

# Postgraduate Certificate

Medical and Emotional  
Complications of EDs- Organs  
and Systems Affected by EDs



## Postgraduate Certificate

### Medical and Emotional Complications of EDs - Organs and Systems Affected by EDs

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

Website: [www.techtitute.com/in/psychology/postgraduate-certificate/medical-emotional-complications-eds-organs-systems-affected-eds](http://www.techtitute.com/in/psychology/postgraduate-certificate/medical-emotional-complications-eds-organs-systems-affected-eds)

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Certificate

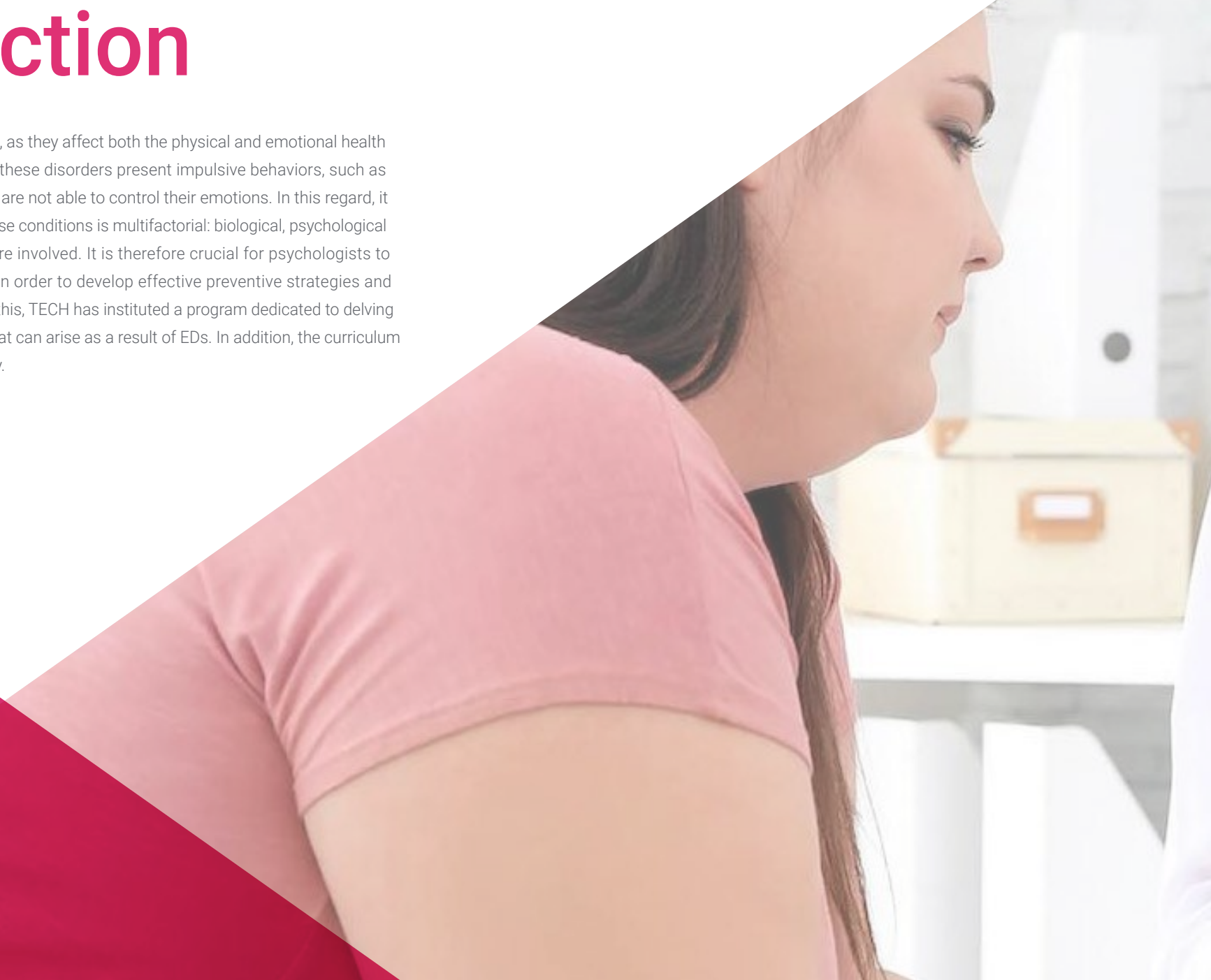
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# 01

# Introduction

Eating disorders are serious conditions, as they affect both the physical and emotional health of individuals. Patients suffering from these disorders present impulsive behaviors, such as vomiting, which can be reduced if they are not able to control their emotions. In this regard, it should be noted that the etiology of these conditions is multifactorial: biological, psychological and even environmental risk factors are involved. It is therefore crucial for psychologists to elucidate how these aspects interact in order to develop effective preventive strategies and therapeutic treatments. In response to this, TECH has instituted a program dedicated to delving into the psychological complications that can arise as a result of EDs. In addition, the curriculum is based on a 100% online methodology.





