

Internship Program

Diet Therapy



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Diet Therapy

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01 Introduction

In recent years, obesity has become a global problem, so institutions are constantly working to address the prevention of this disease and promote proper eating habits. At the same time, the field of Nutrition has developed even more, thanks to scientific studies, which determine the suitability of certain foods and nutritional plans according to the different pathologies. Faced with this reality, TECH has created this 100% practical program, which provides professionals with an update of their knowledge through an internship in a clinical center of reference and with the best specialists in Diet Therapy.

“

Incorporate into your daily practice the most outstanding advances in the field of Diet Therapy, thanks to this Internship Program”





Proper nutrition is the key to the prevention of the vast majority of diseases. However, in recent decades, obesity has come to be considered a pandemic by the World Health Organization. A disease that affects both children and adults.

At the same time, the field of Nutrition has advanced, thanks to scientific progress, which facilitates the elaboration of plans better adapted to patients, according to their characteristics and those of the pathologies they suffer from. A scenario that leads medical professionals to be constantly updating their knowledge in the field of Diet Therapy. For this reason, TECH has created a Internship Program that allows specialists to update their knowledge in a real scenario and with the help of real experts.

This is a 3-week internship, where the professional will visit a leading clinical center, where they will be introduced to the latest developments in diagnostic techniques and methods, as well as the nutritional approach to the patient depending on the pathology they suffer from. In this way, they will be able to obtain a real and close vision of the current situation of this area, through a 100% practical academic model, which adjusts to the needs of professionals.

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With this program you will learn about the latest technology used in the field of Diet Therapy and individualized nutritional planning”

02

Why Study an Internship Program?

Medical professionals have a solid knowledge of nutrition, however, the continuous advances in this field force health professionals to keep up-to-date with the latest developments. Changes that are really effective, through practice. For this reason, TECH has created this program, where the physician will be integrated into a prestigious clinical center in the field of Diet Therapy. In this way, during 3 intensive weeks, the professional will be with a multidisciplinary team, which will show how are the techniques and the latest advances in this sector. This is an excellent opportunity to update your knowledge in a first-class professional environment and under the guidance of experts with extensive experience in this area.



Get into a prestigious clinical scenario and surround yourself with the best experts in Diet Therapy”

1. Updating from the latest technology available

New technologies in Diet Therapy have allowed to carry out important advances in the performance of diagnostic tests, which determine body composition, calorimetry or intolerance to the intake of certain foods. For this reason, and in order to bring the professional closer to these technical advances, TECH has designed this Internship Program, which will bring you up-to-date with the latest technology used in this field.

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

During 3 intensive weeks, the medical professional will be tutored by a specialist in the field of Diet Therapy, who will accompany them throughout the process. In this way, they will be able to see first-hand how the procedures and nutritional treatments are applied to patients with various pathologies. All this, in a unique and first-class environment.

3. Entering First-Class Clinical Environments

The professional who enrolls in this program will have the guarantee of accessing a first-class healthcare environment. To achieve this, TECH carries out a rigorous selection process of all the clinical centers where the Internship Program is carried out. In this way, the healthcare professional will be in a professional environment, where they will work under scientific rigor and applying the latest developments in Diet Therapy.



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

TECH's objective with this program is to achieve effective updating and direct application in the daily practice of professionals. Therefore, from the beginning of this Internship Program, the physician will carry out practical activities, in an outstanding clinical environment and guided by a specialist in Diet Therapy. And all this, in 3 intensive weeks of internship.

5. Expanding the Boundaries of Knowledge

This academic institution offers the possibility of being able to carry out this Internship Program in national and international centers. In this way, the professional will be able to keep up-to-date with the latest developments in Diet Therapy, thanks to the accompaniment of the best specialists in this field, who practice in first-class centers. A unique opportunity, that only TECH, the world's largest digital university, can offer.



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

03 Objectives

With this Internship Program, the professional will be able to update their knowledge in the latest diagnostic and therapeutic procedures in patients suffering from obesity, overweight and their comorbidities. All this, in an exclusively practical way, through an internship in a clinical center of the highest quality and technological innovation, which will lead you to achieve your goals successfully.



