

# Postgraduate Diploma

## Clinical Nutrition and Hospital Dietetics for Nursing





## Postgraduate Diploma Clinical Nutrition and Hospital Dietetics for Nursing

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 16 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-clinical-nutrition-hospital-dietetics-nursing](http://www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-clinical-nutrition-hospital-dietetics-nursing)



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# 01

# Introduction

Clinical nutrition and hospital dietetics are fundamental to the recovery and well-being of patients. Nurses play a vital role in administering and monitoring proper nutrition, especially in chronic or critical cases. Poor nutritional status can increase hospital stay, increase the risk of infections, complicate recovery and even lead to mortality. Therefore, it is essential that professionals in the area have a thorough knowledge about this area, which has led TECH to create the following 100% online academic program. It is an informative conglomerate, presented through audiovisual resources, complementary readings and practical exercises proposed with the Relearning methodology, thus ensuring a more immersive experience.



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*With this Postgraduate Diploma you will be able to combine a high intensity training with your professional and personal life, achieving your goals in a simple and real way"*

Nowadays, clinical nutrition and hospital dietetics have become fundamental elements in the recovery and well-being of patients. Nursing professionals are key in this field, as they have a fundamental role in the prevention, evaluation and treatment of nutrition-related diseases.

According to the World Health Organization, hospital malnutrition affects up to 50% of hospitalized patients and increases mortality, morbidity and length of hospital stay. Therefore, it is essential that nurses have adequate training such as TECH offers in this program.

This Postgraduate Diploma responds to the current need for specific and updated training in this field. This program is designed to provide knowledge and skills in the evaluation and treatment of nutrition-related diseases, as well as in the planning of diets and implementation of nutritional measures in hospitalized patients. The objective is to enable nurses to work efficiently in multidisciplinary teams and improve the quality of life and health of patients.

This program is developed in a 100% online format, which can be accessed from any device with an Internet connection, without pre-established schedules and without having to go to teaching centers.

This **Postgraduate Diploma in Clinical Nutrition and Hospital Dietetics for Nursing** contains the most complete and up-to-date educational program on the market. The most important features include:

- ♦ The graphic, schematic and practical contents of the course are designed to provide all the essential information required for professional practice
- ♦ It contains exercises where the self-assessment process can be carried out to improve learning
- ♦ Algorithm-based interactive learning system for decision-making for patients with feeding problems
- ♦ Nursing care guidelines on the different pathologies related to nutrition
- ♦ All of this will be complemented by 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

“*Acquire the necessary skills and competencies to work in nursing in the area of Clinical Nutrition with a high intensity training Postgraduate Diploma*”

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*Our innovative telepractice concept will give you the opportunity to learn through an immersive experience, which will provide you with a faster integration and a much more realistic view of the contents: “learning from an expert”*

