinal Plants of the Spanish Association of Industry Pharmacists (AEFI)
- ♦ Full Professor. Department of Animal Biology, Plant Biology and Ecology at the Autonomous University of Barcelona, where she directs several master's degrees.
- ♦ Founder and member of the SEFIT's management committee
- ♦ Doctor in Pharmacy (PhD)
- ♦ Degree in Pharmacy

Dr. González Rosende, Eugenia

- ♦ Pharmacist and Researcher specialized in the Therapeutic Area.
- ♦ Full Professor of the Department of Pharmacy at the Faculty of Health Sciences of the CEU Cardenal Herrera University.
- ♦ Principal Investigator of the group on the Search for New Compounds with Therapeutic Activity at CEU Cardenal Herrera University.
- ♦ Investigator of the SEPLAN group of the CEU Cardenal Herrera University
- ♦ Doctor of Pharmacy
- ♦ Author of several specialized books on organic chemistry for the clinical profession.

04

Structure and Content

The syllabus of this educational program consists of 3 modules through which the student will increase and update their skills in the management of Phytotherapy to address the various conditions of the Locomotor System. All the teaching resources that will be available throughout this Postgraduate Diploma are present through a large number of textual and multimedia formats of various kinds. This, together with its 100% online methodology, will favor a resolute and accessible learning 24 hours a day.



A close-up, profile view of an elderly man with white hair, looking downwards. He is wearing a light blue collared shirt. The image is partially obscured by a diagonal teal graphic element that runs from the top right towards the bottom left.

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This Postgraduate Diploma is developed in a 100% online modality to facilitate your learning without having to physically travel to a study center"

Module 1. Phytotherapy and Herbal Medicines

- 1.1. Phytotherapy: Definition and Scope of Application
- 1.2. Legislation and Registration of Herbal Medicines in Spain BRRAR
- 1.3. Regulation of the European Market for Medicinal Herbal Preparations: Legal Regulations and Scope of Application
- 1.4. Plant Structure
- 1.5. Botanical Nomenclature and the Citation of Species in Phytotherapy
- 1.6. Cultivation, Collection, Processing and Preservation of Medicinal Plants
- 1.7. Current Classification of Plant Groups
- 1.8. Plant-Based Drugs: Impact of Drug Recognition on the Quality of Phytotherapeutic Products

Module 2. Active Ingredients of the Plants, Pharmaceutical Forms and Galenic Preparations

- 2.1. Active Ingredients: Main Groups and Properties, as a Basis that Justifies the use of Phytotherapy
- 2.2. Carbohydrates, Lipids, Proteins, and Sulfocyanogenetic Heterosides and their Therapeutic Application
- 2.3. Simple Phenols, Coumarins and Lignans and their Therapeutic Application
- 2.4. Flavonoids and their Therapeutic Application
- 2.5. Tannins and Quinones, and their Application
- 2.6. Isoprenoids, Saponins and Cardiotonic Heterosides and their Application
- 2.7. Resins and their Application
- 2.8. Alkaloids and their Application
- 2.9. Magistral Formulation in Phytotherapy
- 2.10. Other Pharmaceutical Forms in Phytotherapy
- 2.11. Standards for the Proper Manufacture of Herbal Medicines



Module 3. Phytotherapy of Locomotor System Disorders

- 3.1. Phytotherapy in Disorders Affecting the Musculoskeletal System: Introduction
- 3.2. Phytotherapy in Disorders Affecting the Musculoskeletal System: Plant Species with Analgesic and/or Anti-inflammatory Action in Oral Use
- 3.3. Phytotherapy in Disorders Affecting the Musculoskeletal System: Plant Species with Analgesic and/or Anti-inflammatory Action in Topical Use
- 3.4. Phytotherapy in the Treatment of Rheumatism
- 3.5. Phytotherapy in the Treatment of Gout: Uricosuric Plants
- 3.6. Phytotherapy in the Treatment of Sarcopenia
- 3.7. Remineralizing Medicinal Plants



Enroll in this program to obtain the most up-to-date teaching content on the market in Phytotherapy of Locomotor System Disorders"



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.





