



# Professional Master's Degree

# **Geriatric Nursing**

» Modality: online

» Duration: 12 months

» Certificate: TECH Technological University

» Dedication: 16h/week

» Schedule: at your own pace

» Exams: online

Website: www.techtitute.com/in/nursing/professional-master-degree/master-geriatric-nursing

# Index

01		02			
Introduction		Objectives			
	p. 4		p. 8		
03		04		05	
Skills		Course Management		Structure and Content	
	p. 12		p. 16		p. 22
		06		07	
		Methodology		Certificate	
			p. 28		p. 36





# tech 06 | Introduction

Social evolution demands, within the healthcare context, that healthcare centers be more competitive and oriented towards improving the healthcare response given to geriatric patients. The volume of these changes and the speed with which they occur demand qualified professionals, competent and capable of responding to the new times by providing expert care.

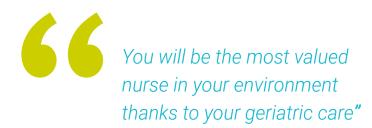
Geriatric patient care has a very broad and innovative field of action with the introduction of new technologies in the detection of pathologies, their attention and the necessary care for each process and each person, in which the nursing professional is a key player in the multidisciplinary approach in each and every one of its aspects.

Therefore, this program in Geriatric Nursing is oriented to update the knowledge and skills of the nursing professional, bringing theoretical knowledge closer to practical work, since professional qualification in this area is of vital importance for all health professionals working within the health system.

One of the most significant aspects that make this Professional Master's Degree stand out from others in the sector is its modality, which allows it to be taken online from any device with Internet access. In this way, the students will have access to the contents at any time and from any place, being able to self-regulate their learning according to their needs.

This **Professional Master's Degree in Geriatric Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- The development of practical cases presented by experts in Geriatric Nursing
- 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



# Introduction | 07 tech



With this Professional Master's

Degree, you will be able to update your
knowledge in geriatric patient care,
improve the prognosis and reduce the
complications and sequelae of the user"

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

Its 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.

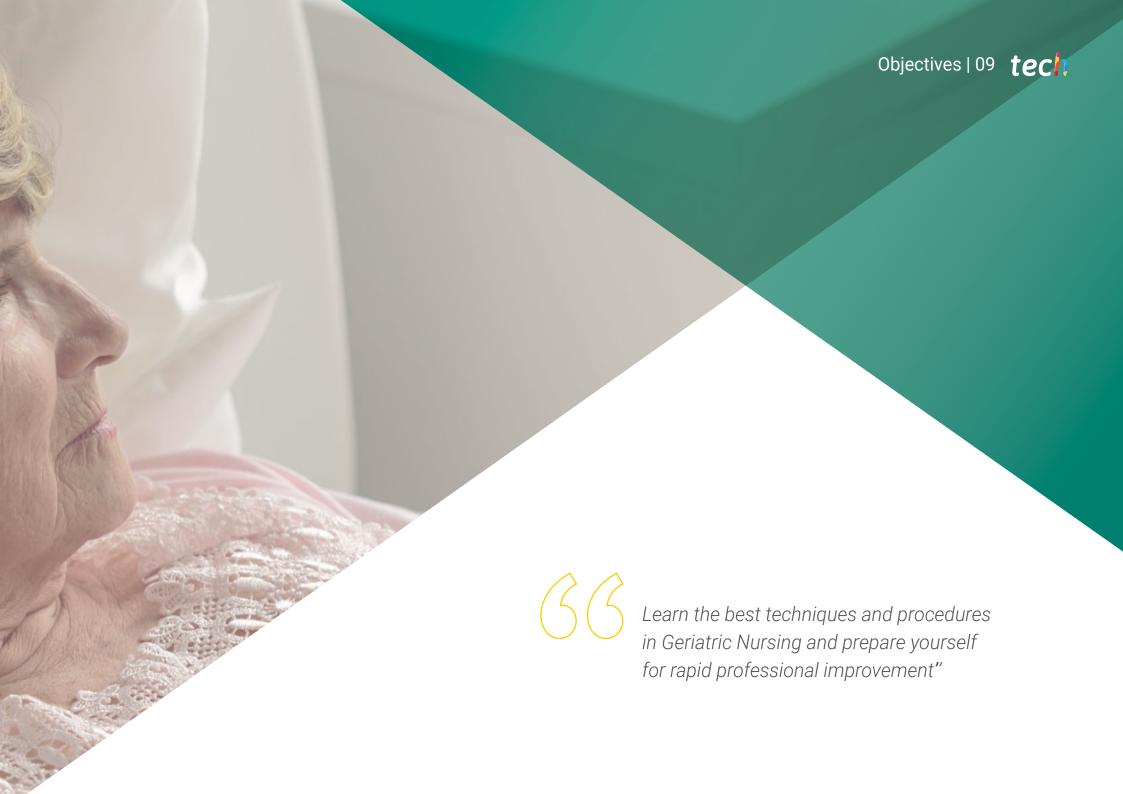
This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. This will be done with the help of an innovative system of interactive videos made by renowned experts.