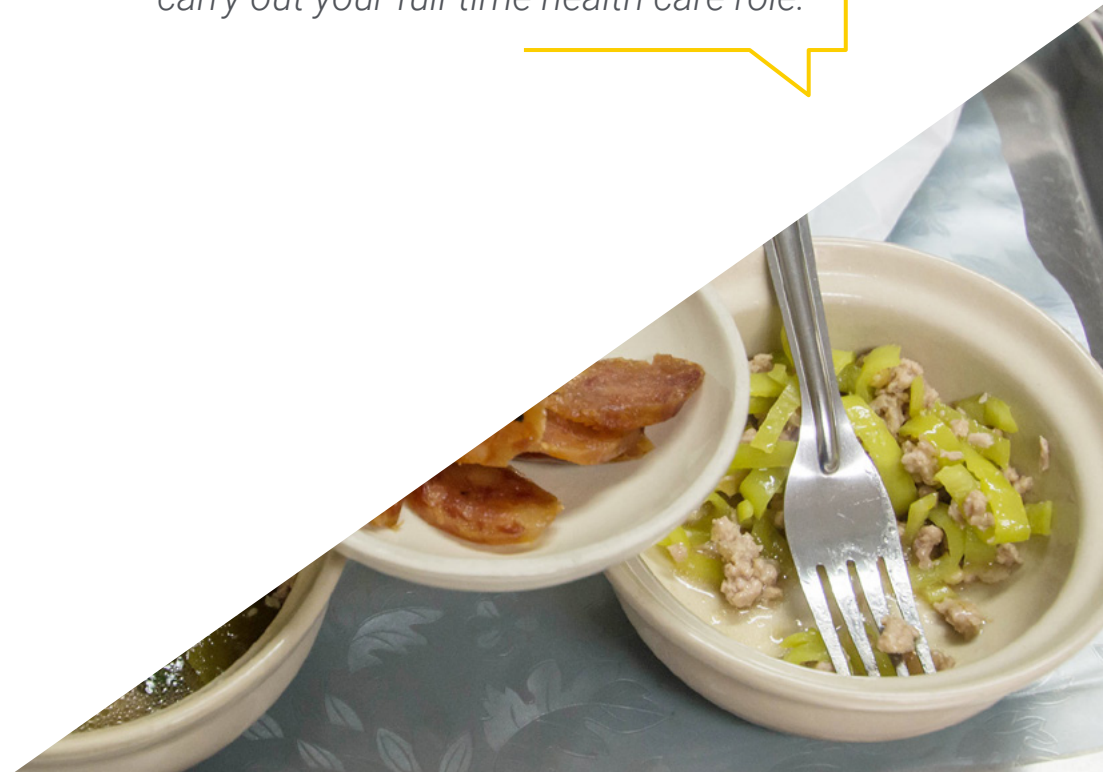
The program’s teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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.

*The learning in this Postgraduate Diploma is developed through the most developed teaching methods in online teaching to guarantee that your efforts produce the best results possible.*

*You will be able to complete the Postgraduate Diploma Degree 100% online, adapting it to your needs and making it easier for you to take it while you carry out your full-time health care role.*



# 02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the Nurse can master in a practical and rigorous way the study of Clinical Nutrition and Hospital Dietetics.



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*This refresher program will generate a sense of security when practicing nursing, which will help you grow both personally and professionally”*



## General Objectives

- ♦ Update nursing professionals' knowledge on the latest trends in human nutrition, both in health and in pathological conditions, through evidence-based nursing
- ♦ Promote work strategies based on the practical knowledge of the new trends in nutrition and its application to child and adult pathologies, where nutrition plays a fundamental role in treatment.
- ♦ Support the development of technical skills and competencies through a robust audiovisual system and the opportunity to train via online simulation workshops and/or specialized training
- ♦ Encourage professional stimulation through continuing education and research
- ♦ Train to conduct research on patients with nutritional issues





## Specific Objectives

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### Module 1. New Developments in Nutrition

- ♦ Review the basics of a balanced diet in the different stages of the life cycle, as well as in exercise
- ♦ Assess and calculate nutritional requirements in health and disease at any stage of the life cycle
- ♦ Review the new dietary guidelines, nutritional objectives, and recommended dietary allowances (RDA)
- ♦ Manage food databases and composition tables
- ♦ Acquire skills in reading and understanding new food labeling methods
- ♦ Update the drug-nutrient interaction and its implication in the patient's treatment
- ♦ Incorporate the possibilities of phytotherapy as an adjuvant treatment in clinical practice

### Module 2. Current Trends in Nutrition

- ♦ Update knowledge in Nutrigenetics and Nutrigenomics
- ♦ Identify the relationship between nutrition and immune status
- ♦ In-depth study of the circadian system as a key factor in nutrition
- ♦ Identify and classify foods, food products, and food ingredients
- ♦ Review the chemical composition of foods, their physicochemical properties, nutritional value, bioavailability, organoleptic characteristics, and the modifications they undergo as a result of technological and culinary processes
- ♦ Get up to date on the composition and uses of new foods
- ♦ Evaluate and maintain adequate hygiene and food safety practices, applying current legislation

### **Module 3. Assessment of Nutritional Status and Diet. Practical Application**

- ♦ Analyze the different methods for assessing nutritional status
- ♦ Interpret and integrate anthropometric, clinical, biochemical, hematological, immunological and pharmacological data in the nutritional assessment of the patient and in their dietary- nutritional treatment
- ♦ Predict patients' nutritional risk
- ♦ Manage the different types of nutritional surveys to assess food intake
- ♦ Early detection and evaluation of quantitative and qualitative deviations from the nutritional balance due to excess or deficiency
- ♦ Review basic aspects of food microbiology, parasitology and toxicology related to food safety