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*You will master the effects of Eating Disorders on the cardiovascular system through the most exclusive 100% online program"*

Bulimia Nervosa can lead to a chemical and electrolyte imbalance in the body, which can even affect the functions of the heart and other major organs. For example, laxative abuse may cause irregular bowel movements and chronic constipation. Also, periods of binge eating increase the risk of potential gastric rupture. In this context, it is vital that psychologists have a thorough understanding of the medical and emotional complications of EDs. This will enable them to employ treatments aimed at emotional regulation, which will also bring great therapeutic benefits.

In response to this need, TECH has developed a pioneering program to make students aware of the gastrointestinal complications of EDs. Backed by experienced faculty, the curriculum will address in depth the damage to the esophagus and stomach lining. In addition, it will address the dangers of both perforation and bleeding in the esophagus. In this sense, students will learn how to detect the symptoms of bulimina nervosa and apply the most beneficial cognitive-behavioral therapies according to the particularities of each patient. In addition, mental health professionals will promote a healthy body image and develop actions to prevent eating disorders in society.

On the other hand, students will only require a device with Internet access to access the didactic material. In this sense, the schedules and evaluation chronograms can be planned individually. It should be noted that the syllabus will be based on the innovative Relearning teaching system that relies on repetition to guarantee the mastery of its different aspects. At the same time, it mixes the learning process with real situations so that knowledge is acquired in a natural and progressive way, without the extra effort of memorizing. Also, the program uses resources in various formats such as explanatory videos or infographics.

This **Postgraduate Certificate in Medical and Emotional Complications of EDs - Organs and Systems Affected by EDs** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Psychology, Nutrition, Dietetics, etc.
- ♦ 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



*Expand your knowledge without geographic limitations or pre-established timing. Specialize from anywhere in the world!"*



“

*Looking to reduce the occurrence of arrhythmias and myocardial damage? This hands-on training provides you with the guidelines to stop them”*

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

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

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

*You will learn more about the risk of acute renal failure in cases of severe EDs.*

*Relearning will enable you to learn with less effort and more performance, involving you more in your professional specialization.*



# 02

# Objectives

This module will enable students to comprehensively understand the consequences of eating disorders, which will be essential for effective treatment. Upon completion of this academic pathway, graduates will recognize vulnerabilities to infections and immunosuppression in patients with ED. In addition, they will develop optimal strategies to strengthen the immune system and develop optimal therapies.





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*In just 6 weeks, you'll give your career the boost it needs by understanding in detail pathologies such as anxiety"*



## General Objectives

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- ♦ Assess and diagnose Eating Disorders in an accurate and early manner
- ♦ Rate the causal factors of EDs
- ♦ Identify and manage medical and psychological comorbidities
- ♦ Design and implement personalized therapeutic plans for patients with EDs
- ♦ Employ evidence-based therapeutic approaches
- ♦ Manage critically ill patients with ED effectively
- ♦ Establish the group therapy and social support for patients and their families
- ♦ Promote a healthy body image and prevent EDs in educational settings



*A university program that will provide you with strategies to strengthen the immune system during recovery"*





## Specific Objectives

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- ♦ Understand the impact on metabolism, hormone function, risk of osteoporosis and bone weakness in people with EDs
- ♦ Determine changes in skin, hair and dental problems caused by malnutrition in patients with ED and apply preventive measures
- ♦ Analyze the impact of ED on the brain, identify neuropsychiatric symptoms and assess the risk of brain damage
- ♦ Recognize loss of muscle mass and weakness, assess risks for osteoporosis and bone fractures, and develop physical rehabilitation strategies
- ♦ Detect kidney damage due to dehydration and electrolyte imbalances, assess risk of acute renal failure, and implement treatment and monitoring measures
- ♦ Recognize vulnerability to infections and immunosuppression in patients with EDs and develop strategies to strengthen the immune system in recovery

03

# Course Management

In its commitment to offer educational excellence, TECH has a first class teaching staff. These experts have a long professional career, in which they have amply demonstrated their concern for the increase in cases related to ED. In line with this, these experts have a high social responsibility and provide services characterized by professionalism. Accordingly, the contents of this training will enable students to enhance skills such as active listening and empathy. Likewise, the program will provide the latest trends in the field of EDs so that students will have a deep knowledge of them.







