

# Internship Program

## Clinical Nutrition for Nursing



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Internship Program  
Clinical Nutrition for Nursing

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# 01 Introduction

Assistance, information, education, counseling and, above all, support are the main functions of the nursing professional in the field of clinical nutrition. In this way, it enhances the biopsychosocial aspect of the patient, designing a structured planning by stages according to their health requirements and the objectives to be achieved with the customized diet. For this reason, and in view of the continuous changes that have taken place in this area in favor of an increasingly specialized assistance, TECH has developed a complete practical program with which the graduate will have access to 120 hours of stay in a reference clinical center. Thanks to these opportunities, will be able to be updated from the novelties of their profession by the hand of the best experts in nursing care.

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*A program that offers you 120 hours of practical training in a clinical center of reference in the area of Clinical Nutrition through a single click”*





Nutrition intervenes in the evolution of various pathologies, in some cases as an etiological factor and in others as a complication. In this sense, the specialization is possible essential for professionals in can provide order to address the care and preventive needs of the population in matters of food and health. Faced with this scenario, TECH presents this program, which will allow the nurse to develop in a hospital setting with state-of-the-art resources and a cadre of highly trained professionals. In this way, you will be able to incorporate the latest advances and innovations in Clinical Nutrition into your work, including the design of treatments and the application of rigorous dietary techniques.

Given that dietary problems are a growing concern for a large part of the population, nursing professionals are facing a favorable scenario to continue to deepen in this area and to know, first hand, the most recent pathologies and conditions in this field. The irruption of new technologies in the nutritional area also implies an unstoppable advance in this area. This program provides a unique opportunity for Nursing who wish to acquire expert knowledge and experience in the field of Clinical Nutrition, seeing real patients and learning about the latest developments in nutritional behaviors and dietary treatments.

In addition to actively participating in the management of hundreds of cases with diverse clinical requirements, you will have the referential support of a tutor specialized in the area, who will ensure that all the purposes for which this academic experience was designed are fulfilled. In this way, you will be able to improve your skills in a guaranteed way and in only 120 hours of the best practical training.

# 02

## Why Study an Internship Program?

TECH's commitment to the advancement of science, especially in the healthcare field, is reflected in the launching of programs such as this Practical Training. This is a unique opportunity to gain access to a clinical center of international reference in the field of Nutrition, especially in terms of nursing activity. Thanks to this and to the support you will receive, both from the team you will be part of and from the tutor who will guide you during the 3 weeks, you are guaranteed to improve your professional skills, surpassing even your most ambitious goals.



*A pioneer and unique degree in the entire academic panorama that will give you the opportunity to grow professionally with the best experts in Clinical Nutrition today"*

### 1. Updating from the Latest Technology Available

The center where the internships for this program will take place is equipped with the most advanced and sophisticated clinical technology. Therefore, the graduate who decides to do the practical period with TECH will have access to the best and most innovative tools for the management of Clinical Nutrition in the current hospital environment, which will help them to improve their competencies and implement their exhaustive management.

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

Thanks to the support you will receive from your classmates and internship mentor, you will be able to get the most out of this academic experience. In addition, they will provide the graduate with their own experience, with special emphasis on tips for a top level practice, avoiding those aspects that are far from it in the day-to-day work of the nursing profession.

### 3. Entering First-Class Clinical Environments

TECH carefully selects all available centers for Internship Programs. Thanks to this, the specialist will have guaranteed access to a prestigious clinical environment in the field of Clinical Nutrition. In this way, you will be able to see the day-to-day work of a demanding, rigorous and exhaustive sector, always applying the latest theses and scientific postulates in its work methodology.



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

The eminently practical nature of this program contemplates an exhaustive updating of the professional's competencies and capabilities, implementing the most innovative concepts for a top-level praxis in the current clinical environment. Therefore, at the end of the experience, he will be able to extrapolate everything he has worked on to any clinical or hospital context he may be part of in the future.

#### 5. Expanding the Boundaries of Knowledge

TECH goes further with the launch of this type of program. It offers the graduate the opportunity to carry out a practical stay not only in national but also in international reference environments, giving him/her the opportunity to know in detail the clinical vanguard that is marking the nursing activity in different parts of the world.



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

# 03 Objectives

This Practical Training program was created with the objective of updating the knowledge of nursing professionals in the field of clinical nutrition. Therefore, and through a unique and eminently practical methodology, the professional will improve his daily practice, incorporating to his work new tools in the diagnosis and treatment of pathologies through clinical nutrition. This will be done by the hand of the best professionals in the sector and having as a guarantee a first class hospital institution with the latest and most effective technology in the sector.