### **Module 4. Clinical Nutrition and Hospital Dietetics**

- ♦ Delve into the management of hospital nutrition units
- ♦ Distinguish the different basal and therapeutic diets used in hospital settings
- ♦ Study the interaction between drugs and nutrients





### **Module 5. Nutrition in Special Situations**

- ◆ Explore nutrition in the context of Metabolic Stress
- ◆ Broaden knowledge regarding the treatment of oncology patients
- ◆ Get to know the role of nutrition in immune-mediated diseases

### **Module 6. Artificial Nutrition in Adults**

- ◆ Distinguish enteral and parenteral nutrition with their main characteristics
- ◆ Gain knowledge of the advancements in home artificial nutrition
- ◆ Improve the nutritional status and quality of life of patients through different types of nutrition
- ◆ Establish updated protocols for the prescription and follow-up of nutrition
- ◆ Optimize nutritional care for patients



*Make the most of the opportunity and take the step to get up to date on the latest developments in Clinical Nutrition and Hospital Dietetics”*

03

# Course Management

This program includes in its teaching staff health professionals of recognized prestige, who belong to the field of pediatric nutrition for nurses and who bring their work experience to this training. Also participating in its design and elaboration, recognized specialists who are members of prestigious national and international scientific international scientific societies of great prestige.



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*Learn about the latest advances  
in Endocrinology and Childhood  
Nutrition from leading professionals”*

## Management



### Dr. Aunió Lavarías, María Eugenia

- Pharmacist Clinical Nutrition Expert
- Author of the reference book in the field of Clinical Nutrition Dietary , Management of Overweight in the Pharmacy Office"
- Pharmacist with extensive experience in the public and private sector.
- Head Pharmacist
- Pharmacy Assistant. Pharmacy Chain. British Health and Beauty Retailers Boots UK. Oxford Street Centro de Londres
- Bachelor 's Degree in Food Science and Technology. University of Valencia
- Direction of the Dermocosmetic University Course. Pharmacy Office



04

# Structure and Content

The structure of the contents has been designed by a team of professionals who recognize the implications that training has on daily practice in the field of nutrition, who are aware of the relevance of current training in Nutrition Clinical Analysis and Disease and are committed to quality teaching using new educational technologies.



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*This Postgraduate Diploma in Clinical Nutrition and Hospital Dietetics for Nursing contains the most complete and up-to-date scientific program on the market”*

### Module 1. New Developments in Nutrition

- 1.1. Molecular Foundations of Nutrition
- 1.2. Update on Food Composition
- 1.3. Food Composition Tables and Nutritional Databases
- 1.4. Phytochemicals and Non-Nutritive Compounds
- 1.5. New Food
  - 1.5.1. Functional Nutrients and Bioactive Compounds
  - 1.5.2. Probiotics, Prebiotics and Symbiotics
  - 1.5.3. Quality and Design
- 1.6. Organic Food
- 1.7. Genetically Modified Foods
- 1.8. Water as a Nutrient
- 1.9. Food Safety
  - 1.9.1. Physical, Chemical, and Microbiological Hazards
- 1.10. New Food Labeling and Consumer Information
- 1.11. Phytotherapy Applied to Nutritional Pathologies

### Module 2. Current Trends in Nutrition

- 2.1. Nutrigenetics
- 2.2. Nutrigenomics
  - 2.2.1. Fundamentals
  - 2.2.2. Methods
- 2.3. Immunonutrition
  - 2.3.1. Nutrition-Immunity Interactions
  - 2.3.2. Antioxidants and Immune Function
- 2.4. Physiological Regulation of Eating. Appetite and Satiety
- 2.5. Nutrition and the Circadian System. Timing is the Key

