

# Postgraduate Diploma

## Clinical Nutrition and Hospital Dietetics



## Postgraduate Diploma Clinical Nutrition and Hospital Dietetics

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 16 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-clinical-nutrition-hospital-dietetics](http://www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-clinical-nutrition-hospital-dietetics)

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# 01

# Introduction

Specialization in nutrition is the essential response of the professional to the needs of the population in terms of food and health care and prevention. An example of this is the growing implementation in Spanish hospitals of Nutrition and Dietetics Units or Services led by physicians.





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*Improve your knowledge through this program, where you will find the best educational material supported by real clinical cases" Learn here about the latest advances in the specialty to be able to perform a quality medical practice"*

This program offers the student the possibility of deepening and updating knowledge, using the latest educational technology. This program offers a global vision of Clinical Nutrition while focusing on the most important and innovative aspects of adult nutrition. It also includes up-to-date information on nutritional therapy in special or pathological situations, as well as current trends in nutrition that emphasize the proper use of the Mediterranean diet as a key tool for a healthy life.

This qualification provides specialization in the field of Clinical Nutrition and Hospital Dietetics in areas of particular interest such as:

- ♦ Nutrigenetics
- ♦ Nutrigenomics.
- ♦ Nutrition and obesity
- ♦ Hospital dietetics
- ♦ Nutritional Trends

This Postgraduate Diploma is methodologically designed for distance learning in order to guarantee optimal support.

With this program, students will have the opportunity to study an educational program that brings together the most advanced and in-depth knowledge in the field, where a group of professors of high scientific rigor and extensive international experience offers the most complete and up-to-date information on the latest advances and techniques in Clinical Nutrition and Hospital Dietetics in Medicine.

This **Postgraduate Diploma in Clinical Nutrition and Hospital Dietetics** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The graphic, schematic and practical contents of the course are designed to provide all the essential information required for professional practice.
- ♦ It contains exercises where the self-assessment process can be carried out to improve learning
- ♦ Algorithm-based interactive learning system for decision-making for patients with feeding problems
- ♦ All this will be complemented with theoretical lessons, questions to the expert, discussion forums on controversial topics and individual reflection work
- ♦ Availability of content from any fixed or portable device with internet connection



*Improve your skills in the approach to Clinical Nutrition and Hospital Dietetics in Medicine through this Postgraduate Diploma”*

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*This Postgraduate Diploma is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Clinical Nutrition and Hospital Dietetics in Medicine, you will obtain a qualification from TECH Global University"*

*This Postgraduate Diploma offers education in simulated environments, which provides an immersive learning experience designed to train for real-life situations.*

*It includes clinical cases to bring the program as close as possible to the reality of care in medicine.*

Its teaching staff includes renowned specialists in nutrition based on clinical practice, who bring the experience of their work to this program.

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

This program is designed around Problem-Based Learning, whereby the physician must try to solve the different professional practice situations that arise throughout the program.

For this reason, you will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of nutrition with extensive teaching experience.





# 02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the doctor can master in a practical and rigorous way the study of Clinical Nutrition and Hospital Dietetics.







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*This refresher program will generate a sense of confidence when practising medicine, which will help you grow both personally and professionally”*



## General Objectives

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- Update the nurse's knowledge on new trends in human nutrition in both health and pathological situations through evidence-based medicine
- Promote work strategies based on practical knowledge of new trends in nutrition and their application to adult pathologies, where nutrition plays a crucial role in their therapeutic management
- Encourage the acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online simulation workshops and/or specific training
- Encourage professional stimulation through continuous education and research
- Train to conduct research on patients with nutritional issues



*Take the opportunity and take the step to get up to date on the latest developments in Clinical Nutrition and Hospital Dietetics in Medicine"*





## Specific Objectives

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### Module 1. New Developments in Nutrition

- ♦ Review the basics of a balanced diet in the different stages of the life cycle, as well as in exercise
- ♦ Assess and calculate nutritional requirements in health and disease at any stage of the life cycle
- ♦ Review the new dietary guidelines, nutritional objectives, and recommended dietary allowances (RDA)
- ♦ Manage food databases and composition tables
- ♦ Acquire skills in reading and understanding new food labeling methods
- ♦ Update the drug-nutrient interaction and its implication in the patient's treatment
- ♦ Incorporate the possibilities of phytotherapy as an adjuvant treatment in clinical practice