## General Objectives

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- Up-to-date the nursing professional's knowledge on new trends in human nutrition, in both health and disease situations, through evidencebased nursing
- Promote work strategies based on the practical knowledge of the new trends in nutrition and their application to adult and child pathologies, where these strategies play an essential role in treatment
- Encourage the acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online simulation workshops and/or specific education







## Specific Objectives

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- ◆ Review the new dietary guidelines, nutritional objectives, and recommended dietary allowances (RDA)
- ◆ Incorporate the possibilities of phytotherapy as an adjuvant treatment to Nurse practice
- ◆ Identify the relationship between nutrition and immune status
- ◆ Manage the different types of nutritional surveys to assess food intake
- ◆ Describe the composition and utilities of new foods
- ◆ Manage food databases and composition tables
- ◆ Acquire skills in reading and understanding new food labeling methods
- ◆ Update knowledge in nutrigenetics and nutrigenomics
- ◆ Up-to-date the basics of a balanced diet in the different stages of the life cycle, as well as in exercise
- ◆ Review the psychological bases and biopsychosocial factors that affect human eating behavior
- ◆ Analyze the different methods for assessing nutritional status



*This Practical Training will help you gain confidence in the daily practice of your profession and position you as a clinical nutrition nurse of reference”*

# 04 Educational Plan

The Practical Training period of this Clinical Nutrition in Nursing program consists of a practical stay in highly prestigious centers. This experience allow you to deal with real patients with a team of reference professionals in the of area, applying the most innovative diagnostic procedures and planning the latest generation Therapeutics in each Cases.

In this training proposal, completely practical in nature, the activities are aimed at developing and perfecting the skills necessary for the provision of healthcare in areas and conditions that require a high level of qualification, and which are oriented to the specific training for the exercise of the activity, in a safe environment for the patient and a high professional performance.

It is undoubtedly an opportunity to learn by working in the innovative hospital of the future where real-time health monitoring of patients is at the center of the digital culture of its professionals. This is a new way of understanding and integrating health processes, being the ideal teaching scenario for this innovative experience in the improvement of professional medical competencies of the 21st century.

The practical education will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for Current The nursing practice clinical and nutritional(learning to be and learning to relate).





The procedures described below will be the basis of the practical part of the training, and their implementation will be subject to the center's own availability and workload, the proposed activities being the following:

Module	Practical Activity
<b>New Developments in Food</b>	Apply the molecular basis of nutrition
	Elaborate Food Composition Tables and Nutritional Databases
	Design a dietary plan of phytotherapy as an adjuvant treatment
	Participate in reading and understanding food labeling
	Addressing current issues on the use of water as a nutrient
<b>Current Trends Future in Nutrition</b>	Apply the different studies on the impact of nutrigenetic and nutrigenomic nutrition
	Apply the knowledge acquired about nutrition and circadian rhythm in patients
	To establish the guidelines for the application of the different methods for the assessment of nutritional status
	Discuss the importance of physiological regulation of food in relation to appetite and satiety
<b>Specialized nutrition</b>	Apply aspects of psychology and nutrition to patients in the nutrition practice
	Execute menopausal feeding evaluation
	Implement the Dietary Planning Adapted to Different Sports
	To train, with real patients, the renewed management of the most frequent food allergies and intolerances with gastrointestinal repercussions
<b>Nutrition in Endocrinometabolic Kidney Diseases</b>	Identify nutritional behavior in dyslipidemia and arteriosclerosis
	Discuss with the colleagues Postgraduate Diploma about nutritional treatment in Diabetes Mellitus
	Discern the DASH diet and prescribe it as a treatment in cardiovascular disease
	Observe and identify obesity and determine its dietary or surgical treatment
	To analyze the nutritional behavior in glomerular disorders and tubulopathies in different age groups in different ages
	Apply dietary guidelines for adults with chronic kidney failure and on dialysis
	Managing nutritional trends in gout and hyperuricemia

# 05 Where Can I Do the Internship Program?

With the ultimate goal of ensuring an innovative and highly effective up-to-date, TECH offers the student a unique experience where you can learn in detail the latest developments in the nursing profession from experts in the sector. Through this training and the experiences it will provide to the student, this exclusive opportunity will allow the professional an enriching growth thanks to the hand in hand accompaniment of the best specialists in the Clinical Nutrition sector.



