

# Postgraduate Certificate

## Nutrition in Endocrine-Metabolic and Autoimmune Pathologies





## Postgraduate Certificate Nutrition in Endocrine-Metabolic and Autoimmune Pathologies

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/en/medicine/postgraduate-certificate/nutrition-endocrine-metabolic-autoimmune-pathologies](http://www.techtitute.com/en/medicine/postgraduate-certificate/nutrition-endocrine-metabolic-autoimmune-pathologies)

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# 01

# Introduction

The global number of people suffering from diabetes has increased in the last decade, a growth that is expected to reach 300 million people worldwide with this disease by 2030. Diet is a fundamental pillar in its treatment, not only improving its control, but also in affecting different organs that lead to secondary complications. This teaching given by a specialized teaching team with extensive experience provides the medical professional with the most up-to-date knowledge in the nutritional management of this disease and other autoimmune and pulmonary pathologies.





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*A program with an eminently practical approach to apply the latest developments in people with diseases such as chronic fatigue”*

The daily pace of life, with hardly any breaks to dedicate to food preparation, the lack of exercise and educational deficiencies in this area in the population are increasingly present. This is why the medical professional requires an update in the field of nutrition in Endocrine-Metabolic and Autoimmune Pathologies that can be achieved through this Postgraduate Certificate.

A program taught completely online where the professional will delve into type 2 diabetes mellitus and its relationship with obesity, while delving into the latest effective nutritional methods in people with this disease to control their weight, achieve modification of habits and reduction of conditions to other organs. However, this program will not only focus on this disease, it will also have space for students to renew their knowledge regarding anemia and vitamin D deficiency. A very high quality university education that will also focus on importance of maintaining muscle mass as a guarantee of life and the recent lines of research around chronobiology.

An update of knowledge, where TECH offers students education that allows them to make their professional responsibilities compatible with quality education. Moreover, health care personnel will be able to access the entire syllabus from anywhere and whenever they want from day one. You only need a computer, mobile phone or tablet with an internet connection to access the syllabus, without fixed schedules and distribute the teaching load according to your needs. All of this with content enriched with multimedia material in line with current academic times.

This **Postgraduate Certificate in Nutrition in Endocrine-Metabolic and Autoimmune Pathologies** 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, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used 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



*Delve into the methods currently used in insulin-dependent patients”*

“

*Access a 100% online program that provides flexibility and agility to update knowledge in endocrine pathologies."patologías endocrinas"*

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 student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*A program that bases its multimedia content on recent studies on nutrition in diabetic people.*

*A 100% online university program which the medical professional will renew their knowledge of nutrition in patients with autoimmune pathologies.*



# 02 Objectives

During the 150 teaching hours, this Postgraduate Certificate provides the most up-to-date knowledge in the field of nutrition aimed at patients with diabetes, autoimmune pathologies, cystic fibrosis, COPD, among other pathologies. All included in a program that the students will be aware of the lines of research carried out in the implementation of individualized nutritional plans for the control of the disease, as well as the prevention and treatment of Sarcopenia and Osteopenia. All this with simulations of real cases provided by the teaching team that will facilitate the renewal of knowledge in this subject.





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*The library of multimedia resources provides the most recent material related to nutrition in women with menstrual disorders”*



## 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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- ♦ 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
- ♦ Delve into the prevention and treatment of sarcopenia and osteopenia



*This program explores recent advances in nutrition with COPD, Osteoporosis and Cystic Fibrosis patients”*

# 03

# Course Management

In this Postgraduate Certificate, the medical professional will obtain an update from a team of experts in Nutrition and Endocrinology, who practice the profession in relevant hospital centers in this field, which guarantees students obtaining recent content with a Great practical application in your usual clinic. A teaching staff selected ad hoc in order to offer students quality teaching with multimedia material in accordance with the high level required in the health area.





