

# Postgraduate Diploma

Psychological Aspects, Education  
and Sexuality of the Ostomized  
Patient for Nurses





## Postgraduate Diploma Psychological Aspects, Education and Sexuality of the Ostomized Patient for Nurses

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

Website: [www.techtute.com/in/nursing/postgraduate-diploma/postgraduate-diploma-psychological-aspects-education-sexuality-ostomized-patient-nurses](http://www.techtute.com/in/nursing/postgraduate-diploma/postgraduate-diploma-psychological-aspects-education-sexuality-ostomized-patient-nurses)

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# 01

# Introduction

In order to provide complete and quality support, the nursing professional must be able to intervene in the psychological aspects, in the patient's health education and in the development of the ostomized patients' sexuality. This course will allow you to make a complete tour through the advances in this area with a high-level training program and the prestige of the largest online university in the world.



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*The keys to intervention in the global aspects that surround and determine the quality of life of the ostomized patient, in a training created specifically for the nursing professional"*

Ostomized patients experience changes in their lives, mainly related to a social area, such as work, leisure or sexuality, which could result in their feelings of insecurity and fear of rejection being accentuated. It is therefore essential that the patient receives comprehensive care, with a multidisciplinary and specialized approach to the needs of the patient and his or her family, with a view to full physical, emotional and social recovery, leading to recovery.

It is therefore essential to prepare the patient for this new situation. Preoperative consultations and the role of the nurse will play a key role in this adaptation and rehabilitation process.

Throughout the process, the nurses will provide the patient with all the necessary training in self-care, hygiene, nutrition, etc., knowledge that he/she will acquire from the beginning.

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

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

Adaptation to ostomy depends on factors such as the underlying disease, concomitant treatments, surgical intervention conditions, ostomy complications, post-surgical sequelae, prognosis, characteristics of the social and psychological environment, beliefs, values, attitudes towards the disease, physical limitations and pain, among others.

The concept of quality of life has gained importance in recent times because, as life expectancy in the population has increased, the number of people with some degree of disability or with chronic diseases suffering from the effects of the disease and the medical or surgical treatment implemented has also increased. Because quality of life is based on subjective measurements, valid, reproducible and reliable assessment methods are required.

This **Postgraduate Diploma in Psychological Aspects, Education and Sexuality of the Ostomized Patient for Nurses** contains the most complete and up to date scientific program on the market. The most important features of the Specialist Diploma program are:

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



*You will learn in a real way, through cases and practical situations, which will allow you to deepen your knowledge in a contextual way "*

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

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

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

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

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



# 02 Objectives

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







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*A very complete approach to the most relevant aspects of the quality of life of ostomized patients, from the point of view of nursing care"*



## General Objectives

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### Module 1. Physical and Psychological Aspects of the Ostomy Patient

- ♦ Handle the necessary knowledge to help the ostomized patient to cope with his new life situation in the psychosocial field.

### Module 2. Health Promotion and Health Education

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

### Module 3. Sexuality and Quality of Life of the Ostomy Patient

- ♦ Identify the knowledge



*Our goal is to achieve academic excellence and to help you achieve it too"*





## Specific Objectives

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### Module 1. Physical and Psychological Aspects of the Ostomy Patient

- ♦ Gain a thorough understanding of the importance of communication between the nurse-patient-family to ensure quality health care.
- ♦ Deepen and learn how to treat the ostomized patient and his family.
- ♦ Identify the psychosocial areas that may affect the ostomized patient's social, work and family life.
- ♦ Acquire the necessary knowledge to be able to apply the necessary care to the ostomized pregnant woman.

### Module 2. Health Promotion and Health Education

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

### Module 3. Sexuality and Quality of Life of the Ostomy Patient

- ♦ Become familiar with the role of sexuality in the life of the ostomized patient, how to help and advise him/her in his/her new situation.
- ♦ Recognize what aspects are necessary to improve the quality of life of the ostomized patient, as well as tools to measure it.
- ♦ Deepen the importance of communication between the nurse-patient-family, to achieve quality health care.

03

# Course Management

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



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*The best professionals in the industry, at your fingertips in a high quality training, created to propel you towards excellence"*