*This hands-on training will boost your career with the experience you will gain in Clinical Nutrition"*





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



Nursing

### Diagnoslab

Country: Spain City: Madrid

Address: C. Cam. del Berrocal, 4, 28400 Collado Villalba, Madrid

Clinical analysis laboratory for medical diagnostics

Related internship programs:  
- Clinical Analysis  
- Nursing in the Gynecology Service



Nursing

### Nutrición Ruiz

Country: Spain City: Madrid

Address: Av. de Moratalaz 103, 28030 Madrid, España

Clinical center for integrative and nutritional assistance

Related internship programs:  
- Clinical Nutrition in Medicine  
- Clinical Nutrition in Nursing



Nursing

### Instituto de Obesidad (IOB)

Country: Spain City: Madrid

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

Clinic specialized in surgical and counseling assistance to obese patients.

Related internship programs:  
- Diet Therapy  
- Up-to-date on Bariatric Surgery



Nursing

### Hospital HM Regla

Country: Spain City: León

Address: Calle Cardenal Landáuzuri, 2, 24003, León

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:  
- Update on Psychiatric Treatment in Minor Patients



Nursing

### Hospital HM Nou Delfos

Country: Spain City: Barcelona

Address: Avinguda de Vallcarca, 151, 08023 Barcelona

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:  
- Aesthetic Medicine  
- Clinical Nutrition in Medicine



Nursing

### Hospital HM Sanchinarro

Country: Spain City: Madrid

Address: Calle de Oña, 10, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:  
- Anaesthesiology and Resuscitation  
- Palliative Care



Nursing

### Hospital HM Nuevo Belén

Country: Spain City: Madrid

Address: Calle José Silva, 7, 28043, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:  
- General and Digestive System Surgery  
- Clinical Nutrition in Medicine



Nursing

### Policlínico HM Distrito Telefónica

Country: Spain City: Madrid

Address: Ronda de la Comunicación, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:  
- Optical Technologies and Clinical Optometry  
- General and Digestive System Surgery



Nursing

### Policlínico HM Gabinete Velázquez

Country	City
Spain	Madrid

Address: C. de Jorge Juan, 19, 1º 28001, 28001, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Clinical Nutrition in Medicine
- Aesthetic Plastic Surgery



Nursing

### Policlínico HM Las Tablas

Country	City
Spain	Madrid

Address: C. de la Sierra de Atapuerca, 5, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Nursing in the Traumatology Department
- Diagnosis in Physiotherapy



Nursing

### Policlínico HM Moraleja

Country	City
Spain	Madrid

Address: P.º de Alcobendas, 10, 28109, Alcobendas, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Rehabilitation Medicine in Acquired Brain Injury Management



Nursing

### Policlínico HM Sanchinarro

Country	City
Spain	Madrid

Address: Av. de Manoteras, 10, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Gynecological Care for Midwives
- Nursing in the Digestive Tract Department



Nursing

### Varicentro-Granada

Country	City
Spain	Granada

Address: Calle Ariabal, 32 18004 Granada

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**

- Obesity
- Clinical Nutrition



Nursing

### Varicentro-Jerez de la Frontera

Country	City
Spain	Cadiz

Address: Plaza Madre de Dios, Edificio Sherry 11401 Jerez de la Frontera

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**

- Obesity
- Aesthetic Medicine



Nursing

### Varicentro-Cádiz

Country	City
Spain	Cadiz

Address: Avda. Andalucía, 16 11008 Cádiz

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**

- Obesity
- Clinical Nutrition



Nursing

### Varicentro-Algeciras

Country	City
Spain	Cadiz

Address: Fuerte de Santiago Street, 5, 11201 Algeciras

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**

- Clinical Nutrition
- Obesity



Nursing

### Varicentro-Córdoba

Country	City
Spain	Córdoba

Address: Avda. del Brillante, 91  
14012 Córdoba

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**  
Obesity  
Clinical Nutrition



Nursing

### Varicentro-Ciudad Real

Country	City
Spain	Ciudad Real.

Address: Calle Juan II, 5 13001 Ciudad Real

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**  
- Clinical Nutrition for Nursing  
Obesity



Nursing

### Varicentro-Donostia-San Sebastián

Country	City
Spain	Gipuzkoa.

