

# Postgraduate Certificate

## Nutrition in Nervous System Pathologies





## Postgraduate Certificate

### Nutrition in Nervous System Pathologies

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

Website: [www.techtitute.com/us/medicine/postgraduate-certificate/nutrition-nervous-system-pathologies](http://www.techtitute.com/us/medicine/postgraduate-certificate/nutrition-nervous-system-pathologies)

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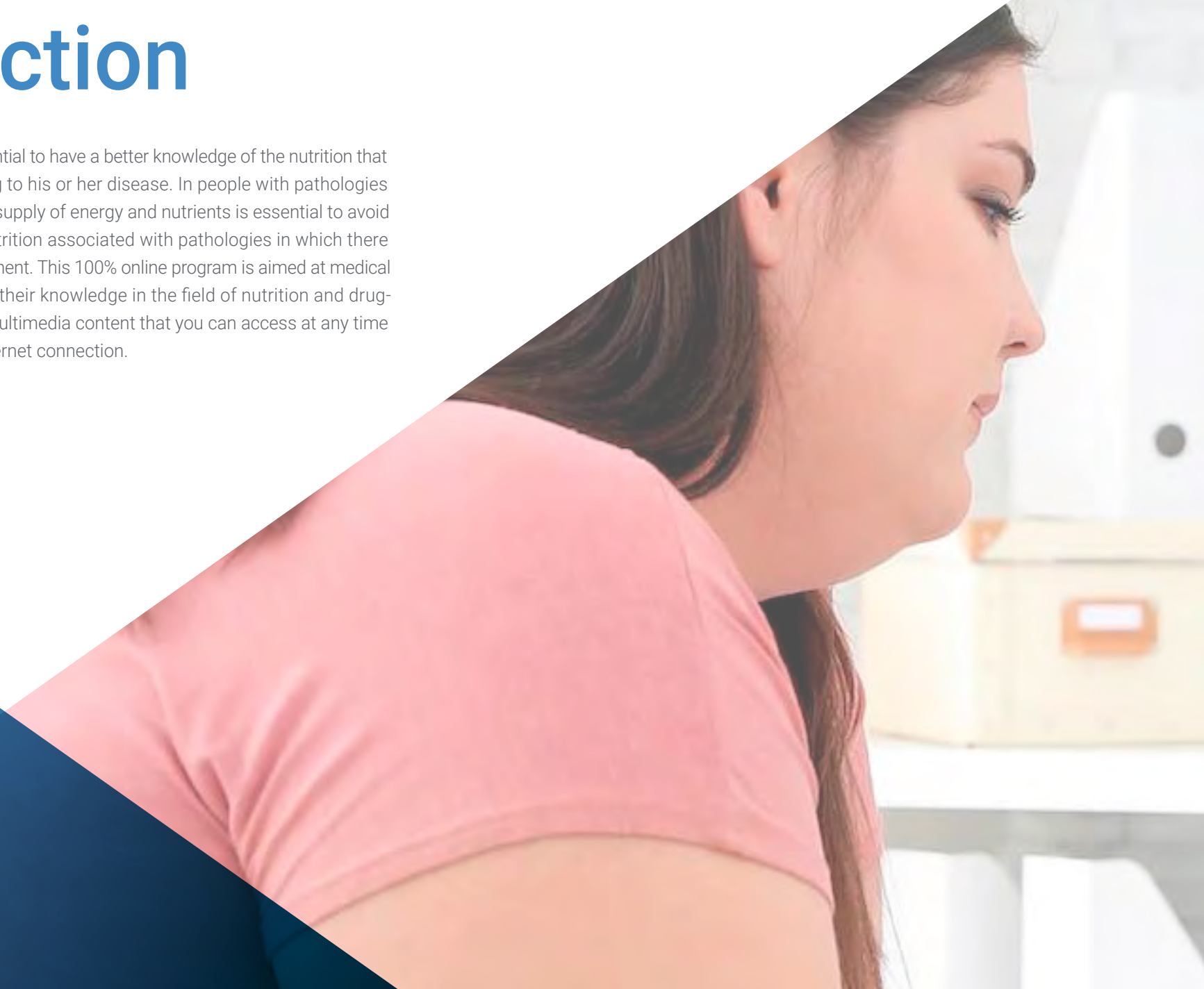
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# 01