## Management



### Dr. Rodríguez Perea, Ana María

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

## Professors

### Arroyo Girón, Rocío

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

### Crespo González, Juan

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

### Crespo González, Miguel

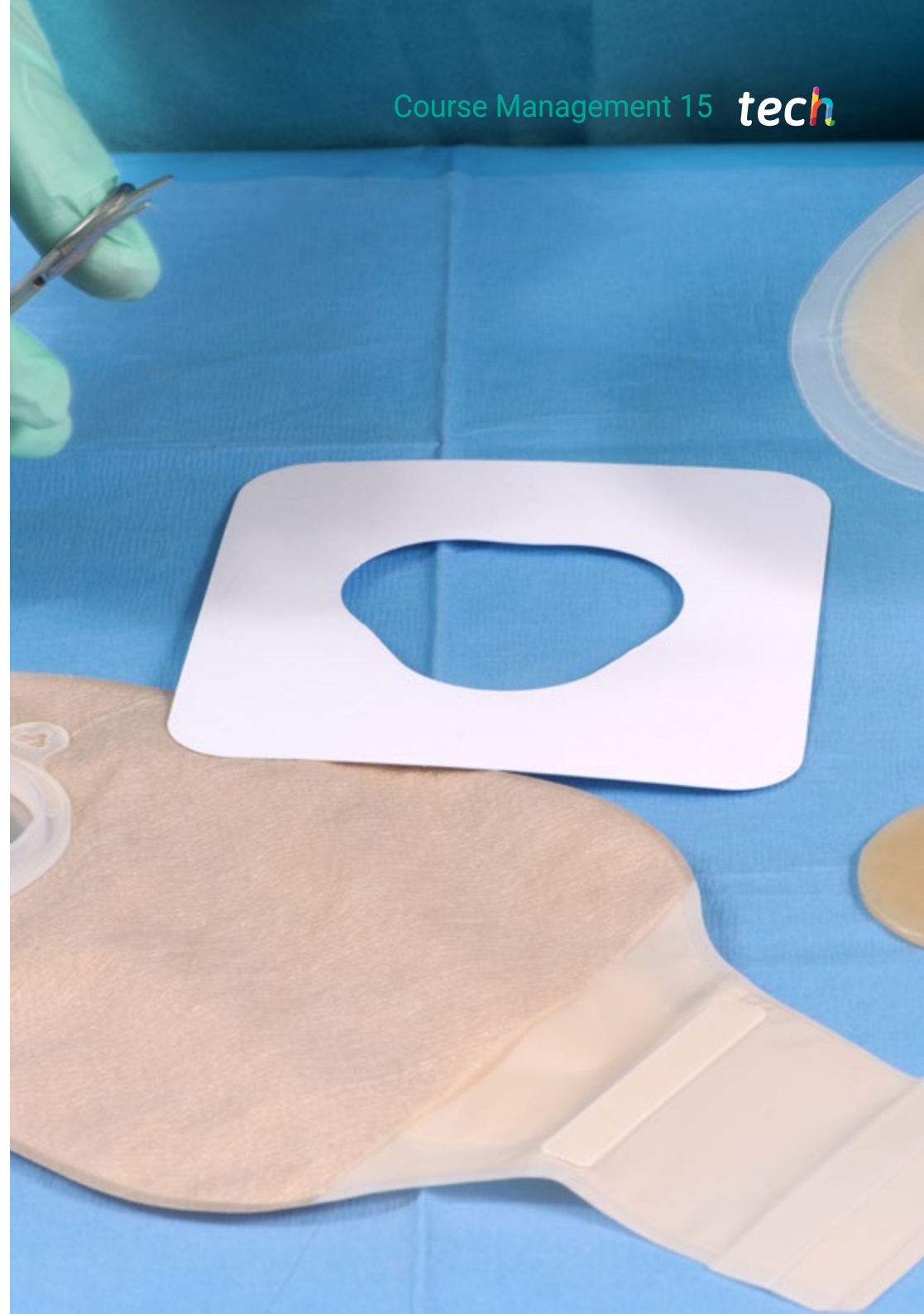
- ◆ Hospitalization nurse, general and digestive surgery, University Hospital Rey Juan Carlos.

### Guillén Plaza, Sara

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

### Martin Castro, Rafael

- ◆ Physiotherapist at the University Hospital Rey Juan Carlos.



# 04

# Structure and Content

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





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

### Module 1. Physical and Psychological Aspects of the Ostomy Patient

- 1.1. Emotional Phases of the Ostomy Patient
- 1.2. Assistance to the Ostomized Patient
- 1.3. The Anxiety and Fear of the Ostomy Patient
- 1.4. The Physical Change of the Ostomized Patient
- 1.5. Situation at Hospital Discharge
- 1.6. Family, Social and Couple Relationship
- 1.7. Social Life and Travel
- 1.8. Physical Activity and Sport
- 1.9. Labor Activity
- 1.10. Ostomy and Pregnancy

### Module 2. Health Promotion and Health Education

- 2.1. Education of Healthcare Personnel
- 2.2. Continuity of Care
- 2.3. Hygiene and Self-care
- 2.4. Devices and Choice of Device
- 2.5. Skin Care and Adaptation to Daily Life
- 2.6. Nutrition in the Ostomized Patient
- 2.7. Medication in the Ostomized Patient
- 2.8. Recovery and Physiotherapy
  - 2.8.1. Pelvic Floor Recovery
  - 2.8.2. Recovery of the Abdominal Wall
- 2.9. Ostomy Patient Associations
- 2.10. Patient Schools