General Objectives

- ♦ Master the latest diagnostic techniques used in Diet Therapy
- ♦ Incorporate into daily work the methods and procedures used by specialists in the area of Diet Therapy
- ♦ Plan nutritional plans adapted to different pathologies



Learn first-hand about the most outstanding advances in Diet Therapy through an intensive 3-week internship”





Specific Objectives

- ◆ Personalized calculation of nutritional plans taking into account all individual variables
- ◆ Draw up nutritional plans and models order to provide comprehensive and practical recommendations
- ◆ Broaden the specific therapeutic approach to eating disorders and genetic syndromes associated with nutritional alterations
- ◆ Assess clinical cases, application tools in nutrition consultation
- ◆ Plan nutritional treatments based on scientific evidence and assessment of evolution
- ◆ Individualize nutritional planning for patients with insulin-dependent DM1 and DM2 and insulin resistance
- ◆ Explore adapted nutritional recommendations based on scientific evidence in autoimmune, endocrine and respiratory pathologies
- ◆ Identify malnutrition in the context of a neoplastic disease as the only pathology or in the pluripathological patient, as well as to prevent them
- ◆ Personalize the nutritional treatment, covering the needs of the patient in antineoplastic treatment, and/or surgeries
- ◆ Assess the health effects derived from the current food model and the consumption of ultra-processed food

04

Educational Plan

This Internship Program includes a stay in a first-class clinical center, where the professional will be able to work with real patients, and with the tutoring of a real expert in Diet Therapy. In this way, the professional will be for 3 weeks, from Monday to Friday, in 8 consecutive hours shifts, acquiring the latest information on diagnosis and nutritional planning adapted to the different pathologies.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide healthcare care 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.

TECH offers, in this way, a unique practical experience that will allow professionals to enhance their skills in the field of Diet Therapy, with the help of the best specialists and in a unique clinical environment. During this process, a prestigious center will become the ideal scenario for an effective update and adjusting to the updating needs of the specialists.

The practical teaching will be carried out with the active participation of the student performing the activities and procedures of each area of knowledge (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 practice of Medicine in the field of Diet Therapy (learning to be and learning to relate).

The procedures described below will form the basis of the practical part of the training, 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 academic program and a human team that will help you develop your full potential"



Module	Practical Activity
Nutritional Assessments	Assist in performing comprehensive nutritional assessments that take into account the psychological, social and pathological aspects of the patient
	Participate in the adaptation of dietary plans to the most recent advances in Diet Therapy
	Collaborate in the detection of the patient's nutritional risks and needs from a holistic point of view
	Analyze the patient's motivational elements and adapt the nutritional planning to them
Nutritional Planning	Collaborate in the application of diets and dietary planning in prevention, clinical and educational environments
	Assist in planning consultations, treatment goals and techniques aimed at improving adherence
	Provide support for dietary planning and assess psychological and quality of life aspects with adapted dietary recommendations
	Implement healthy eating recommendations integrating the concept of sustainability
Management of the Patient with Obesity	Assist in the calculation and individually prescribe the different models of low-calorie diets
	Cooperate with the multidisciplinary obesity team in the planning of consultations
	Support in the assessment of the clinical case, interpretation of causes of overweight and obesity
	Contribute in the creation of a flexible and personalized nutritional plan taking into account all the variables and demands of the patient
Approach the Patient with Different Pathologies	Carry out a complete patient assessment and plan nutritional treatment based on digestive system pathologies
	Participate in the planning of nutritional treatment, supplementation and / or substitutes
	Participate in the planning and implementation of dietary measures to improve symptoms and quality of life
	Support adapted nutritional recommendations in different pathologies (renal, hepatic, endocrine-metabolic, nervous system)

05 Where Can I Do the Internship Program?

TECH provides the medical professional with reference clinical centers where they will be able to carry out the internship, surrounded by the best specialists in the field of Diet Therapy. In this way, they will be able to check directly, with real patients and in a first-class environment, how are the latest procedures and techniques in this field. A unique opportunity that only this academic institution offers.