### Module 3. Assessment of Nutritional Status and Diet. Practical Application

- 3.1. Bioenergy and Nutrition
  - 3.1.1. Energy Needs
  - 3.1.2. Methods of Assessing Energy Expenditure
- 3.2. Assessment of Nutritional Status
  - 3.2.1. Body Composition Analysis
  - 3.2.2. Clinical Diagnosis. Symptoms and Signs
  - 3.2.3. Biochemical, Hematological and Immunological Methods
- 3.3. Intake Assessment
  - 3.3.1. Methods for Analyzing Food and Nutrient Intake
  - 3.3.2. Direct and Indirect Methods
- 3.4. Update on Nutritional Requirements and Recommended Intakes
- 3.5. Nutrition in a Healthy Adult. Objectives and Guidelines. Mediterranean Diet
- 3.6. Nutrition in Menopause
- 3.7. Nutrition in the Elderly

### Module 4. Clinical Nutrition and Hospital Dietetics

- 4.1. Management of Hospital Nutrition Units
  - 4.1.1. Nutrition in the Hospital Setting
  - 4.1.2. Food Safety in Hospitals
  - 4.1.3. Hospital Kitchen Organization
  - 4.1.4. Planning and Managing Hospital Diets. Dietary Code
- 4.2. Hospital Basal Diets
  - 4.2.1. Basal Diet in Adults
  - 4.2.2. Pediatric Basal Diet
  - 4.2.3. Ovo-Lacto-Vegetarian and Vegan Diet
  - 4.2.4. Diet Adapted to Cultural
- 4.3. Therapeutic Hospital Diets
  - 4.3.1. Unification of Diets and Personalized Menus
- 4.4. Bidirectional Drug-Nutrient Interaction



## Module 5. Nutrition in Special Situations

- 5.1. Nutrition in Metabolic Stress Situations
  - 5.1.1. Sepsis
  - 5.1.2. Polytrauma
  - 5.1.3. Burns
  - 5.1.4. Transplant Recipient
- 5.2. Oncology Patient Nutrition
  - 5.2.1. Surgical Treatment
  - 5.2.2. Chemotherapy Treatment
  - 5.2.3. Radiotherapy Treatment
  - 5.2.4. Bone Marrow Transplant
- 5.3. Immune Diseases
  - 5.3.1. Acquired Immunodeficiency Syndrome

## Module 6. Artificial Nutrition in Adults

- 6.1. Enteral Nutrition
- 6.2. Parenteral Nutrition
- 6.3. Artificial Nutrition at Home
- 6.4. Adapted Oral Nutrition



*The Professional Postgraduate Diploma's Degree in Clinical Nutrition will provide you with personal and professional competences necessary to play an adequate role in any professional situation in this field of intervention"*

# 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.



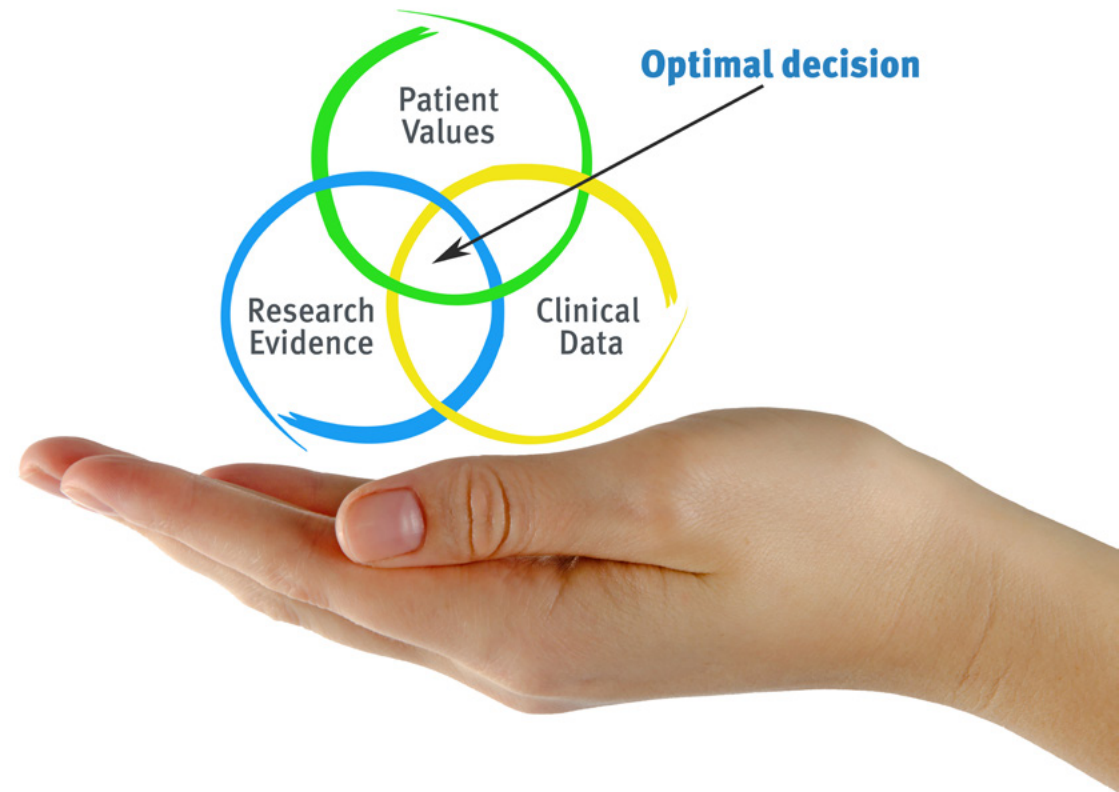
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? 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. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology 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, in an attempt to recreate the real conditions in professional nursing 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. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.