### Module 3. Sexuality and Quality of Life of the Ostomy Patient

- 3.1. Physical or Psychological Problems
- 3.2. Psychophysiological Cycle of the Human Sexual Response
- 3.3. Physical Changes from Surgery
- 3.4. Common Sexual Problems
- 3.5. Effects of Medication on Sex and Assessment of Sexual Function
- 3.6. Sexual Counseling
- 3.7. Sterility and Contraception
- 3.8. Quality of life
- 3.9. Quality of Life Assessment
- 3.10. The Importance of Nurse-Patient-Family Communication

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



05

# Methodology

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

This teaching system is used in the most prestigious medical schools in the world, and major publications such as the ***New England Journal of Medicine*** have considered it to be one of the most effective.





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

## At TECH Nursing School we use the Case Method

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

*With TECH, nurses can experience a learning methodology that is shaking the foundations of traditional universities around the world*



According to Dr. 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 university program.



## Re-learning Methodology

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

Our University is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing cases.



*The nurse will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning*



At the forefront of world teaching, the Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 175,000 nurses with unprecedented success, in all specialties regardless of from the workload. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Re-learning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success*

In our program, learning is not a linear process, but rather a spiral (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

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



In this program you will have access to the best educational material, prepared with you in mind:



### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

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



### Nursing Techniques and Procedures on Video

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



### Interactive Summaries

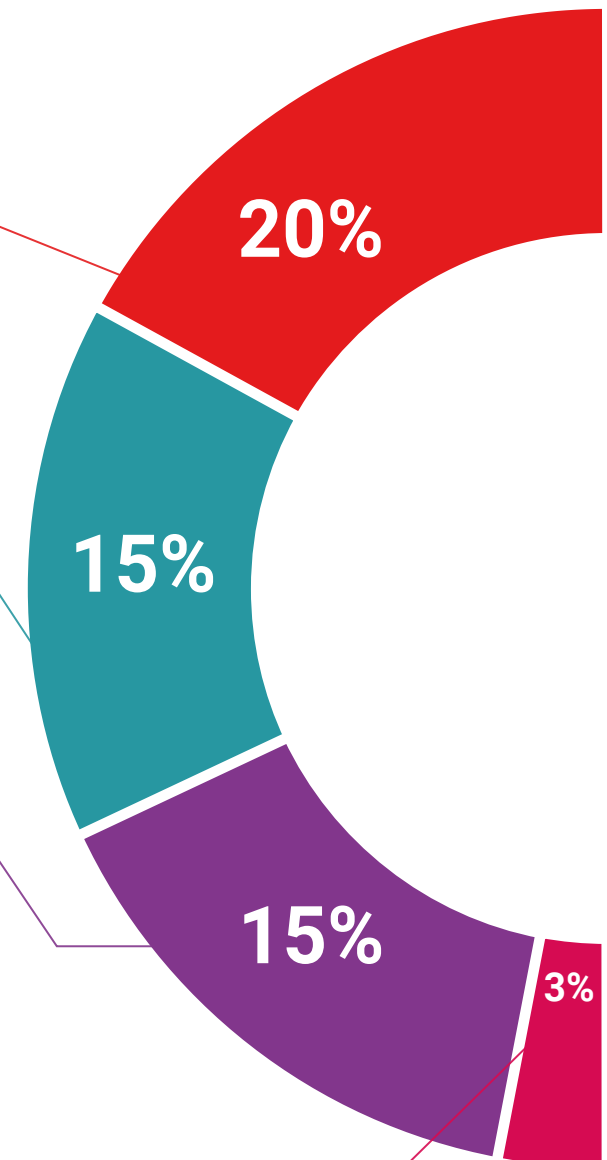
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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



### Additional Reading

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





### Expert-led case studies and case analysis

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



### Testing & Retesting

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



### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.  
Learning from an expert strengthens knowledge and memory, and generates confidence in our future difficult decisions.



### Quick Action Guides

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



06

# Certificate

The **Postgraduate Diploma in Psychological Aspects, Education and Sexuality of the Customized Patient for Nurses** guarantees you, in addition to the most rigorous and up to date training, access to a certificate issued by **TECH - Technological University**.



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*Successfully complete this training and receive your certificate without travel or laborious paperwork"*

This **Postgraduate Diploma in Psychological Aspects, Education and Sexuality of the Ostomized Patient for Nurses** contains the most complete and up to date scientific program on the market.

Once the student has passed the evaluation, they will receive their corresponding **Postgraduate Diploma** issued by **TECH - Technological University** by tracked delivery.

The certificate issued by **TECH - Technological University** will express the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **Postgraduate Diploma in Psychological Aspects, Education and Sexuality of the Ostomized Patient for Nurses**

ECTS: **18**

Official Number of Hours: **450 hours.**



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



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