

# Postgraduate Certificate

Nutrition in Dysfunctions  
and Pathologies along  
the Digestive Tract





## Postgraduate Certificate

### Nutrition in Dysfunctions and Pathologies along the Digestive Tract

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

Website: [www.techtute.com/us/medicine/postgraduate-certificate/nutrition-dysfunctions-pathologies-along-digestive-tract](http://www.techtute.com/us/medicine/postgraduate-certificate/nutrition-dysfunctions-pathologies-along-digestive-tract)

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# 01

# Introduction

Celiac disease is one of the most widespread digestive disorders worldwide, its prevalence in Western countries is around 1% of the population and its genetic transmission is frequent. However, the medical professional frequently encounters patients with other diseases affecting the digestive system such as gastroesophageal reflux, irritable bowel, intolerances and allergies that affect a large population group. This 100% online program offers healthcare personnel a renewal of their knowledge in this field with multimedia content in which they will delve into the diagnoses and latest scientific studies in diseases affecting the digestive system.





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*A 100% online program at the academic forefront for you to acquire up to date information in nutrition focused on the main intestinal diseases"*

Poor eating habits or genetics have a determining influence on many of the digestive problems that affect patients who come to clinical consultations. Increasingly frequent diseases in certain population groups suffering from food allergies or celiac disease are those that must be attended by the medical professional, who must be aware of the latest developments in nutrition. This university program is aimed at health personnel who wish to have up to date knowledge in this field thanks to the high quality content provided by the teaching team who are specialized in Nutrition and Endocrinology.

A Postgraduate Certificate in which the health professional will delve into the most effective nutritional treatment to be applied in patients with dysphagia, Barret's esophagus, hiatal hernia or Helicobacter Pylori infection. All this based on scientific evidence and the extensive experience of the teaching team that teaches this program.

Delving into the pathologies along the Digestive Tract that offers this program in a 100% online mode, so that the professional can combine their work responsibilities with quality education. Therefore, to take this Postgraduate Certificate, students only need a computer, cell phone or tablet with an Internet connection to access the full agenda of this program from the first day and 24 hours a day . Content enriched with multimedia material quality and according to the current academic times.

This **Postgraduate Certificate in Nutrition in Dysfunctions and Pathologies along the Digestive Tract** 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 Nutrition and Endocrinology
- ◆ The graphic, schematic, and practical contents with which they are created, compile 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 sessions, questions to the expert, discussion forums and individual reflection assignments
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*It delves into recently developed research on low histamine diets and DAO deficiency"*

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*A 100% online program that allows you to comfortably and flexibly renew your knowledge in pathologies affecting the digestive system"*

The program's teaching staff includes professionals from the sector who contribute their work experience to this educational 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.

*An expert teaching team provides the latest nutritional advances in patients with chronic diarrhea.*

*A program that will allow you to access the latest studies in intestinal microbiotics.*



# 02 Objectives

This program, aimed at medical professionals, offers students a broad and renewed knowledge in the field of nutrition and diseases that frequently affect the digestive tract. Through video summaries and specialized readings, students will be up to date in the knowledge of microbiotics, its relationship with the endocrine and nervous system, as well as recent research studies that address the functioning of the digestive tract and the pathologies that affect it. All this with an extensive library of multimedia resources that will favor the updating of knowledge.





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*The real cases and specialized readings will be of great use to the medical professional"*



## General Objectives

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- ◆ Broaden knowledge and incorporate advanced and innovative knowledge in food and nutrition in the daily clinical practice of the Dietitian-Nutritionist
- ◆ Revise the fundamental aspects of healthy eating, with a current approach aimed at risk prevention
- ◆ Delve into the correct management of daily nutrition
- ◆ Examine the most common syndromes and symptoms related to nutritional problems





## Specific Objectives

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- ◆ Study the functioning of the digestive tract, functions and pathologies
- ◆ Complete assessment of the clinical case and the digestive health
- ◆ Understand the intestinal microbiota and its relationship with endocrine and nervous system



*This Postgraduate Certificate will allow the professional to be aware of the latest developments in treatments applied to the reduction of obesity in minors"*

# 03

## Course Management

The medical professional who studies this course can count on a teaching team specialized in the area of Nutrition and Endocrinology, with experience in relevant hospitals. In this way, the teaching staff active in this field will pour into this program the methods used for the diagnosis and treatment of patients with pathologies affecting the digestive system. All this, according to recent research in this area. The real cases provided by the team of experts will be very useful for the students in the direct application of their daily clinical practice.