*The nurse will learn through real cases and by solving 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 we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. 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.

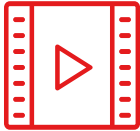
*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

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 really 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.



#### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, 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 them as many times as you want.



#### Interactive Summaries

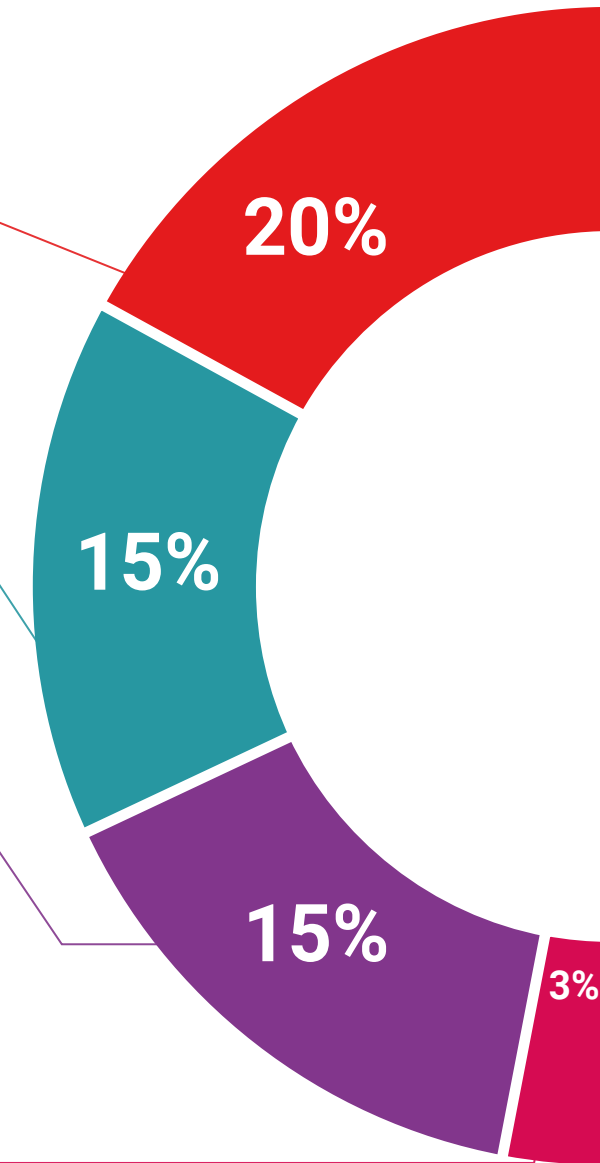
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