A degree that will allow you to become a highly competent professional working in the field of Geriatric Nursing.

A program created and directed by experts in this area of work, which makes this degree a unique opportunity for professional growth.







# tech 10 | Objectives



# **General objectives**

- Update the professional in nursing procedures and interventions for proper care of geriatric patients in the internal medicine hospitalization unit
- Acquire a series of skills aimed at improving the skills of nursing professionals dedicated to the geriatric field
- Provide the best treatments, from the nursing professional's point of view, for geriatric patients, taking into account the particularities of each case



A boost to your CV that will give you the competitiveness of the best professionals in the labor market"





#### Module 1. Aging: Considerations for Nursing Care

- Differentiate which risk factors we can modify and how to modify them
- Update nursing procedures in comprehensive patient assessment
- Explain the most relative illnesses and types of care in Internal Medicine

#### Module 2. Nutritional sphere in the elderly

- Understand the importance of nutrition in the elderly
- Adapt nutrition to different patients, depending on their pathology
- Update on the complications that can appear in diabetes, to be able to anticipate them and prevent them from occurring, or to know how to act if they have already appeared
- Incorporate the procedures for dealing with the different diseases associated with the metabolic syndrome in daily practice

#### Module 3. Skin in the Elderly

- Developing proper skin care for the elderly
- Knowledge of the most common skin pathologies in this type of patient

#### Module 4. Functional Sphere in the Elderly

• Update expert nursing care related to patient safety

#### Module 5. Neurological Alterations: Cognitive Impairment and Dementia

- Understand the complexity of neurological disorders in elderly patients
- Identify the most common health problems in chronic illnesses
- Recognize the clinical changes in different situations

#### Module 6. Most Prevalent Neurological and Sensory Organ Disorders in the Elderly

- Provide a response to neurological alterations affecting the senses
- Describe nursing care before and after diagnostic procedures and techniques in the internal medicine inpatient unit
- Assess the importance of the proper use of the nursing record in the internal medicine service, and describe the implementation procedures

#### Module 7. Social Sphere in the Elderly

- Understand the social needs of the elderly
- Actively participate in the creation of social habits in geriatric patients

#### Module 8. Elimination in the Elderly

- Know the main pathologies related to the excretory system in the field of geriatrics
- Recognize the material resources necessary to perform the different diagnostic or therapeutic tests

#### Module 9. Falls in the Elderly

- Respond to potential injuries resulting from falls and blows
- Identify emergency situations in patients with VTE and update procedures to deal with them

#### Module 10. Palliative Care for the Elderly

• Have the best tools to offer the best palliative treatments applied to geriatrics





# tech 14 | Skills



# General skill

• Provide first level care to the geriatric patient from the nursing area



Seize the moment and take the step to get up to speed on the latest developments in anesthesiology, resuscitation and pain management"







# Specific skills

- Perform a comprehensive assessment of the geriatric patient
- Establish care guidelines for the geriatric multi-pathological patient
- Exercise nursing care in patients with metabolic syndrome
- Safely manage patients with venous thromboembolic disease
- Safely manage and care for acute and critical phase stroke patients
- Intervene appropriately in all aspects of geriatric emergencies