# Introduction

It is becoming more and more essential to have a better knowledge of the nutrition that each patient should take according to his or her disease. In people with pathologies of the nervous system, the correct supply of energy and nutrients is essential to avoid malnutrition or, sometimes, malnutrition associated with pathologies in which there may be cognitive and motor impairment. This 100% online program is aimed at medical professionals who wish to update their knowledge in the field of nutrition and drug-nutrient interactions. All this with multimedia content that you can access at any time of the day with a device with an internet connection.





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*A program that delves from the base into Nutrition in Nervous System Pathologies, so that you can catch up without leaving anything pending”*

In the last decades different scientific studies have demonstrated the close relationship between nutrition, the nervous system and neurological diseases. Moreover, the diet and nutrients ingested by people can both prevent different pathologies and control them. Although it is true, those patients already diagnosed require an assessment and a specific therapeutic approach. This university education provides the medical professional with the latest advances produced in this field by experts in Nutrition and Endocrinology.

In this way, students who take this university program, taught entirely online, will delve into the different recommended diets and the latest information on foods that should be incorporated in people who suffer from diseases such as Parkinson's, schizophrenia, bipolar, bulimia, anorexia or multiple sclerosis. All this with multimedia content that will provide students with exhaustive knowledge that will facilitate their updating in this area.

A Postgraduate Certificate with a flexible study plan, where the medical professional can distribute the teaching load according to their needs. And in all its programs, TECH offers its complete content, from the first day, so that students can access it, without sessions with fixed schedules, download it and view it whenever they consider appropriate. A teaching method that favors medical personnel who wish to make their professional responsibilities compatible with a knowledge renewal program, with a syllabus based on the latest updates in the field of Nutrition in Nervous System Pathologies

This **Postgraduate Certificate in Nutrition in Nervous System 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 design of effective nutritional plans in the prevention of cognitive deterioration, dementia and Alzheimer's"*

“

*The library of multimedia resources will provide you with extra and recent knowledge regarding Nutrition in Nervous System Pathologies"*

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.

*With this Postgraduate Certificate, access news related to nutrition and psychoaffective pathologies.*

*You will learn about the scientific advances in nutrition in patients with pathologies with uncontrolled movement.*



# 02 Objectives

The medical professional, in just 6 weeks, is guaranteed to complete a university degree that will provide him with the latest developments in the field of Nutrition applied to the different pathologies that affect the nervous system. This will be achieved thanks to a specialized teaching team and the content of the syllabus, in which you will find video summaries, specific readings and the necessary tools to update knowledge in this area.





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*This Postgraduate Certificate provides you with a renewal of knowledge in the field of Eating Disorders”*



