

Internship Program  
Clinical Nutrition  
in Pediatrics



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in Pediatrics

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# 01 Introduction

The continuous scientific and technological evolution has favored the advancement of Clinical Nutrition in Pediatrics, making possible the development of valuable diagnostic techniques and therapeutic strategies against disorders such as Dysphagia. Apply these new trends is a challenge for specialists since traditional educational programs oriented to this area are not sufficient. This program solves this problem by providing an innovative learning model that is 100% practical and in-person, where the physician will be able to spend a first-class internship in a cutting edge hospital institution. During 3 weeks, you will have the opportunity to treat real patients with the best technological resources and learn with great experts.



*Get up-to-date on Clinical Nutrition in Pediatrics with TECH and this innovative learning model that prioritizes professional updating in a in-person and immersive way"*







Advances in Clinical Nutrition in Pediatrics have provided solutions to feeding problems that were previously neglected or underestimated. An example of this is the new trends in managing and anticipating complications arising from the bidirectional interaction between drugs and nutrients. In addition, new strategies have emerged to address food allergies, obesity and pre-school diabetes. Novel diagnostic methods for Dysphagia have also appeared and specific diets have been developed for pathologies such as infant heart disease and nutrient malabsorption syndromes. Keeping abreast of all these developments is a major challenge for specialists.

For this reason, TECH brings to the educational context a fully practical and in-person program, in which the doctor will be able to spend a 3-week stay in a hospital of international prestige. During this educational period, you will have access to cutting-edge technological resources and will be able to apply, through them, novel diagnostic and treatment procedures for eating disorders. In this way, and attending to real patients from the first day of professional practice, you will develop skills of great rigor for this branch of the medical sciences.

In addition, this Internship Program will allow the direct relationship with great experts, which will provide the development of specific knowledge based on extensive professional experiences. The specialist will be supervised at all times by an assistant tutor who will enable their insertion in different dynamics of clinical work. This clinical practice will be extended from Monday to Friday to complete 120 educational hours and upon completion, the TECH graduate will be ready to practice Pediatric Nutrition care procedures, based on the latest scientific evidence, with the highest effectiveness.

# 02

## Why Study an Internship Program?

Nowadays, Clinical Nutrition in Pediatrics has become a valuable tool to prevent severe health pathologies, as well as specific feeding disorders. Keep up-to-date with all these elements can be cumbersome for the physician, in a context where theory-heavy educational programs are prevalent. For this reason, TECH sets itself apart with this program of a practical, in-person and immersive nature, where the specialist will acquire a holistic mastery of the latest advances in this health discipline. In this way, they will spend 3 weeks in a first-class hospital stay, equipped with the latest technological and assistance resources.



*With TECH's help, you will be linked to a hospital institution equipped with the latest resources in the field of Clinical Nutrition in Pediatrics, in order to develop more rigorous competencies"*

### 1. Updating from the Latest Technology Available

This study program will help the specialist to holistically manage the most up-to-date tools for the verification of parameters related to the nutritional needs of children and adolescents. You will also learn to incorporate specific studies on Genomic Nutrition, Nutrigenetics and Immunonutrition.

### 2. Gaining In-depth Knowledge from the Experience of Top Specialists

With this Internship Program, the physician will receive personalized guidance from an adjunct tutor and experts with extensive experience in the field of Clinical Nutrition in Pediatrics. Based on this advice, the specialist will develop the most up-to-date skills, compatible with the use of new diagnostic and treatment techniques and equipment. In addition, you will be able to incorporate all this knowledge into your daily practice in just 3 weeks.

### 3. Entering First-Class Clinical Environments

TECH has the premise of making available to health professionals the most renowned hospitals in the field of Clinical Nutrition in Pediatrics. To this end, it has thoroughly analyzed all the practical stay options available to it. In this way, the specialist will be able to collaborate, for 3 weeks, with demanding and competitive experts who will pass on their experiences and teach them how to handle the most advanced technology of the moment.



#### **4. Putting the acquired knowledge into daily practice from the very first moment**

From the first day of this Internship Program, the physician will participate in the diagnosis, approach, and treatment proposals to real patients with clinical eating disorders of varying complexity. This innovative learning model promotes a 100% in-person, intensive, and immersive teaching, focused on enabling each student to acquire in a dynamic way the most up-to-date knowledge of the professional field in Pediatric Clinical Nutrition.