#### **Guest Director**



#### Ms. Hernanz Borrego, Giovanna

- Head of Nursing Area of medical specialties (Geriatrics, Internal Medicine, Infectious Diseases Unit, Pneumology, Nephrology, Digestive, Neurology, Stroke and Hemodialysis Unit, Multipurpose Medical Day Hospital, Palliative Care Unit, Endoscopy, Home Hospitalization) of the General University Hospital Gregorio Marañón
- Collaboration as a teacher in the Master's Degree in Health Services Management for Nursing and Nursing Management at CEU Cardenal Herrera University
- University Diploma in Nursing from the Complutense University of Madrid
- Master's Degree in Nursing Direction and Management at CEU Cardenal Herrera University
- Active member of the Environmental Management Committee of the General University Hospital Gregorio Marañón
- Active member of the Functional Commission of Health Risks of the General University Hospital Gregorio Marañón

#### Management



#### Ms. Verano de la Torre, Marina

- Health Research Nurse Jiménez Díaz Foundation University Hospital
- Teaching collaborator in seminars on Comprehensive Geriatric Assessment as part of the Nursing of the Elderly course at the Autonomous University of Madrid
- Lecturer in the course Update in Nursing Care for the Elderly at the Doctor Rodríguez Lafora Hospita
- Teacher in the psychogeriatrics course at Doctor Rodríguez Lafora Hospital: role of Nursing in active aging
- Degree in Nursing. Autonomous University of Madrid
- Specialist in Geriatric Nursing Ramón y Cajal Hospital Multidisciplinary Teaching Unit
- Nurse in the Traumatology, Urology and Thoracic Surgery Unit at Getafe University Hospital (Madrid)
- Nurse in Digestive Unit at Puerta de Hierro University Hospital (Madrid)

#### **Professors**

#### Ms. Mendoza Moreno, Virginia

- Advanced Practice Nursing (APN) in the Hip Fracture Unit. Department of Geriatrics.
   Gregorio Marañón General University Hospital
- Clinical internship training for Geriatrics Nursing Resident Students
- Researcher-Collaborator in the multicenter study: National Hip Fracture Registry
- Collaborator as randomizer and treatment administrator in "Phase III, multinational, blinded observer, randomized, placebo-controlled study to demonstrate the efficacy of a single dose of the investigational vaccine against Respiratory Syncytial Virus in people over 60 years of age" GSK
- University Diploma in Nursing. San Juan de Dios University School. Comillas Pontifical University
- Geriatric Nurse Specialist

#### Ms. Rodríguez de la Madrid, Eva María

- Head of Geriatric Nursing Unit and Emergency Department. Gregorio Marañón General University Hospital
- Nurse in medical, surgical, geriatric and psychiatric hospitalization units.
- Associate Professor, Faculty of Health Sciences, Rey Juan Carlos University, Madrid
- Diploma in Nursing. University of Leon
- Master's Degree in Research in Care. Complutense University of Madrid
- Occupational Risk Prevention Technician. Training Institute of the Ministry of Labor of the Community of Madrid
- Participation in posters, papers and articles related to Nursing

#### Ms. Valadés Malagón, María Isabel

- Nurse. Acute Geriatrics Unit. Gregorio Marañón General University Hospital
- · University Diploma in Nursing. Pontific University of Salamanca, Madrid
- Adaptation to the Nursing Degree. Pontific University of Salamanca, Madrid
- Specialist Nurse in Geriatric Nursing
- Postgraduate Certificate Diploma in Social Work. Complutense University, Madrid

#### Ms. Paredes Fernández, Andrea

- General and Digestive System Surgery Department. Gregorio Marañón General University Hospital
- Emergency Department. Gregorio Marañón General University Hospital
- Researcher on Physical training and health education in the prevention of functional deterioration associated with hospitalization in the elderly (AGECAR Plus)
- Degree in Nursing. Complutense University of Madrid
- Master's Degree in Care Integration and Clinical Problem Solving in Nursing
- Nursing Resident, Geriatric Nurse Specialist. Gregorio Marañón General University Hospital

#### Ms. Aya Rodríguez, Sara

- Nurse continuity of care geriatrics at the University Hospital Foundation Alcorcon
- Geriatric Nurse Residence. Consorci Sanitari
- Nurse. Palliative Care Unit of the Vianorte Laguna Foundation
- Degree in Nursing, Alcalá University
- Master's Degree in Care Integration and Clinical Problem Solving in Nursing
- Geriatric Nursing Specialty Training Program. UDM Geriatrics. Consorci Sanitari de L'Anoia (Barcelona)