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*A teaching team with extensive experience in areas of Endocrinology in leading hospital centers contributes their knowledge to this Postgraduate Certificate”*

## Management



### Dr. Vázquez Martínez, Clotilde

- Corporate Head in the University Hospital 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
- Doctorate from the Faculty of Medicine at the Autonomous University of Madrid
- Degree in Medicine and Surgery from the Faculty of Medicine of the University of Valencia
- Specialist in Pediatric Endocrinology and Nutrition at the university Foundation Jimenez Díaz Hospital
- 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 Hospital university
- 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, Master's Degree in Obesity and comorbidities, Rey Juan Carlos University
- Professor of the Excellence Course in Obesity at the Jiménez Díaz Foundation University Hospital
- Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid
- Nutrition in the Elderly, Complutense University of Madrid
- Nutrition and Sport for Professionals, Tripartite Foundation
- Refresher course on practical type 1 and 2 diabetes for healthcare 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 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 and Trisomy 21 Research Society





## Professors

### Mr. Martínez Martínez, Alberto

- ♦ Clinical Nutritionist at in the Endocrinology and Nutrition Service of the HU Infanta Elena
- ♦ Clinical Nutritionist of Endocrinology and Nutrition Department of the university Rey Juan Carlos Hospital.
- ♦ Dietitian responsible for the menu of children with food allergy. Gastronomic
- ♦ Dietician- Clinical Nutritionist at the University Hospital Antonio
- ♦ Degree in Human Nutrition and Dietetics. Fluminense Federal University
- ♦ Graduate in Human Nutrition and Dietetics at the University of Valencia.
- ♦ Master's Degree in Agri-environmental and Agri-food Sciences. Autonomous University of Madrid

### Dr. Gutiérrez Pernia, Belén

- ♦ Nutritionist in Obesity Symptoms at Medicadiet
- ♦ López-Nava Obesity Nutritionist. Madrid
- ♦ Dietician and Nutritionist in Research Projects of PREDIMED plus
- ♦ Grade in Human Nutrition and Dietetics from the Autonomous University of Madrid.
- ♦ Master in Clinical Nutrition and Endocrinology at the Institute of Nutrition and Health Sciences.

### Dr. Miguélez González, María

- ♦ Attending Physician of Endocrinology and Nutrition at the University Hospital Jiménez Díaz Foundation. of Madrid
- ♦ Degree in Medicine from the University of Valladolid
- ♦ Collaborating lecturer in the subject of Ophthalmology at the Complutense University of Madrid.
- ♦ Professor of the Master Expert in Obesity and Metabolic Complications, endorsed by SEEDO.

# 04

## Structure and Content

This course is developed over six weeks, where the medical professional will have video summaries of each topic, videos in detail, specific readings. Advanced teaching in the field of nutrition applied to people with autoimmune diseases that mainly affect the endocrine and metabolic system. A compendium of pathologies that shows the latest scientific advances acquired in this field and of great application in current medicine. In this way, students will have at their disposal the most recent content in this area and with the most up-to-date teaching material.





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*A study plan with quality content that you can distribute according to your needs”*

## Module 1. Nutrition in Endocrine-Metabolic and Autoimmune Pathologies

- 1.1. Type 1 Diabetes
  - 1.1.1. Nutrition in Insulin-Dependent Patients
- 1.2. Insulin Resistance and Type 2 Diabetes
- 1.3. Nutrition in Thyroid Disorders
  - 1.3.1. Hypothyroidism
  - 1.3.2. Hyperthyroidism
- 1.4. Nutrition and Circadian Rhythms: Chronobiology
- 1.5. Nutrition in the Physiological Menstrual Cycle and its Alterations
  - 1.5.1. Amenorrhea
  - 1.5.2. Polycystic Ovarian Syndrome
  - 1.5.3. Endometriosis
- 1.6. Nutrition in Autoimmune Pathology
  - 1.6.1. Rheumatoid Arthritis
  - 1.6.2. Psoriasis
  - 1.6.3. Lupus
- 1.7. Muscle
  - 1.7.1. Sarcopenia
- 1.8. Bone Health
  - 1.8.1. Osteopenia
  - 1.8.2. Osteoporosis
- 1.9. Nutrition in Pulmonary Pathologies
  - 1.9.1. Cystic Fibrosis
  - 1.9.2. COPD
  - 1.9.3. Obstructive Sleep Apnea Syndrome (OSAS)
- 1.10. Chronic Fatigue, Anemia and Vitamin D Deficiency





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*A university program that allows you to learn about the latest studies in nutrition applied to patients with anemia or vitamin D deficiency”*

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 Endocrine-Metabolic and Autoimmune Pathologies 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 Endocrine-Metabolic Pathologies and Autoimmune Pathologies** 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 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 Endocrine-Metabolic and Autoimmune Pathologies**

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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Nutrition in Endocrine-Metabolic  
and Autoimmune Pathologies

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