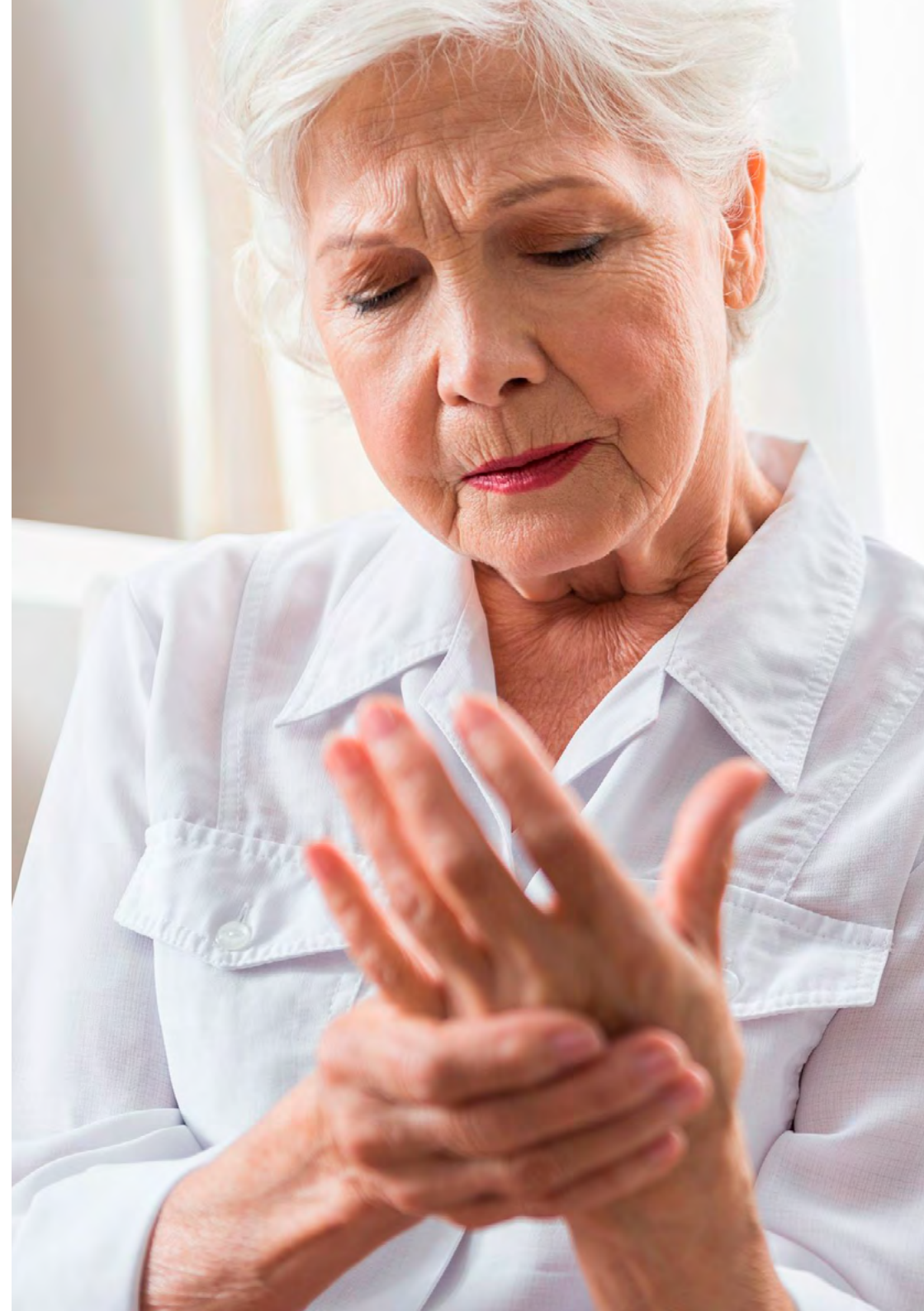
## General Objectives

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- Develop broad, specialized and updated knowledge about nutrition in patients suffering from pathologies of the nervous system
- Improve management skills for this type of patient based on the latest scientific evidence from the Nutrition and Dietetics sector

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*Delve into a more personalized and updated way into the nutritional plan for patients with anorexia, bulimia or BED”*