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*You will have access to a curriculum developed by a renowned teaching staff, which will provide you with the most innovative resources in EDs”*

## Management



### Ms. Espinosa Sánchez, Verónica

- ♦ Coordinator of the Psychology Service of the Hospital de Los Valles
- ♦ Accredited Expert by the Judiciary Council of the Educator
- ♦ Psychological Advisor to Patients in Medical Surgical Procedures in APP Veronica Espinosa
- ♦ Specialist in Cognitive Psychotherapy by the Albert Ellis Institute of New York
- ♦ Professional Master's Degree in Management and Human Talent Management from the Rey Juan Carlos University
- ♦ Neuropsychologist, Catalunya Open University
- ♦ Clinical Psychologist from the Catholic Pontificia University of Ecuador

## Professors

### Mr. Andrade Rommel

- ♦ Therapist of Personality Disorders and Eating Disorders at Institución Dialéctica Terapia
- ♦ Medical specialist in psychiatry from the University of Antioquia
- ♦ Epidemiologist from Universidad CES
- ♦ Specialist in Dialectical Behavioral Therapy from FORO Foundation and Behavioral Tech
- ♦ Specialist in Eating Disorders Management by FORO Foundation and Oxford University
- ♦ Specialist in Transference-based psychotherapy from TFP Chile





# 04

## Structure and Content

Through this program, students will gain an in-depth understanding of how EDs affect different organs and body systems. In this sense, the syllabus will emphasize the emotional implications that accompany these conditions. Therefore, the syllabus will address from the impacts on the cardiovascular system to the gastrointestinal system, always keeping in mind the psychological complications that may arise. In this way, graduates will recognize muscular complications such as osteoporosis and develop physical rehabilitation strategies.





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*Stand out in an industry in constant change due to the incorporation of new technologies in the Healthcare field”*

**Module 1. Medical and Emotional Complications of EDs– Organs and Systems Affected by EDs**

- 1.1. Effects on the Cardiovascular System
  - 1.1.1. Alterations in Heart Rate and Blood Pressure
  - 1.1.2. Risk of Arrhythmias and Myocardial Damage
  - 1.1.3. Impact of Malnutrition on Cardiovascular Health
- 1.2. Gastrointestinal Complications
  - 1.2.1. Damage to the Esophagus and Stomach Lining
  - 1.2.2. Risk of Perforation and Bleeding in the Esophagus
  - 1.2.3. Symptoms and Consequences of Bulimia Nervosa on the Gastrointestinal System
- 1.3. Electrolyte and Metabolic Disorders
  - 1.3.1. Imbalances in Potassium and Sodium Levels
  - 1.3.2. Impact on Metabolism and Hormone Function
  - 1.3.3. Risk of Osteoporosis and Bone Weakness in EDs
- 1.4. Dermatological and Dental Conditions
  - 1.4.1. Changes in the Skin and Hair due to Malnutrition
  - 1.4.2. Effects on Dental Health, such as Enamel Erosion and Tooth Decay
  - 1.4.3. Prevention and Management of Dermatologic and Dental Problems in EDs
- 1.5. Endocrine and Hormonal Complications
  - 1.5.1. Hypothalamus-pituitary-gonadal Axis Dysfunction
  - 1.5.2. Amenorrhea and its Consequences in Women with EDs
  - 1.5.3. Risk of Infertility and Reproductive Problems
- 1.6. Central Nervous System Disorders
  - 1.6.1. Impact on Brain and Cognitive Function
  - 1.6.2. Neuropsychiatric Symptoms, such as Depression and Anxiety
  - 1.6.3. Risk of Brain Damage in Severe ED Cases