### Module 2. Current Trends in Nutrition

- ♦ Current Trends in Nutrition
- ♦ Update knowledge in Nutrigenetics and Nutrigenomics
- ♦ Identify the relationship between nutrition and immune status
- ♦ In-depth study of the circadian system as a key factor in nutrition
- ♦ Identify and classify foods, food products, and food ingredients
- ♦ Review the chemical composition of foods, their physicochemical properties, their nutritional value, their bioavailability, their organoleptic properties, and the changes they undergo as a result of technological and culinary processes
- ♦ Get up-to-date on the composition and utilities of new foods

### Module 3. Assessment of Nutritional Status and Diet. Practical Application

- ♦ Analyze the different methods for assessing nutritional status
- ♦ Interpret and integrate anthropometric, clinical, biochemical, hematological, immunological and pharmacological data in the nutritional assessment of the patient and in their dietary- nutritional treatment
- ♦ Predict patients' nutritional risk
- ♦ Manage the different types of nutritional surveys to assess food intake
- ♦ Early detection and evaluation of quantitative and qualitative deviations from the nutritional balance due to excess or deficiency
- ♦ Review basic aspects of food microbiology, parasitology, and toxicology related to food safety

### Module 4. Clinical Nutrition and Hospital Dietetics

- ♦ Delve into the management of hospital nutrition units
- ♦ Distinguish the different basal and therapeutic diets used in hospital settings
- ♦ Study the interaction between drugs and nutrients

### Module 5. Nutrition in Special Situations

- ♦ Explore nutrition in the context of Metabolic Stress
- ♦ Broaden knowledge regarding the treatment of oncology patients.
- ♦ Know the role of nutrition in immune-mediated diseases

### Module 6. Artificial Nutrition in Adults

- ♦ Distinguish enteral and parenteral nutrition with their main characteristics
- ♦ Gain knowledge of the advancements in home artificial nutrition.
- ♦ Improve the nutritional status and quality of life of patients through different types of nutrition
- ♦ Establish updated protocols for the prescription and follow-up of nutrition
- ♦ Optimize nutritional care for patients

# 03

## Course Management

The teaching team selected by TECH is expert in Clinical Nutrition and Hospital Dietetics in Medicine. In addition, they are very prestigious in their professions. They are experts with years of teaching experience who have come together to help give a boost to the graduate's professional career. For this reason, they have developed this Postgraduate Diploma with recent updates on the subject that will allow you to learn and increase your knowledge in this sector.







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*Learn with the best professionals in the industry and become a successful professional yourself"*

## International Guest Director

Dr. Sumantra Ray is an internationally recognized specialist in **Nutrition** and his main areas of interest are **Nutrition Education in Health Systems** and **Cardiovascular Disease Prevention**. With his outstanding experience in this health field, he has served as a consultant on special assignment for the **Nutrition Management** of the **World Health Organization** Headquarters in Geneva. He has also worked as **Director of Research** in Food Security, Health and Society in the Faculty of Humanities and Social Sciences at the University of Cambridge.

For his constant commitment to the dissemination of **healthy eating habits**, he has received the **Josephine Lansdell Award** from the British Medical Association. Specifically, this recognition highlighted his contributions related to nutrition and **Cardiovascular Prevention**. Also, as an international expert, he has participated in a work program on **Food, Nutrition and Education** in India, led by the University of Cambridge and funded by the UK Global Challenges Research Fund.

Dr. Sumantra Ray's studies are worldwide references, focusing on **global food security**, as it is a fundamental aspect for the development of societies. In addition, he has demonstrated his leadership skills as a **Senior Clinical Scientist** at the **Medical Research Council**, focusing on **Nutrition and Vascular Health** studies. In this position, he directed an experimental medicine facility dedicated to Human **Nutrition** studies.

Throughout his career he has authored more than **200 scientific publications** and has written the **Oxford Handbook of Clinical and Health Research**, aimed at strengthening the basic research skills of health care workers around the world. In this sense, he has shared his scientific findings in numerous presentations and congresses, in which he has participated in different countries.