## Specific Objectives

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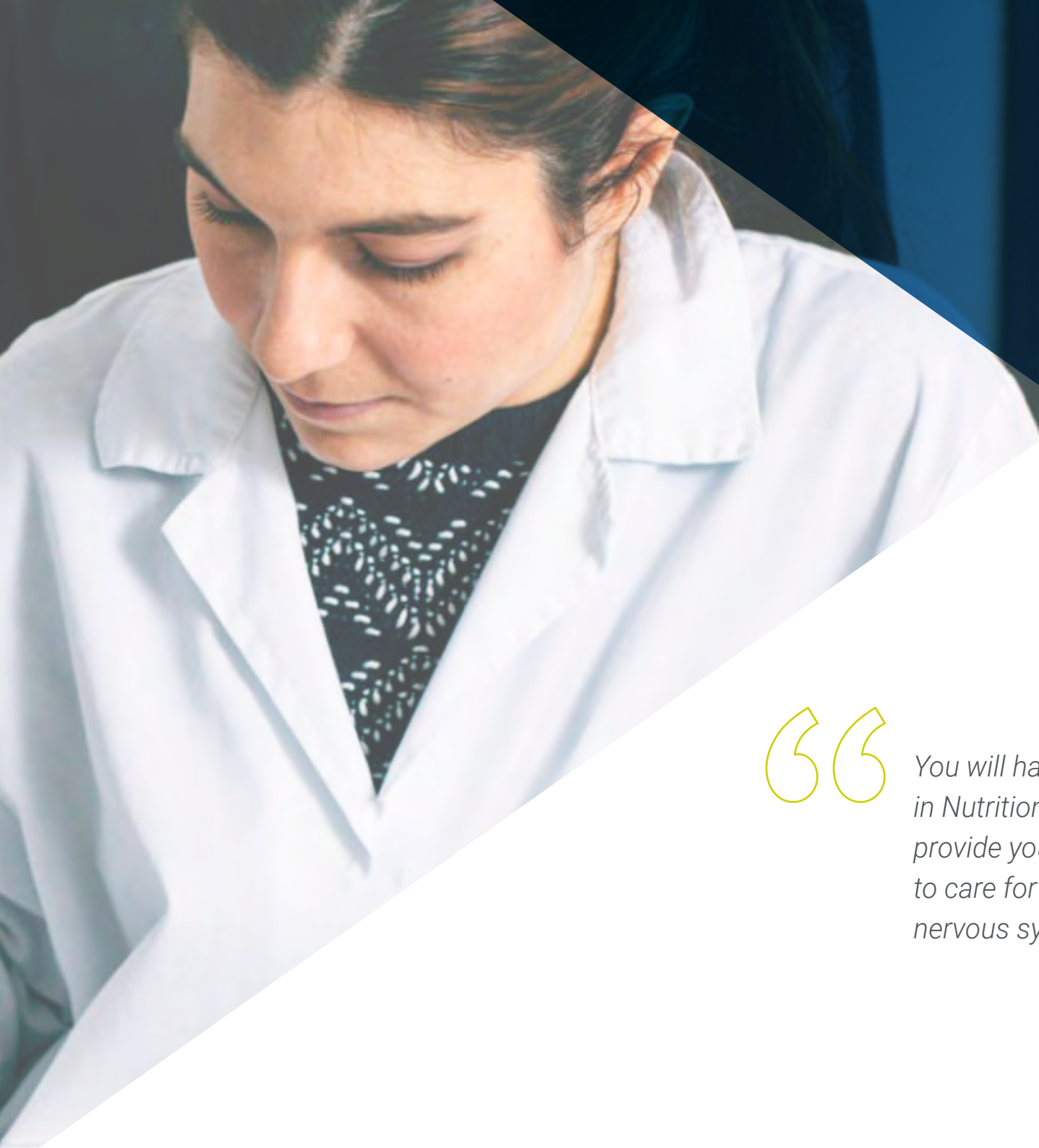
- Update on the scientific evidence of the relationship between nervous system pathologies and nutrition
- Assess the patient's needs and difficulties, in addition to an adequate assessment of the nutritional status
- Learn the main psychological aspects of patients with alterations of behavioral disorders

03

# Course Management

TECH maintains the commitment to providing high-level education within the reach of everyone in all its programs. With this philosophy, a highly qualified teaching team with extensive professional experience in the area of Nutrition and Endocrinology from clinics and reference hospital centers has been selected. A choice that will allow the medical professional to have in this program the most recent information and studies regarding the diet required in those patients with pathologies of the nervous system.