# tech 20 | Course Management

#### Mr Álvarez Martín, Javier

- Advanced Practice Nurse in Frailty, Leicester Royal Infirmary, Leicester, UK
- Nurse in Geriatrics, Red Cross Central Hospital San José y Santa Adela, Madrid
- Geriatric Nursing Resident, Ramón y Cajal University Hospital, Madrid
- Specialist in Geriatric Nursing, Ramón y Cajal University Hospital, Madrid
- Master Advanced Clinical Practice, Montfort University, Leicester, UK
- Master's Degree in Health Care Research, UCM, Faculty of Nursing, Physiotherapy and Podiatry

#### Ms. Pérez Panizo, Nuria María

- Geriatric Nurse Specialist. Ramón y Cajal University Hospital.
- Nurse. La Paz University Hospital
- Nurse. Gregorio Marañón General University Hospital
- Diploma in Nursing. University of Oviedo
- Geriatric Nurse Specialist. Ministry of Education, Science and Universities
- Expert in Clinical Management
- Degree in Social and Cultural Anthropology

#### Ms. Rubio Sánchez, Bárbara

- Geriatric Nursing Residency at Ramón y Cajal University Hospital
- Emergency service, endoscopy service, hospitalization service, cystoscopy service and specialized consultation service at the León University Hospital
- Emergency department, internal medicine department and surgery department at the HM La Regla Hospital
- Emergency service and primary care management at Sierrallana Hospital
- Degree in Nursing. University of Leon
- Geriatric Nurse Specialist. Jiménez Díaz foundation Ramón y Cajal
- University Expert in Nursing Processes and Interventions in the General Care Environment





# Course Management | 21 tech

#### Ms. Veras Basora, Mally

- Fundación Alcorcón University Hospital. Nurse continuity of care geriatrics
- Ramón y Cajal Hospital. Geriatric Service
- Foundation San José Institute: hospitalization
- Hospital Quirón San José: outpatients. S. emergency department (pediatrics/gynecology)
- Degree in Nursing (Complutense University of Madrid)
- Master's Degree in Integration of Care and Clinical Problem Solving in Nursing
- Geriatric Nurse Specialist. H. Ramón y Cajal

#### Ms. Vázquez Prudencio, Carolina

- Geriatrics Nurse in Henares University Hospital
- Hospitalization and Home Hospitalization Nurse at Torrejón University Hospital
- Nurse Resident Intern of Geriatric Nursing in UDM Geriatrics of the U.H. Ramón y Cajal
- Edalia Residence for the Elderly Torrejón de Ardoz
- Degree in Nursing (Alcalá de Henares University Hospital)
- Geriatric Nurse Specialist
- Official Master's Degree in Health Care Research. Complutense University of Madrid





# tech 24 | Structure and Content

#### Module 1. Aging: Considerations for Nursing Care

- 1.1. Geriatrics and Gerontology
- 1.2. Demographics and Economics Associated with Aging
- 1.3. Aging: Biological Dimension
- 1.4. Aging: Psychological Dimension
- 1.5. Aging: Social Dimension
- 1.6. Geriatric Syndromes
- 1.7. Pharmacology in the Elderly
- 1.8. Nursing Assessment in Geriatrics
- 1.9. Care Resources for the Elderly
- 1.10. Coexistence Forms with the Elderly