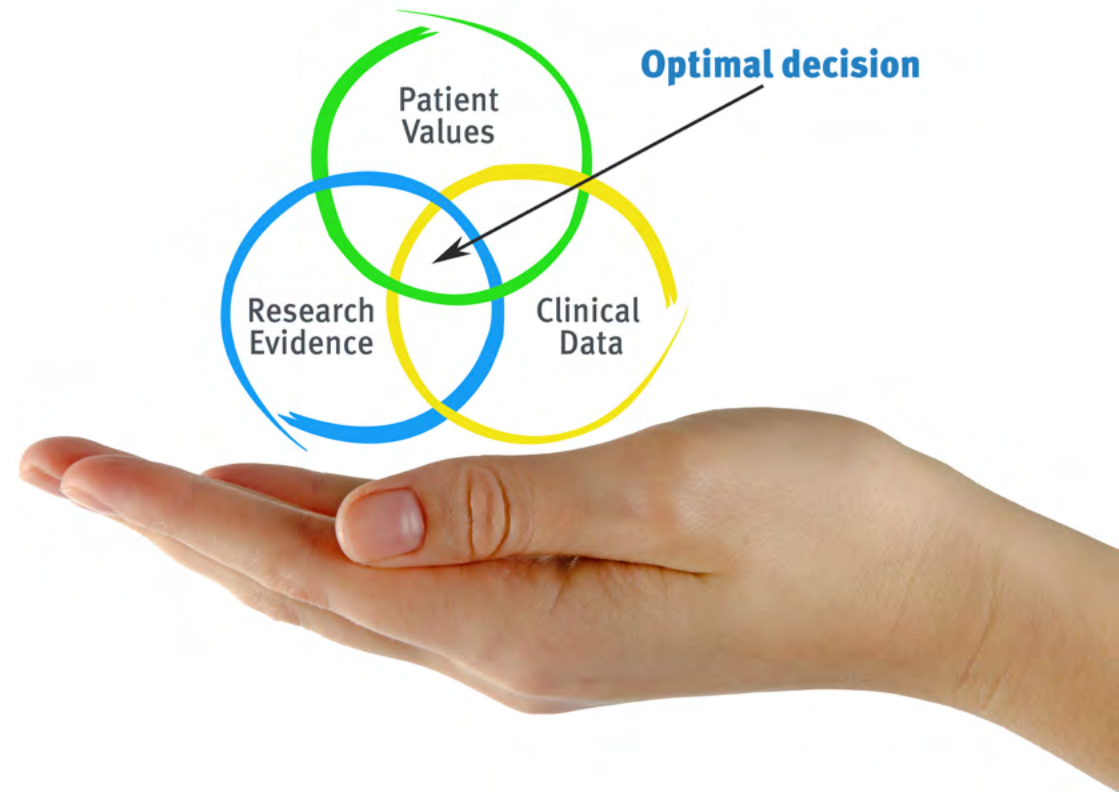
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

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

This Postgraduate Certificate in Phytotherapy of Locomotor System Disorders for Nursing 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 private qualification will allow you to obtain a **Postgraduate Diploma in Phytotherapy of Locomotor System Disorders 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.

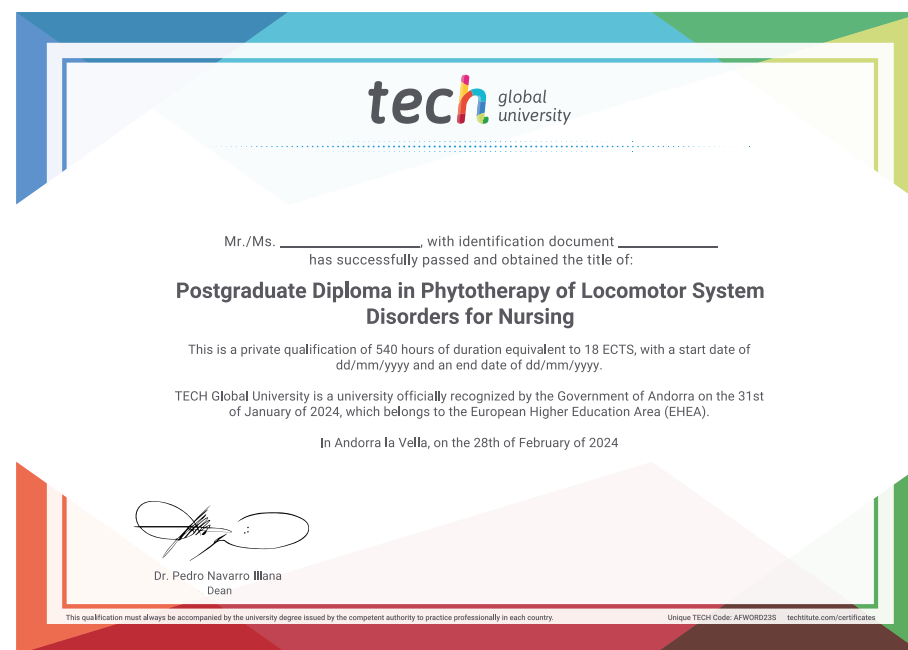
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Phytotherapy of Locomotor System Disorders for Nursing**

Modality: **online**

Duration: **6 monts**

Accreditation: **18 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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- » Schedule: at your own pace
- » Exams: online

Postgraduate Diploma

Phytotherapy of Locomotor System Disorders for Nursing