Address: Paseo de Colón, 13 20002  
Donostia-San Sebastián

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**  
- Clinical Nutrition for Nursing  
Obesity



Nursing

### Varicentro-Bilbao

Country	City
Spain	Vizcaya

Address: Pérez Galdós Street 48010 Bilbao

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**  
- Clinical Nutrition for Nursing  
Clinical Nutrition



Nursing

### Varicentro-Vitoria-Gasteiz

Country	City
Spain	Álava

Address: La Esperanza Kalea, Local  
comercial 2 01002 Vitoria-Gasteiz

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**  
Obesity  
- Clinical Nutrition for Nursing



Nursing

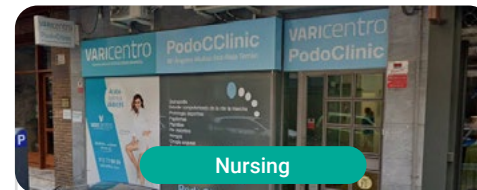
### Varicentro-Barcelona

Country	City
Spain	Barcelona

Address: Calle de Casanova, 103 08011  
Barcelona

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**  
- Clinical Nutrition for Nursing  
Obesity



Nursing

### Varicentro-Cáceres

Country	City
Spain	Cáceres

Address: Calle Profesor Rodríguez Moñino, 2  
10002 Cáceres

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**  
- Clinical Nutrition for Nursing  
Obesity



Nursing

### Varicentro-Badajoz

Country	City
Spain	Badajoz

Address: Avda. Sinforianro Madroñero, 22  
06011 Badajoz

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**  
Obesity  
Clinical Nutrition



Nursing

### Varicentro-Huelva

Country	City
Spain	Barcelona

Address: Calle Puerto, 8-10 21001 Huelva

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**

Esthetic Nursing  
Obesity



Nursing

### Varicentro-Málaga

Country	City
Spain	Malaga

Address: Calle Fernando Camino, 14 29016 Málaga

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**

Obesity  
- Clinical Nutrition for Nursing



Nursing

### Varicentro-Sevilla-Nervión

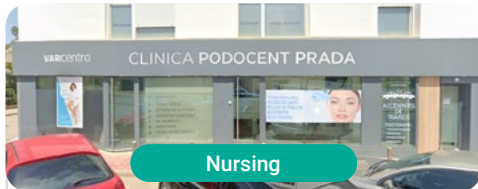
Country	City
Spain	Seville

Address: Avda. Kansas City, 32 41007 Sevilla

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**

- Clinical Nutrition for Nursing  
Esthetic Nursing



Nursing

### Varicentro-Sevilla-El Viso del Alcor

Country	City
Spain	Seville

Address: Plaza del Granadillo, S/N (Junto a deportes Maracaná) 41520 El Viso del Alcor, Sevilla

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**

Clinical Nutrition  
Obesity



Nursing

### Varicentro-Madrid centro

Country	City
Spain	Madrid

Address: Calle Don Ramón de la Cruz, 79, local 4 (esq. Calle Conde Peñalver) 28001 Madrid

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**

- Clinical Nutrition for Nursing  
- Aesthetic Medicine



Nursing

### Varicentro-Madrid-Collado Villalba

Country	City
Spain	Madrid

Address: Calle Madroños, 2, 28400 Collado Villalba, Madrid

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**

- Clinical Nutrition for Nursing  
Obesity





### Varicentro-Madrid-Leganés

Country	City
Spain	Madrid

Address: Calle Butarque, 12, 28911 Leganés, Madrid

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**

Clinical Nutrition  
Obesity



### Varicentro-Madrid-Móstoles

Country	City
Spain	Madrid

Address: Avda. Dos de Mayo, 35, 28934 Móstoles, Madrid

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**

Clinical Nutrition  
Obesity



### Varicentro-Zaragoza

Country	City
Spain	Zaragoza

Address: Avda. Francisco de Goya 50006 Zaragoza

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**

Clinical Nutrition  
Obesity

# 06 General Conditions

## Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



## General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

**1. TUTOR:** During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE:** If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** The Internship Program shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

# 07 Certificate

This **Internship Program in Clinical Nutrition for Nursing** contains the most complete and up-to-date program in the professional and academic landscape.

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

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

Title: **Internship Program in Clinical Nutrition for Nursing**

Duration: **3 weeks**

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

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



**tech**

Internship Program  
Clinical Nutrition for Nursing

# Internship Program

## Clinical Nutrition for Nursing



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