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*"A team of experts in nutrition will provide you with the main nutritional guidelines currently used in patients with allergies"*

## Management



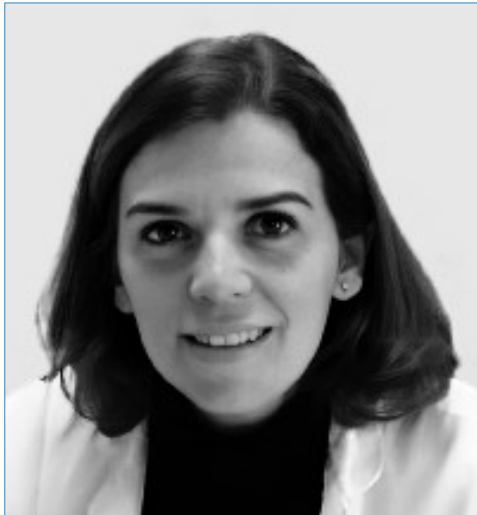
### Dr. Vázquez Martínez, Clotilde

- Corporate Head from Hospital Universitario Endocrinology and Nutrition Departments, Jiménez Díaz La Foundation
- Head of the Endocrinology and Nutrition Service at Móstoles University Hospital
- Head of the Endocrinology and Nutrition Service at Móstoles University Hospital
- President of La Society of Endocrinology, Nutrition, and Diabetes of the Community of Madrid (SENDIMAD)
- Coordinator Therapeutic Education Group Group of the Spanish Society of Diabetes
- Doctor of the Faculty of Medicine of the Autonomous University of Madrid
- Degree in Medicine and Surgery from the Faculty of Medicine of the University of Valencia
- Specialist in Endocrinology and Nutrition via Medical Residency by the University Hospital Jimenez Díaz Foundation
- Abraham García Almansa Clinical Nutrition Lifetime Achievement Award
- Recognized among the 100 best Doctors in Spain according to Forbes list
- Castilla - La Mancha Diabetes Foundation (FUCAMDI) Diabetes and Nutrition Lifetime Achievement Award



### **Dr. Sánchez Jiménez, Álvaro**

- ♦ Specialist in Nutrition and Endocrinology at Jiménez Díaz Foundation University Hospital
- ♦ Nutritionist at Medicadiet
- ♦ Clinical Nutritionist specialized in Prevention and Treatment of Obesity, Diabetes and their Comorbidities
- ♦ Nutritionist in the Predimed Plus Study
- ♦ Nutritionist at Eroski
- ♦ Nutritionist at Axis Clinic
- ♦ Professor of the Master's Degree in Obesity and Comorbidities at the Rey Juan Carlos University
- ♦ Professor at the Course of Excellence in Obesity at the university Jimenez Díaz Foundation Hospital
- ♦ Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid
- ♦ Nutrition and Food for the Elderly by the Complutense University of Madrid
- ♦ Nutrition and Sports for Professionals by the Fundación Tripartita
- ♦ Refresher Course on Practical Diabetes Type 1 and 2 for Health Professionals



### Dr. Montoya Álvarez, Teresa

- ◆ Head of the Endocrinology and Nutrition Service of the Infanta Elena University Hospital
- ◆ Head of Volunteering at the Garrigou Foundation
- ◆ Graduate in Medicine and Surgery from Universidad de Navarra
- ◆ Master's Degree in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ◆ Course in Bariatric Antecedents of Surgery Patient Emergencies: Key References for the Attending Physician
- ◆ Member of: Institute for Health Research Foundation Jiménez Díaz, Health Commission of FEAPS Madrid, Trisomy 21 Research Society