#### **5. Expanding the Boundaries of Knowledge**

TECH is the largest educational institution in the online field and, therefore, has a significant number of agreements and collaborations with study centers and hospitals around the world. These contacts facilitate the access of its students to international institutions, where they will be received to broaden their horizons and practical skills from the point of view of Clinical Nutrition in Pediatrics.



*You will have full practical immersion at the center of your choice"*



# 03 Objectives

Through this Internship Program, the physician will be up-to-date on the most modern evaluation and treatment procedures in relation to Pediatric Clinical Nutrition. In this innovative educational modality, you will have the opportunity to develop skills in an exclusively in-person and direct way, through the most rigorous hospital stay in a prestigious institution in the healthcare environment.



## General Objectives

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- ♦ Update the pediatrician's knowledge on new trends in pre-school nutrition in both health and pathological situations through evidence-based medicine
- ♦ Promote work strategies based on the practical knowledge of the new trends in nutrition and its application to child pathologies, where nutrition plays a fundamental role in treatment
- ♦ Encourage the acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online workshops simulation and/or specific training
- ♦ Encourage professional stimulation through continuing education and research







## Specific Objectives

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- Review the basics of a balanced diet in the different stages of the life cycle, as well as in exercise
- Manage food databases and composition tables
- Examine the chemical composition of foods, their physicochemical properties, their nutritional value, their bioavailability, their organoleptic characteristics and the modifications they undergo as a result of technological and culinary processes
- Explain basic aspects of food microbiology, parasitology, and toxicology related to food safety
- Analyze the operation of milk banks
- Explain the new developments and available evidence on probiotics and prebiotics in infant feeding
- Incorporate phytotherapy as a coadjuvant treatment in clinical practice
- Identify and classify foods, food products, and food ingredients
- Master current trends in premature infant nutrition
- Comprehend the latest evidence on food allergies and intolerances
- Calculate nutritional requirements in health and disease situations at any stage of the life cycle
- Evaluate and maintain adequate hygiene and food safety practices, applying current legislation
- Update the drug and nutrient interaction and its implication in the patient's treatment
- Review the psychological bases and biopsychosocial factors that affect human eating behavior
- Describe the main malabsorption syndromes and how they are treated
- Incorporate into clinical practice the different techniques and products of basic and advanced nutritional support related to pediatric nutrition
- Classify the different types of malnutrition and their impact on the developing organism
- Analyze the implications of nutrition in the growth process and in the prevention and treatment of different childhood pathologies
- Assess the psychological and physiological aspects involved in eating disorders in young children
- Explain the treatment of dyslipidemias and the role that nutrition plays in their genesis and treatment



*This program will provide you with an immersive learning, in direct contact with real cases, of the keys to the pediatric dietary approach of endocrine pathologies such as Diabetes”*

# 04 Educational Plan

This Internship Program is distinguished from others in the educational market by its link with first-class and internationally renowned hospitals. The physicians, enrolled in this educational modality, will attend the institution of their choice in person, from Monday to Friday, in 8 consecutive hours, up to complete 3 weeks of learning. During this period, you will work together with great experts in pediatric clinical nutrition and, in this way, you will become familiar with the most demanding professional dynamics of the specialty.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide healthcare in areas and conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

This 100% practical study opportunity will help the specialist to assimilate in a faster and more flexible way the current protocols for the care of pre-school and adolescent patients with eating disorders. It will also provide them with access to cutting-edge technologies, located in the most prestigious health institutions in terms of clinical care of nutritional and dietary problems of the pediatric age.

The practical education will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for the the medical practice (learning to be and learning to relate).

The procedures described below will form the basis of the practical part of the internship, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:



*Receive specialized education in an institution that can offer you all these possibilities, with an innovative educational program and a human team that will help you develop your full potential”*