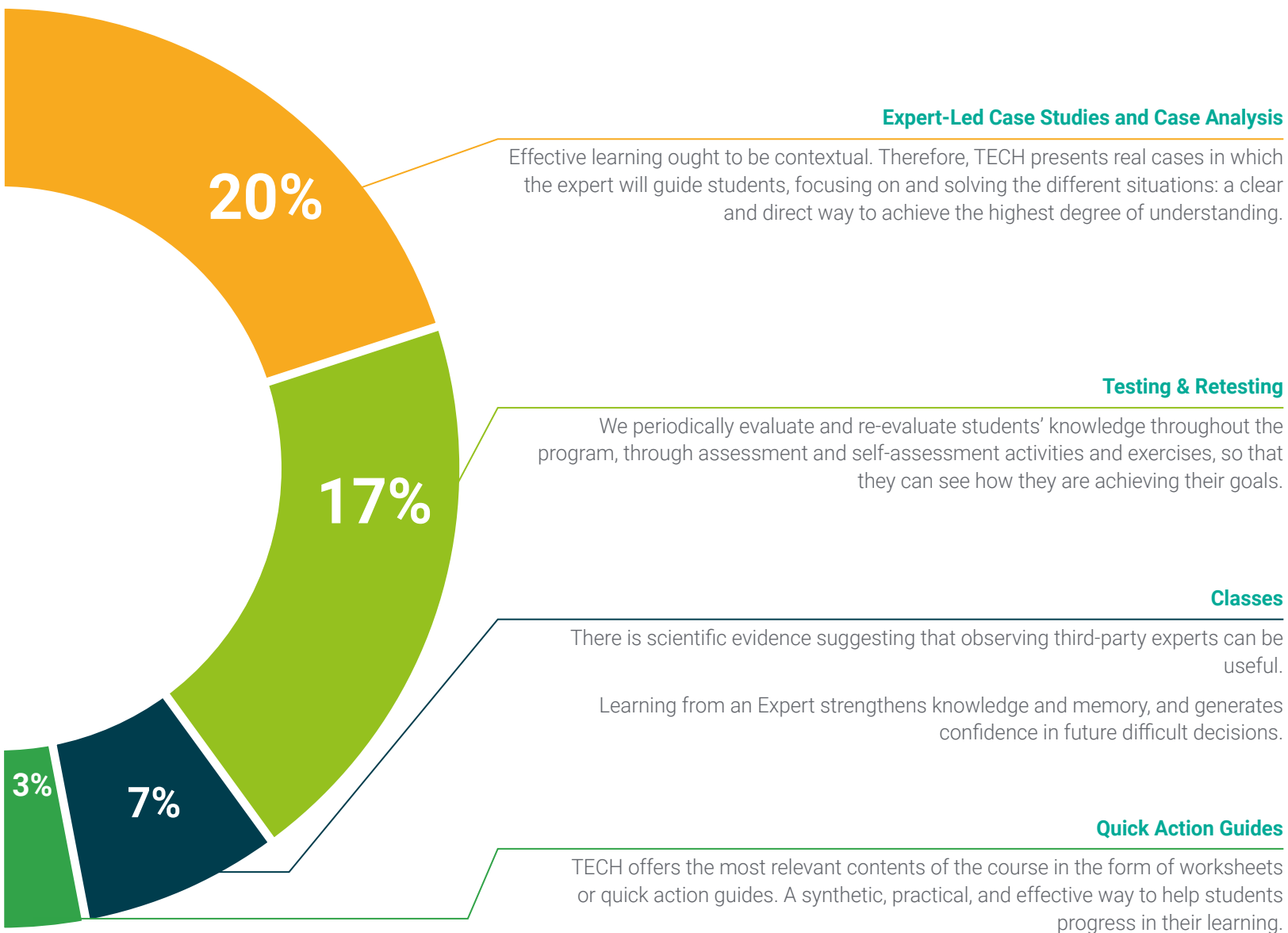
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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.





# 06 Certificate

The Postgraduate Diploma in Clinical Nutrition and Hospital Dietetics for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Global University.



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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This private qualification will allow you to obtain a **Postgraduate Diploma in Clinical Nutrition and Hospital Dietetics for Nursing** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Clinical Nutrition and Hospital Dietetics for Nursing**

Modality: **online**

Duration: **6 months**

Accreditation: **16 ECTS**





**Postgraduate Diploma**  
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and Hospital Dietetics  
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