## Professors

### Ms. López Escudero, Leticia

- ◆ Nutritionist at Diet Clinic
- ◆ Dietician and clinical nutritionist at the Jiménez Díaz Foundation University Hospital
- ◆ Dietician and Clinical Nutritionist at the University Hospital Infanta Elena
- ◆ Professor in graduate studies Degree in Human Nutrition and Dietetics
- ◆ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ◆ Master's Degree in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ◆ Master's Degree in Nutrition in Physical Activity and Sport, Open University of Catalunya (UOC)

### Dr. Hoyas Rodríguez, Irene

- ◆ Specialist in Endocrinology and Nutrition
- ◆ Specialist in Endocrinology and Nutrition at the Fundación Jiménez Díaz and Infanta Elena Hospitals
- ◆ Specialist in Endocrinology and Nutrition at the Beata María Ana Hospital
- ◆ Specialist in Endocrinology at the University Hospital 12 de Octubre
- ◆ Degree in Medicine from the Complutense University of Madrid
- ◆ Postgraduate course in Treatment of Diabetes Mellitus Type 2 at the Autonomous University of Barcelona





**Dr. Gutiérrez Pernia, Belén**

- ◆ Obesity Nutritionist at Medicadiet
- ◆ López-Nava Obesity Nutritionist Madrid
- ◆ Dietitian and Nutritionist in Research Projects of Predimed Plus
- ◆ Grade in Human Nutrition and Dietetics from the Autonomous University of Madrid
- ◆ Master's Degree in Clinical Nutrition and Endocrinology at the Institute of Nutrition and Health Sciences

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*Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice”*

# 04

## Structure and Content

This six-week course delves into nutrition and its relevance in Dysfunctions and Pathologies along the Digestive Tract. Through this course, the medical professional will learn the different techniques for the detection of gastrointestinal diseases and the appropriate nutrition for their prevention and treatment. Likewise, they will be up to date in their knowledge within the field of food allergies, intolerances and malabsorption, as well as celiac disease. All this will be much easier thanks to the Relearning system, applied by TECH in all its degrees, so that students can build their knowledge without long hours of study.