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*You will have a teaching team specialized in Nutrition and Endocrinology. They will provide you with the most recent studies to care for patients with pathologies of the nervous system”*

## 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 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

### Dr. Modroño Móstoles, Naiara

- ◆ Specialist in Endocrinology
- ◆ Doctor Specialist in Pediatric Endocrinology and Nutrition at the university Fundación Jimenez Diaz Hospital
- ◆ Doctor Specialist in Endocrinology the Infanta Elena University Hospital
- ◆ Doctor Specialty in Endocrinology at the University Hospital of Getafe
- ◆ Author of various articles published in scientific journals
- ◆ Postgraduate Certificate in Treatment of Diabetes Mellitus Type 2 at the Autonomous University of Barcelona

### Dr. Prieto Moreno, Ana

- ◆ Nutritionist in the Department of Endocrinology and Nutrition at Jiménez university Foundation Hospital
- ◆ Nutritionist at the General Hospital of Villalba
- ◆ Nutritionist at the Infanta Elena University Hospital
- ◆ Nutritionist in the Superior Sports Council
- ◆ Nutritionist at WWF
- ◆ Nutritionist at Medicadiet
- ◆ Nutritionist at Sanitas Insurance Company
- ◆ Nutritionist at La Paz University Hospital
- ◆ Nutritionist at the Mapfre Foundation
- ◆ Nutritionist at Copernal Publishing
- ◆ Nutritionist at Diabetes Magazine
- ◆ Master in Obesity and its Comorbidities, Prevention Strategies, Diagnosis and Integral Treatment at the University of Alcalá
- ◆ Master in Physical Anthropology, Human Evolution and Biodiversity at the Complutense University of Madrid
- ◆ Degree in Human Nutrition and Dietetics at the Autonomous University of Madrid

### Ms. López Escudero, Leticia

- ◆ Nutritionist at Diet La Clinic
- ◆ Clinical Dietician and Nutritionist at La Hospital university Fundación Jiménez Díaz
- ◆ Dietician and Clinical Nutritionist at the University Hospital Infanta Elena
- ◆ Lecturer in graduate studies Degree in Human Nutrition and Dietetics
- ◆ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ◆ Master 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)

### Ms. Labeira Candel, Paula

- ◆ Clinical nutritionist in the Bariatric Endoscopy Unit at HM Hospitales
- ◆ Sports and clinical nutritionist at the Clinic Instituto de Instituto de Sobrepeso y Obesidad
- ◆ Nutritionist Sports and Clinical at Medicadiet, Slimming & Nutrition
- ◆ Sports Nutritionist at the CF TrivalValderas de Alcorcón
- ◆ Food and water quality analyst in the Andalusian Health Service
- ◆ Diploma in Human Nutrition and Dietetics at the Pablo Olavide University of Seville
- ◆ Bachelor 's Degree in Food Science and Technology
- ◆ Diploma in Human Nutrition and Dietetics
- ◆ Master's Degree in Sports Training and Nutrition at the European University of Madrid

# 04

## Structure and Content

This Postgraduate Certificate has been designed by the teaching team in a conscientious manner and taking into account recent research in the Nutrition sector and its medical application in patients with pathologies of the nervous system. The simulations of practical cases provided by expert professionals, as well as the rest of the teaching material, will lead medical personnel to acquire a renewal of their knowledge in the most up-to-date nutritional management in patients suffering from diseases such as depression, anorexia, ALS, epilepsy, or Huntington's disease. The *Relearning* system, which applies TECH in all its degrees, facilitates the consolidation of concepts and the reduction of study hours.