Take this Internship Program in a first-class clinical environment, surrounded by the best specialists in the field of Diet Therapy”





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



Instituto de Obesidad (IOB)

Country	City
Spain	Madrid

Address: Calle Apolonio Morales 4 Bis,
Esquina Menéndez Pidal, 28036 Madrid

Clinic specialized in surgical and counseling assistance to obese patients

Related internship programs:

- Diet Therapy
- Update in Bariatric Surgery

“ Take advantage of this opportunity to surround yourself with expert professionals and learn from their work methodology”

06

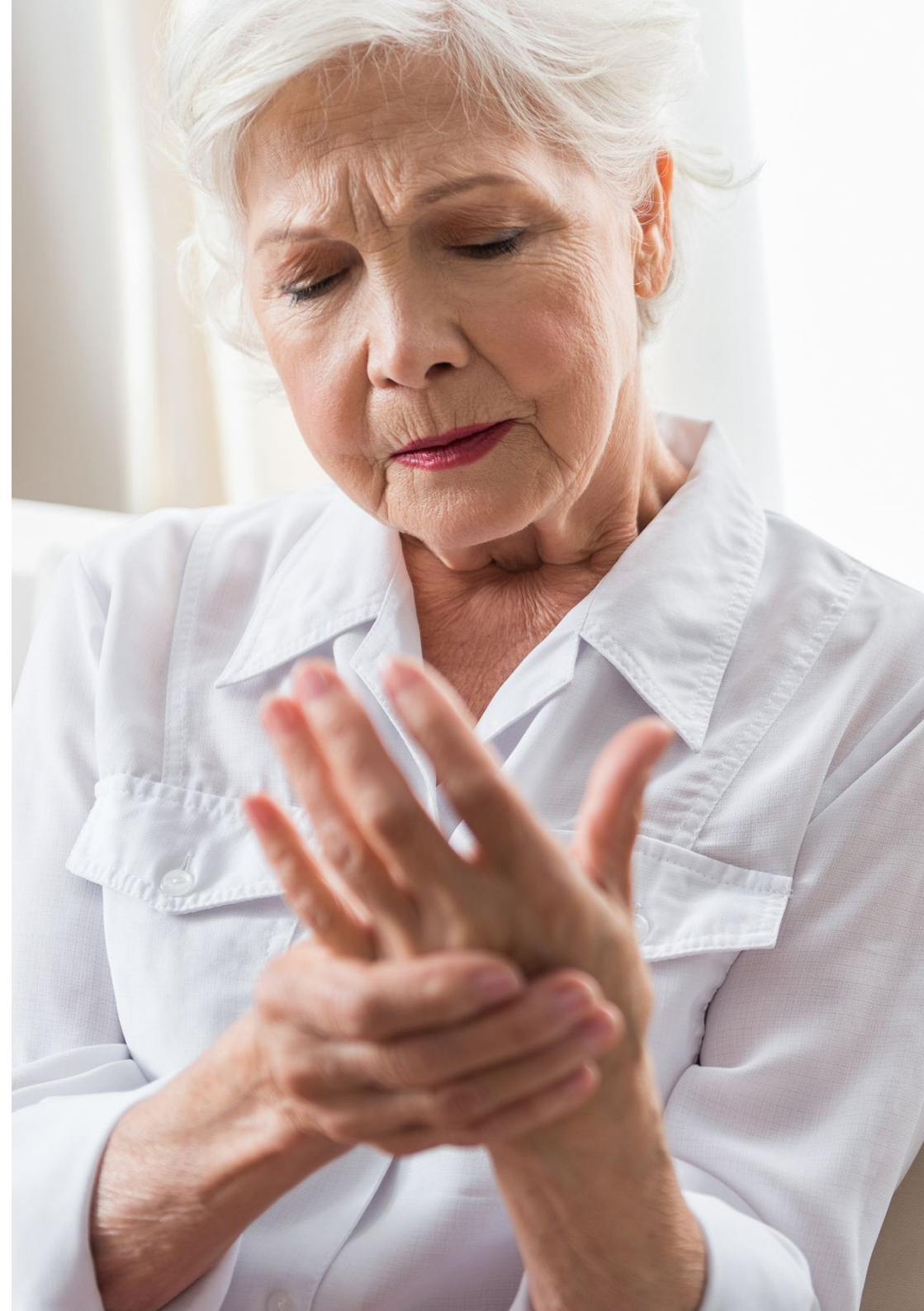
General Conditions

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 Diet Therapy** contains the most complete and up-to-date program in the professional and academic landscape.

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

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

Title: **Internship Program in Diet Therapy**

Duration: **3 weeks**

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

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



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