## Dr. Ray, Sumantra

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- ♦ Executive Director and Founder, NNEdPro Global Nutrition and Health Centre, Cambridge, UK
- ♦ Director of Research in Food Security, Health and Society in the Faculty of Humanities and Social Sciences, University of Cambridge
- ♦ Co-Founder and President of the BMJ Scientific Journal Nutrition, Prevention and Health
- ♦ Presidential Advisor at the School of Advanced Studies on Food and Nutrition, University of Parma
- ♦ Vice President of the Conference of Medical Academic Representatives of the BMA
- ♦ Consultant on special assignment for the Nutrition Directorate of the World Health Organization Headquarters in Geneva
- ♦ Honorary International Dean of the Cordia Colleges in India
- ♦ Senior Clinical Scientist with the Medical Research Council
- ♦ Bachelor's Degree in Medicine

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*



## Management



### Ms. Auni3n Lavarías, María Eugenia

- Pharmacist and Clinical Nutrition Expert
- "Author of the reference book in the field of Clinical Nutrition "Dietetic Management of Overweight in the Pharmacy Office". (Panamerican Medical Publishing House)
- Pharmacist with extensive experience in the public and private sector
- Pharmacist in Valencia Pharmacy
- Pharmacy Assistant in the British pharmacy and health and beauty retail chain Boots, UK
- Degree in Pharmacy and Food Science and Technology. University of Valencia
- Director of the University Course "Dermocosmetics in the Pharmacy Office"



# 04

# Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of the program in daily medical practice, aware of the current relevance of training in Clinical Nutrition and Hospital Dietetics in Medicine; and committed to quality teaching through new educational technologies.



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*This Postgraduate Diploma in Clinical Nutrition and Hospital Dietetics in Medicine contains the most complete and up-to-date scientific program on the market”*



## Module 1. New Developments in Nutrition

- 1.1. Molecular Foundations of Nutrition
- 1.2. Update on Food Composition
- 1.3. Food Composition Tables and Nutritional Databases
- 1.4. Phytochemicals and Non-Nutritive Compounds
- 1.5. New Food
  - 1.5.1. Functional Nutrients and Bioactive Compounds
  - 1.5.2. Probiotics, Prebiotics and Symbiotics
  - 1.5.3. Quality and Design
- 1.6. Organic Food
- 1.7. Genetically Modified Foods
- 1.8. Water as a Nutrient
- 1.9. Food Safety
  - 1.9.1. Physical, Chemical, and Microbiological Hazards
- 1.10. New Food Labeling and Consumer Information
- 1.11. Phytotherapy Applied to Nutritional Pathologies

## Module 2. Current Trends in Nutrition

- 2.1. Nutrigenetics
- 2.2. Nutrigenomics
  - 2.2.1. Fundamentals
  - 2.2.2. Methods
- 2.3. Immunonutrition
  - 2.3.1. Nutrition-Immunity Interactions
  - 2.3.2. Antioxidants and Immune Function
- 2.4. Physiological Regulation of Eating. Appetite and Satiety
- 2.5. Nutrition and the Circadian System. Timing is the Key



**Module 3. Assessment of Nutritional Status and Diet. Practical Application**

- 3.1. Bioenergy and Nutrition
  - 3.1.1. Energy Needs
  - 3.1.2. Methods of Assessing Energy Expenditure
- 3.2. Assessment of Nutritional Status
  - 3.2.1. Body Composition Analysis
  - 3.2.2. Clinical Diagnosis. Symptoms and Signs
  - 3.2.3. Biochemical, Hematological and Immunological Methods
- 3.3. Intake Assessment
  - 3.3.1. Methods for Analyzing Food and Nutrient Intake
  - 3.3.2. Direct and Indirect Methods
- 3.4. Update on Nutritional Requirements and Recommended Intakes
- 3.5. Nutrition in a Healthy Adult. Objectives and Guidelines. Mediterranean Diet
- 3.6. Nutrition in Menopause
- 3.7. Nutrition in the Elderly