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*The practical cases provided by the team of experts will be very useful to apply the most effective nutritional treatments in patients with Alzheimer's”*

## Module 1. Nutrition in Nervous System Pathologies

- 1.1. Nutrition in the Prevention of Cognitive Impairment, Dementia and Alzheimer's Disease
- 1.2. Nutrition and Psychoaffective Pathologies
  - 1.2.1. Depression
  - 1.2.2. Bipolar Disorder
- 1.3. Pathologies with Altered Eating Behavior
  - 1.3.1. Schizophrenia
  - 1.3.2. Borderline Personality Disorder
- 1.4. Eating Disorders
  - 1.4.1. Anorexia
  - 1.4.2. Bulimia
  - 1.4.3. BED
- 1.5. Nutrition in Degenerative Pathologies
  - 1.5.1. Multiple Sclerosis
  - 1.5.2. Amyotrophic Lateral Sclerosis
  - 1.5.3. Muscular Dystrophies
- 1.6. Nutrition in Pathologies with Uncontrolled Movement
  - 1.6.1. Parkinson's Disease
  - 1.6.2. Huntington's Disease
- 1.7. Nutrition in Epilepsy
- 1.8. Nutrition in Neuralgias
  - 1.8.1. Chronic Pain
- 1.9. Nutrition in Severe Neurological Injuries
- 1.10. Toxics, Bioactive Compounds, Intestinal Microbiota and their Relationship to Nervous System Diseases





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*Access the most recent information on nutrition in patients with ALS thanks to this Postgraduate Certificate!”*