#### Module 2. Nutritional sphere in the elderly

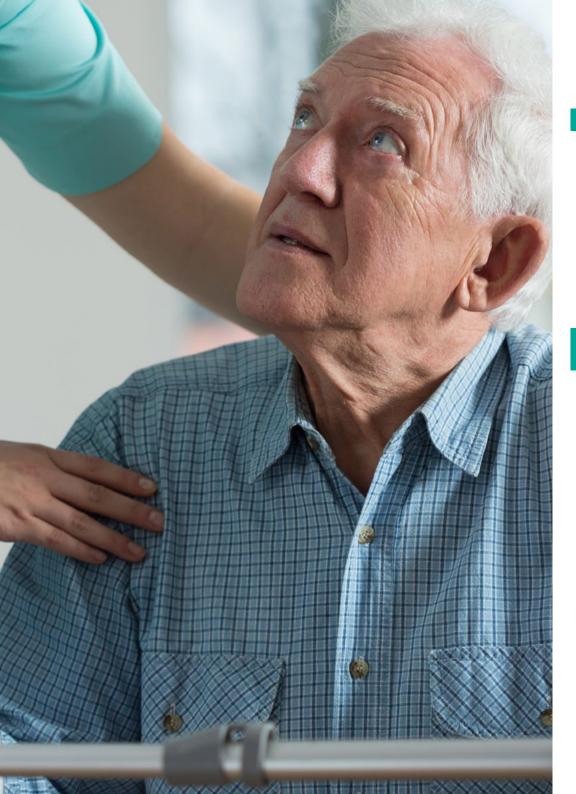
- 2.1. Nutritional Assessment of the Elderly
- 2.2. Nutritional Requirements, Overweight and Obesity
- 2.3. Malnutrition and Nutritional Supplements
- 2.4. Sarcopenia
- 2.5. Oral Health: Evaluation and Recommendations (Xerostomia, Candidiasis)
- 2.6. Therapeutic Devices, Indications and Care
- 2.7. Dehydration and Ionic Disturbances in the Elderly
- 2.8. Diabetes in the Elderly
- 2.9. Therapeutic Diets
- 2.10. Technical Aids for Feeding

#### Module 3. Skin in the Elderly

- 3.1. Skin Organ Changes in Aging
- 3.2. Dependency-Related Injuries: Pressure Ulcers
- 3.3. Dependency-Related Injuries: Moisture-Associated Skin Damage (MASD)
- 3.4. Vascular Ulcers
- 3.5. Diabetic Foot
- 3.6. Kennedy's Ulcers
- 3.7. Scales for Assessing the Risk of Developing Dependency-Related Injuries
- 3.8. Treatment of Skin Injuries: Cures
- 3.9. Treatment of Skin Lesions: Pressure Relieving Surfaces
- 3.10. Care of the Elderly with Loss of Skin Integrity

#### Module 4. Functional Sphere in the Elderly

- 4.1. Skeletal Muscle System Changes in Aging
- 4.2. Functional Assessment
- 4.3. Fragility
- 4.4. Most Prevalent Musculoskeletal Diseases in the Elderly
- 4.5. Hip Fracture
- 4.6. Immobility and its Consequences for the Elderly
- 4.7. Hospital Functional Impairment
- 4.8. Prehabilitation and Rehabilitation
- 4.9. Mobilization and Ergonomics
- 4.10. Technical Aids



# Structure and Content | 25 tech

#### Module 5. Neurological Alterations: Cognitive Impairment and Dementia

- 5.1. Nervous System Changes in Aging
- 5.2. Cognitive Assessment
- 5.3. Acute Confusional Syndrome
- 5.4. Cognitive impairment and dementia
- 5.5. Psychobehavioral Symptoms of Dementia: Definition and Assessment
- 5.6. Psychobehavioral Symptoms of Dementia: Non-Pharmacological Treatment
- 5.7. Psychopharmaceuticals in the Elderly
- 5.8. Mechanical Restraints in the Elderly
- 5.9. Cognitive Stimulation
- 5.10. The Carer of the Person with Dementia

# **Module 6.** Most Prevalent Neurological and Sensory Organ Disorders in the Elderly

- 6.1. Stroke
- 6.2. Parkinson's Disease
- 6.3. Dysphagia: Definition and Classification
- 6.4. Swallowing Assessment
- 6.5. Adaptation of Diet and Technical Aids
- 6.6. Rehabilitative Treatment of Dysphagia
- 6.7. Sleep Disorders in the Elderly
- 6.8. Anxiety and Depression in the Elderly
- 6.9. Changes in Vision and Prevalent Diseases in the Elderly
- 6.10. Changes in Hearing and Prevalent Diseases in the Elderly

# tech 26 | Structure and Content

#### Module 7. Social Sphere in the Elderly

- 7.1. Social Determinants of Health
- 7.2. Social Image of Aging
- 7.3. Social Appraisal
- 7.4. The Caregiver
- 7.5. Incapacitation: Legal Guardian
- 7.6. Loneliness in the Elderly
- 7.7. Leisure in the Elderly
- 7.8. Abuse of the Elderly
- 7.9. Sexuality in the Elderly