Module	Practical Activity
<b>Current Trends in Clinical Nutrition in Pediatrics</b>	Periodically examine the basis of physiological regulation of feeding, appetite and satiety in children and adolescents
	Apply techniques for the analysis of pediatric patients based on Nutrigenetics and Nutrigenomics
	Incorporate transgenic foods into contemporary dietary approaches to children and adolescents
	Implement immunonutrition strategies for the management of pediatric patients with nutritional deficiencies
<b>Nutritional Treatment in Pediatric Gastroenterology</b>	Implement techniques such as the dosed and gradual introduction of the allergenic food into the diet of children and adolescents with different types of intolerances
	Indicate to the pediatric patient the use of substitute foods for products such as diet
	Perform diagnostic and nutritional evaluations in esophagogastric disorders
	Improve symptoms of irritable bowel syndrome, intestinal transit problems, bloating and flatulence through low FODMAP (fermentable oligosaccharides, disaccharides, monosaccharides and polyols) diets
<b>Pediatric dietary approach to endocrine pathologies</b>	Identify childhood and juvenile obesity and determine its dietary or surgical treatment
	Recognize the etiology, repercussions, and treatment of childhood obesity
	Explore nutritional requirements in situations of metabolic stress
	Recommend the use of blood glucose controlling medications or insulin injections in the diabetic child and adolescent
	Monitor an adequate diet and the practice of physical exercise according to each patient's age
	Diagnose dysphagia by means of dynamic swallowing studies or endoscopic evaluation, and assess the surgical treatment of this pathology
<b>Hospital Nutrition in Pediatrics</b>	Manage and anticipate the complications of bidirectional drug-nutrient interactions between drugs and nutrients
	Evaluate the nutritional status of inpatients and prescribe appropriate diets
	Evaluate the relevance of enteral (tube feeding) or parenteral (directly into the bloodstream) nutrition in pediatric patients who need assistance in swallowing food
	Apply the DASH diet and prescribe it as a treatment in cardiovascular disease
	Manage the nutritional support of the oncological child in different phases of the disease and other chronic pathologies



# 05 Where Can I Do the Internship Program?

In this educational modality, TECH offers a first-rate, intensive, in-person stay in a renowned hospital institution. In this way, the specialists will perfect their health competencies together with a team of prestigious experts who will supervise the development of new competencies in Pediatric Clinical Nutrition at all times. In addition, in these facilities, they will have the necessary resources to complete modern procedures for the direct care of real cases with different conditions.



*Expand your practical skills at a prestigious center and apply all of them for the benefit of real patients"*







The student will be able to do this program at the following centers:



Medicine

### Centro Médico Villanueva de la Cañada

Country City  
Spain Madrid

Address: C. Arquitecto Juan de Herrera, 2,  
28691 Villanueva de la Cañada, Madrid

Medical center with services in the main clinical specialties and diagnostic tests

#### Related internship programs:

- Clinical Nutrition in Pediatrics
- Primary Care Clinical Ultrasound



Medicine

### Hospital HM Regla

Country City  
Spain León

Address: Calle Cardenal Landázuri, 2,  
24003, León

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

#### Related internship programs:

- Update on Psychiatric Treatment in Minor Patients



Medicine

### Hospital HM Nou Delfos

Country City  
Spain Barcelona

Address: Avinguda de Vallcarca, 151,  
08023 Barcelona

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

#### Related internship programs:

- Aesthetic Medicine
- Clinical Nutrition in Medicine



Medicine

### Hospital HM Sanchinarro

Country City  
Spain Madrid

Address: Calle de Oña, 10, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

#### Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care





### Hospital HM Nuevo Belén

Country	City
Spain	Madrid

Address: Calle José Silva, 7, 28043, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- General and Digestive System Surgery
- Clinical Nutrition in Medicine



### Policlínico HM Distrito Telefónica

Country	City
Spain	Madrid

Address: Ronda de la Comunicación, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Optical Technologies and Clinical Optometry
- General and Digestive System Surgery



### Policlínico HM Gabinete Velázquez

Country	City
Spain	Madrid

Address: C. de Jorge Juan, 19, 1º 28001, 28001, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Clinical Nutrition in Medicine
- Aesthetic Plastic Surgery



### Policlínico HM Las Tablas

Country	City
Spain	Madrid

Address: C. de la Sierra de Atapuerca, 5, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Nursing in the Traumatology Department
- Diagnosis in Physiotherapy







### Policlínico HM Moraleja

Country: Spain  
City: Madrid

Address: P.º de Alcobendas, 10, 28109, Alcobendas, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Rehabilitation Medicine in Acquired Brain Injury Management



### Policlínico HM Sanchinarro

Country: Spain  
City: Madrid

Address: Av. de Manoteras, 10, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Gynecological Care for Midwives
- Nursing in the Digestive System Department

# 06

## General Conditions

### Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



## General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

**1. TUTOR:** During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE:** If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** The Internship Program shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.



# 07 Certificate

This **Internship Program in Clinical Nutrition in Pediatrics** contains the most complete and up-to-date program in the professional and academic landscape.

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

The diploma issued by TECH will reflect the grade obtained in the test.

Title: **Internship Program in Clinical Nutrition in Pediatrics**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour consecutive shifts**

Total Hours: **120 h. of professional practice**



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