# 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.

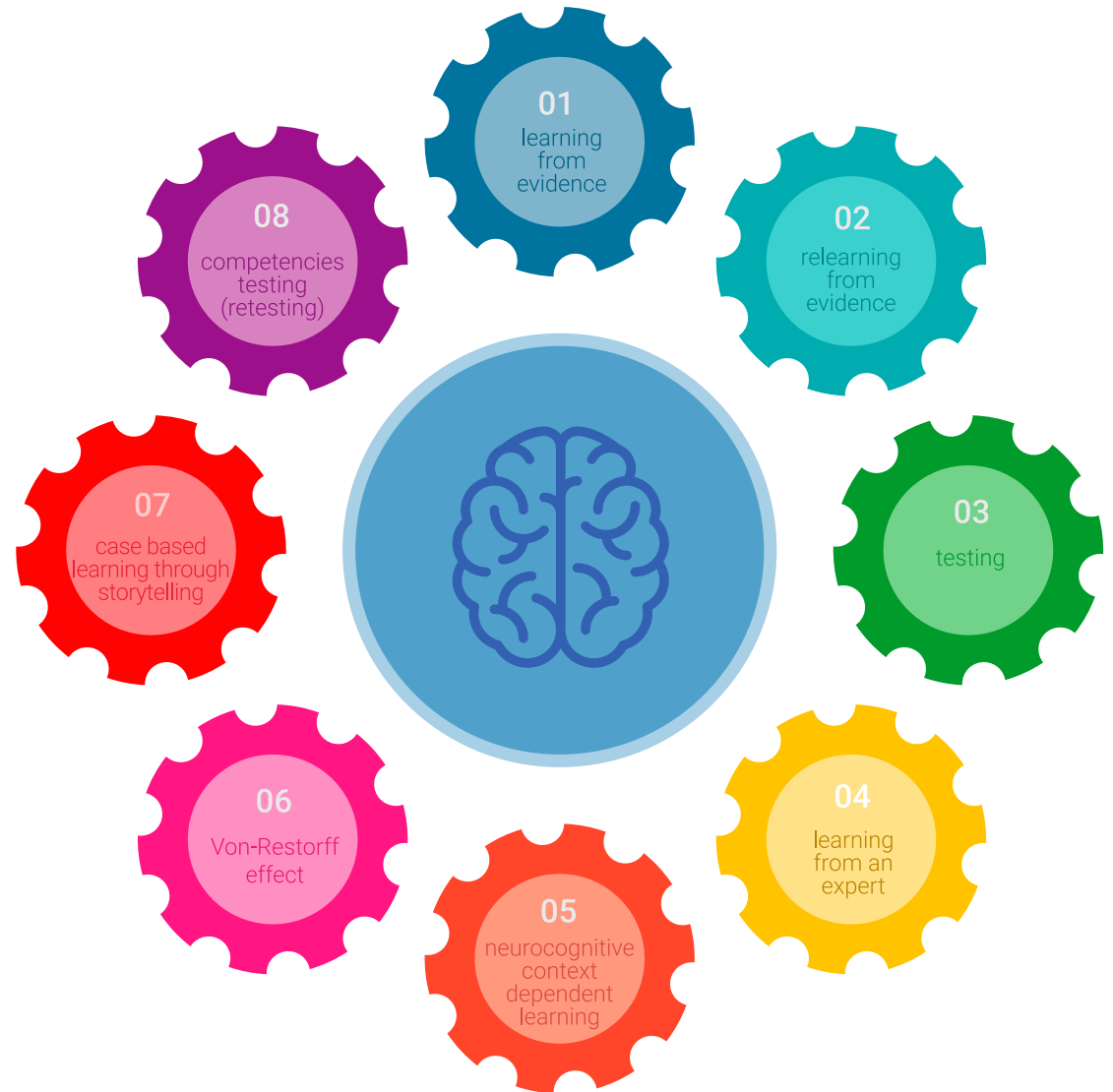


## Relearning Methodology

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

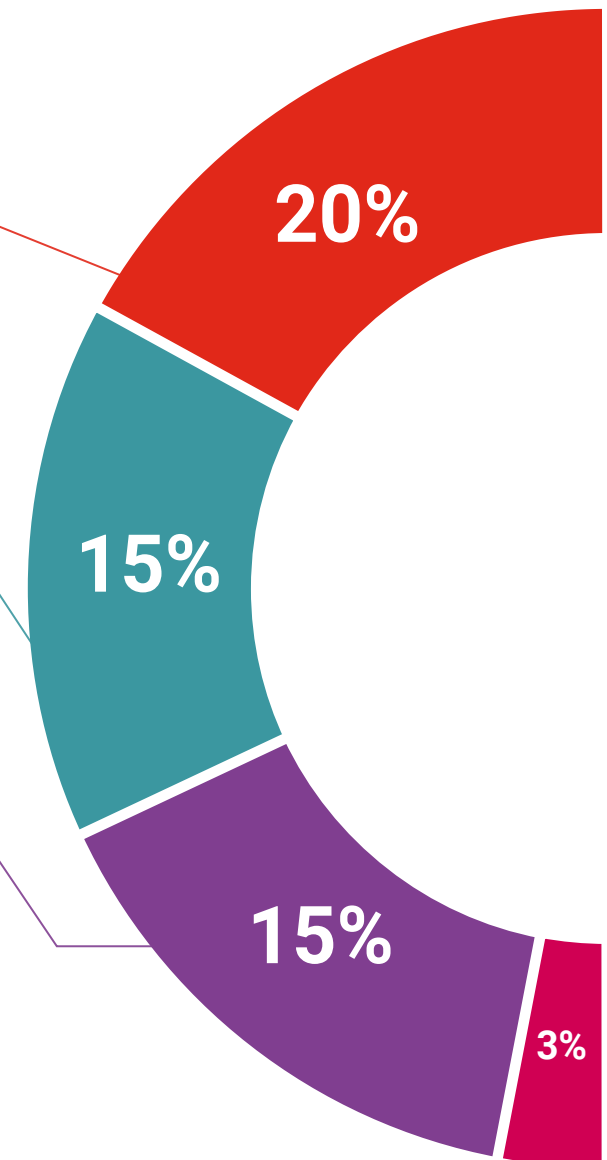
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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 Nervous System 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 Nervous System Pathologies** 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 Nervous System Pathologies**

Official N° of Hours: **150h.**



\*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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- » Schedule: **at your own pace**
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