#### Module 8. Elimination in the Elderly

- 8.1. Changes in the Excretory System in Aging
- 8.2. Incontinence in the Elderly
- 8.3. Incontinence Care: Incontinence Pads, Therapeutic Devices and Technical Aids
- 8.4. Incontinence Rehabilitation
- 8.5. Neurogenic Bladder
- 8.6. Urinary Tract Infections
- 8.7. Acute Urinary Retention
- 8.8. Constipation and Fecal Impaction
- 8.9. Diarrhea in the Elderly
- 8.10. Pharmacotherapy of Elimination Disorders





# Structure and Content | 27 tech

#### Module 9. Falls in the Elderly

- 9.1. Immediate Attention to the Fall
- 9.2. Fall Assessment
- 9.3. Consequences of the Fall
- 9.4. Cardiovascular Causes of the Fall
- 9.5. Neurology Causes of the Fall
- 9.6. Infectious Causes of the Fall
- 9.7. Respiratory and Endocrine Causes of the Fall
- 9.8. Digestive Causes of the Fall
- 9.9. Musculoskeletal Causes of the Fall
- 9.10. External Aspects of the Fall

#### Module 10. Palliative Care for the Elderly

- 10.1. Introduction to Palliative Care
- 10.2. Complexity Palliative Care Criteria
- 10.3. Main Symptoms in Palliative Care I
- 10.4. Main Symptoms in Palliative Care II
- 10.5. Routes of Administration of Pharmacological Treatment
- 10.6. Psychological Care in Palliative Care Grief and Family
- 10.7. Advance Care Planning
- 10.8. End-of-life Care, Limiting Therapeutic Effort, and Palliative Sedation
- 10.9. Euthanasia and Assisted Suicide
- 10.10. Ethical Conflicts in Palliative Care



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 30 | 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 | 33 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 relearn). 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 adapted in 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**

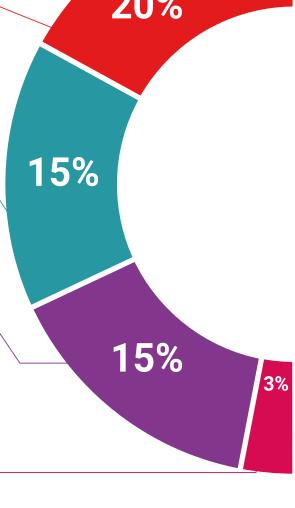
We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you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



### 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



#### **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

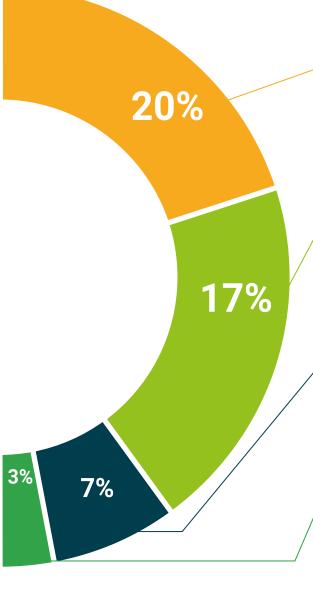
There is scientific evidence suggesting that observing third-party experts can be useful.

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 38 | Certificate

This **Professional Master's Degree in Geriatric Nursing** contains the most complete and up-to-date scientific program on the market.

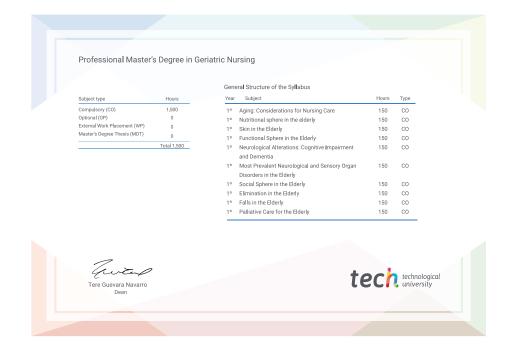
After the student has passed the assessments, they will receive their corresponding **Professional Master's Degree** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Professional Master's Degree, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: Professional Master's Degree in Geriatric Nursing

Official No of hours: 1,500 h.





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

technological university Professional Master's Degree Geriatric Nursing » Modality: online » Duration: 12 months Certificate: TECH Technological University Dedication: 16h/week Schedule: at your own pace » Exams: online