**Module 4. Clinical Nutrition and Hospital Dietetics**

- 4.1. Management of Hospital Nutrition Units
  - 4.1.1. Nutrition in the Hospital Setting
  - 4.1.2. Food Safety in Hospitals
  - 4.1.3. Hospital Kitchen Organization
  - 4.1.4. Planning and Managing Hospital Diets. Dietary Code
- 4.2. Hospital Basal Diets
  - 4.2.1. Basal Diet in Adults
  - 4.2.2. Pediatric Basal Diet
  - 4.2.3. Ovo-Lacto-Vegetarian and Vegan Diet
  - 4.2.4. Diet Adapted to Cultural
- 4.3. Therapeutic Hospital Diets
  - 4.3.1. Unification of Diets and Personalized Menus
- 4.4. Bidirectional Drug-Nutrient Interaction

**Module 5. Nutrition in Special Situations**

- 5.1. Nutrition in Metabolic Stress Situations
  - 5.1.1. Sepsis
  - 5.1.2. Polytrauma
  - 5.1.3. Burns
  - 5.1.4. Transplant Recipient
- 5.2. Oncology Patient Nutrition
  - 5.2.1. Surgical Treatment
  - 5.2.2. Chemotherapy Treatment
  - 5.2.3. Radiotherapy Treatment
  - 5.2.4. Bone Marrow Transplant
- 5.3. Immune Diseases
  - 5.3.1. Acquired Immunodeficiency Syndrome

**Module 6. Artificial Nutrition in Adults**

- 6.1. Enteral Nutrition
- 6.2. Parenteral Nutrition
- 6.3. Artificial Nutrition at Home
- 6.4. Adapted Oral Nutrition



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

# 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 you will experience 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 physician'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. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
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

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*Professionals will learn through real cases and by resolving 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, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. 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 highly 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.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and 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 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 on the usefulness of learning by observing experts. The system known as 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 Diploma in Clinical Nutrition and Hospital Dietetics guarantees students, in addition to the most accurate and up-to-date education, access to a Postgraduate Diploma issued by TECH Global University.



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*Successfully complete this program  
and receive your university degree  
without travel or laborious paperwork”*

This private qualification will allow you to obtain a **Postgraduate Diploma in Clinical Nutrition and Hospital Dietetics** 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.

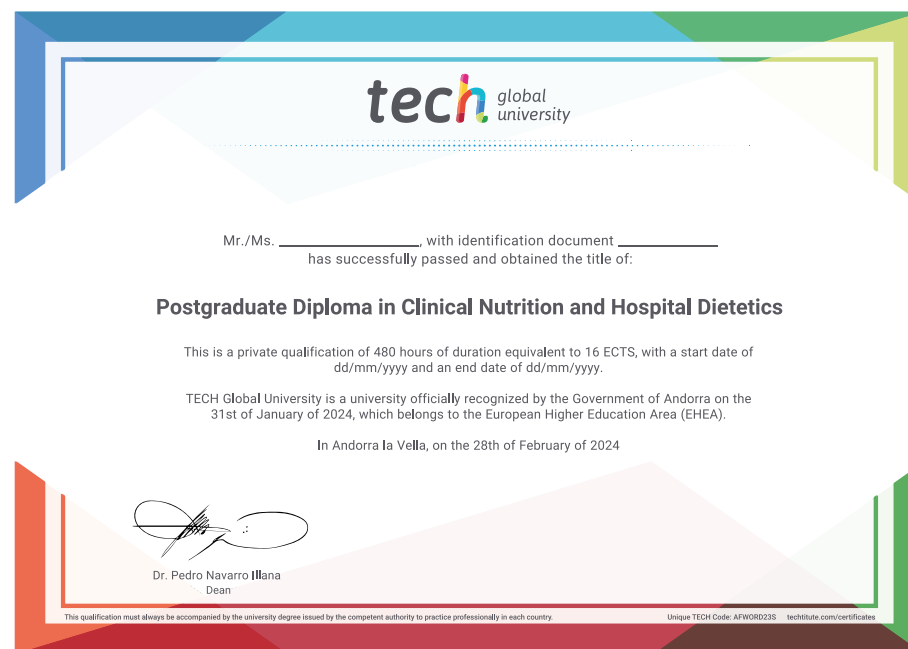
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Clinical Nutrition and Hospital Dietetics**

Modality: **online**

Duration: **6 months**

Accreditation: **16 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.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom

**tech** global  
university

**Postgraduate Diploma**  
Clinical Nutrition and  
Hospital Dietetics

- » Modality: online
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