- 1.7. Muscular and Skeletal System Affection
  - 1.7.1. Loss of Muscle Mass and Muscle Weakness
  - 1.7.2. Osteoporosis and Bone Fractures in EDs
  - 1.7.3. Physical Rehabilitation and Therapy to Address Muscular and Skeletal Problems
- 1.8. Complications in the Renal System
  - 1.8.1. Damage to the Kidneys due to Dehydration and Electrolyte Imbalances
  - 1.8.2. Risk of Acute Renal Failure in Severe EDs
  - 1.8.3. Monitoring and Treatment of Renal Problems in Patients with EDs
- 1.9. Impact on the Immune System
  - 1.9.1. Vulnerability to Infections and Diseases due to Immunosuppression
  - 1.9.2. Risk of Severe Complications in Cases of Immunodeficiency in EDs
  - 1.9.3. Strategies for Strengthening the Immune System in Recovery
- 1.10. Psychological Complications in EDs
  - 1.10.1. Comorbid Emotional Disorders, such as Depression and Anxiety
  - 1.10.2. Impact on Self-esteem and Body Image Perception
  - 1.10.3. Development of Eating Disorders as a Coping Mechanism

“*TECH's learning system follows the highest international quality standards, guaranteeing successful teaching. Don't wait any longer and enroll now!*”



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 we use the Case Method

What should a professional do in a given situation? 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. Specialists learn better, faster, and more sustainably over time.

*With TECH the psychologist experiences a way of learning 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, trying to recreate the real conditions in the psychologist's professional 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. Psychologists who follow this method not only master the assimilation of concepts, but also develop their mental capacity by means of exercises to evaluate real situations and apply their knowledge.
2. Learning is solidly translated into practical skills that allow the psychologist to better integrate knowledge into clinical practice.
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.

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 is a real revolution compared to the simple study and analysis of cases.

*The psychologist 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).

This methodology has trained more than 150,000 psychologists with unprecedented success in all clinical specialties. 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 training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for 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 our 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 highly 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.



#### Latest Techniques and Procedures on Video

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current psychology. 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 the videos as many times as you like.



#### Interactive Summaries

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

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



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.







#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

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

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06

# Certificate

The Postgraduate Certificate in Medical and Emotional Complications of EDs- Organs and Diagnostic Criteria of Eds guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



The image features two graduation caps (mortarboards) against a blue sky with light clouds. One cap is in the foreground, tilted upwards, and another is behind it, also tilted upwards. The caps are black with a maroon top. The background is a bright blue sky with soft white clouds. The image is partially overlaid by a large white diagonal shape that contains text.

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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"*

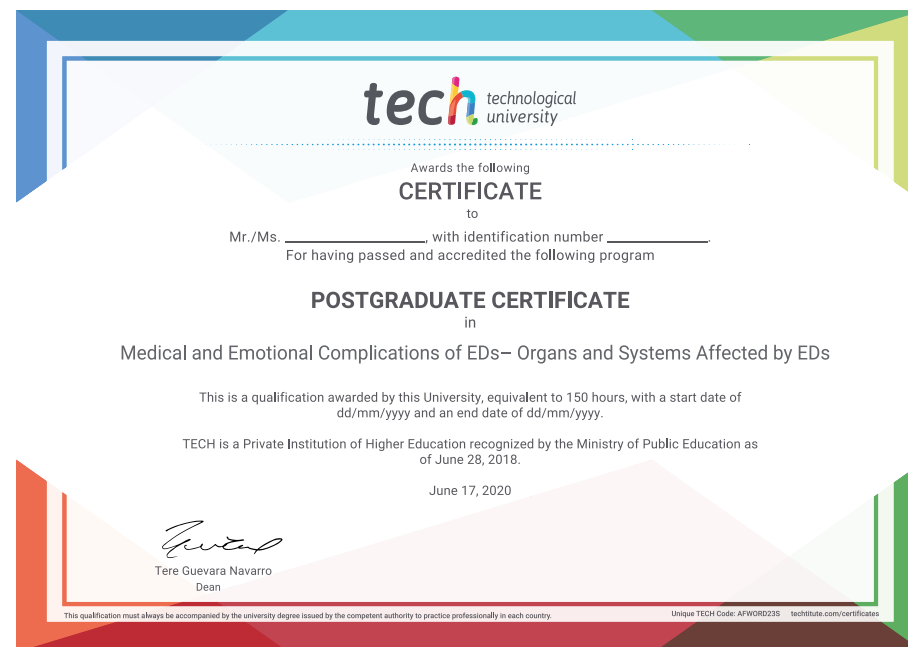
This **Postgraduate Certificate in Medical and Emotional Complications of EDs - Organs and Systems Affected by EDs** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

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

Title: **Postgraduate Certificate in Medical and Emotional Complications of EDs– Organs and Systems Affected by EDs**

Official N° of Hours: **150 h.**



\*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.





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