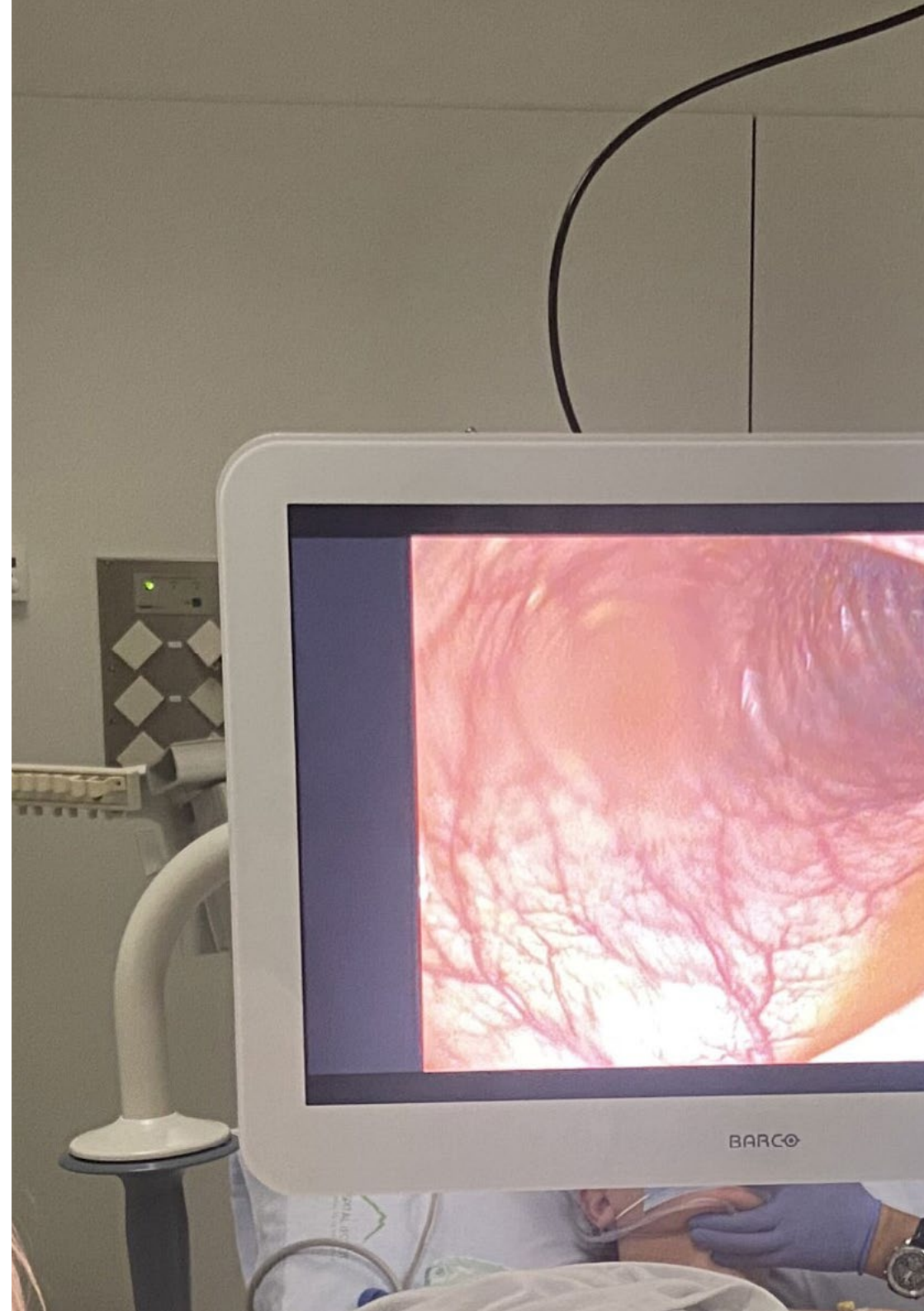


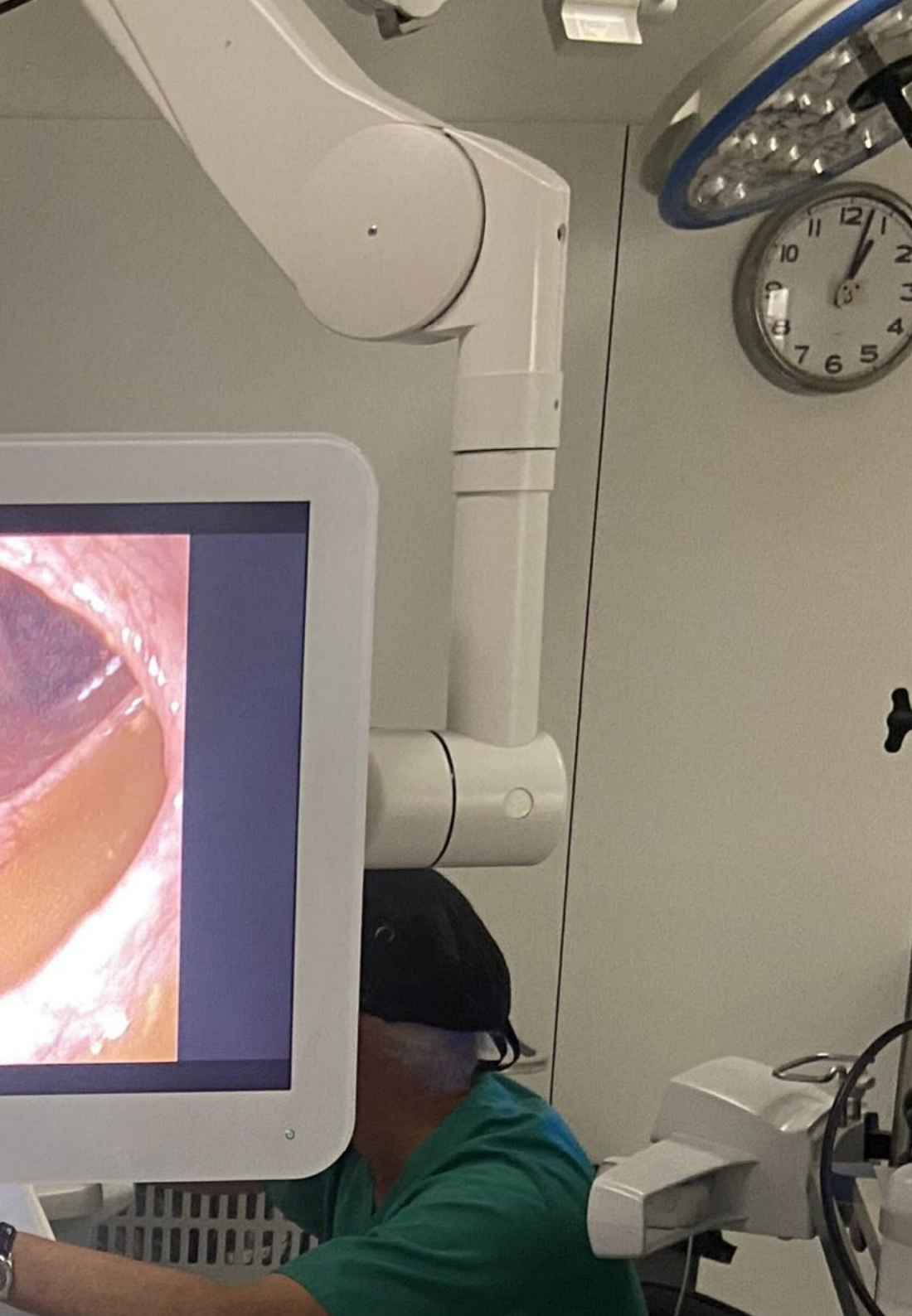
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*A syllabus with extensive multimedia material in which you will learn in depth about the advances in feeding patients with dysphagia or inflammatory bowel diseases"*

## Module 1. Nutrition in Dysfunctions and Pathologies along the Digestive Tract

- 1.1. Digestive History, and Assessment of Variables, Symptomatology and Previous Eating Habits
- 1.2. Mouth: Nutrition in Mucositis, Xerophthalmia, Dysphagia, and Oral Dysbiosis
- 1.3. Esophagus: Nutrition in Gastroesophageal Reflux Disease and Barret's Esophagus
- 1.4. Stomach: Nutrition in Gastritis, Hiatus Hernia, Dyspepsia, Helicobacter Pylori Infection
- 1.5. Constipation and Symptomatology
  - 1.5.1. Associated Pathologies
- 1.6. Acute and Chronic Diarrhea
- 1.7. Inflammatory Bowel Diseases
- 1.8. Differentiation between Malabsorption, Intolerances and Allergies
  - 1.8.1. Enzyme Deficiency and Immune System
  - 1.8.2. Diet Low in Histamine and DAO Deficiency
- 1.9. Dysbiosis, Bacterial Overgrowth and Nutrient Malabsorption
- 1.10. Celiac Disease and Non-Celiac Gluten Sensitivity (NCGS)





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*A program that provides the latest studies in Celiac Disease and Non-Celiac Gluten Sensitivity”*

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

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 the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*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 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.



#### 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 Certificate in Nutrition in Dysfunctions and Pathologies along the Digestive Tract guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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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 Nutrition in Dysfunctions and Pathologies along the Digestive Tract** 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 **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The diploma 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 Nutrition in Dysfunctions and Pathologies along the Digestive Tract**

Official N° of Hours: **150 h.**



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



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health confidence people  
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community commitment  
personalized service innovation  
knowledge present  
development languages  
virtual classroom



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