

Internship Program

Diet Therapy for Nursing





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university

Internship Program
Diet Therapy for Nursing

Index

01

Introduction

p. 4

02

Why Study an Internship Program?

p. 6

03

Objectives

p. 8

04

Educational Plan

p. 10

05

Where Can I Do the Internship Program?

p. 12

06

General Conditions

p. 14

07

Certificate

p. 16

01 Introduction

Diet is a determining factor in the well-being of people and in the evolution of patients suffering from any type of pathology. Therefore, thanks to the advances made in recent years in the field of nutrition, significant progress has been made in the adaptation of nutritional plans and the development of health programs. Faced with this reality, TECH has created a program that offers professionals a 100% practical experience in a clinical center specialized in Diet Therapy, where you will be guided by a real expert in this field. All this, during 3 intensive weeks, will bring you up to date with the techniques, methods and procedures used from the perspective of nursing professionals.

“

This Practical Training will take you for 3 intensive weeks to learn first-hand about the important advances in nutritional planning for patients with eating disorders”





The nutritional care of the patient, the development and monitoring of diets in hospitals or the information on the most appropriate food according to the different pathologies are just some of the functions carried out by the nursing professional. This is an indispensable task nowadays, where cases of overweight and obesity have increased, both in children and adults. This scenario is compounded by an increase in the number of patients with food allergies or who must adjust their diet due to diabetes or hypertension. For this reason, and in view of the continuous advances in the field of Diet Therapy, it is necessary for them to up-to-date their knowledge.

Faced with this reality, TECH has created this Practical Training, which offers a direct and real vision of the daily work carried out in a prestigious clinical center specialized in Dietetic Therapy. This will be possible thanks to the tutoring of a professional with extensive experience in this field, who will guide you during the 3 weeks of this program. An intensive period, but adapted to the current needs of nurses interested in perfecting their skills in a first class environment.

An academic option, which moves away from the theoretical framework, to introduce the professional from the first day, in a multidisciplinary space, which has the latest technological devices for diagnostic tests. An environment that also integrates the latest advances in this field, under the highest scientific rigor. An excellent opportunity that only TECH, the best digital university in the world, can offer you.

02

Why Study an Internship Program?

Nursing professionals have extensive knowledge of the care required by patients, especially in the area of nutrition. However, the advances in this area require a practical up-to-date, which allows it to quickly integrate current developments. For this reason, TECH has designed this Practical Training, which will lead the nurse to integrate into a multidisciplinary team of a prestigious clinical center in the area of Diet Therapy. For this reason, during 3 intensive weeks, the professional will be able to see first-hand the most significant advances in the techniques and procedures used by real experts in this field.



TECH gives you the opportunity to enter a unique and first class clinical environment, where you can keep abreast of the latest advances in Diet Therapy"

1. Updating from the Latest Technology Available

The area of Diet Therapy has made progress in recent years, thanks to new technologies, which make it possible to obtain much more accurate diagnoses in patients with allergies, eating disorders or genetic alterations that lead to obesity. For this reason, TECH has created this Practical Training, which enables the nursing professional to keep abreast of the most relevant advances in this field. All this, in a prestigious clinical environment and with the best experts.

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

TECH offers in this program, a first class practical experience. The professional will be working side by side, during 3 intensive weeks, with specialized nurses, who will show their the most up-to-date procedures regarding nutritional adaptation, patient follow-up and the most recent recommendations according to the pathology they suffer from. All of this in a first class professional environment.

3. Entering First-Class Clinical Environments

TECH from selects all Clinical Analysis available centers for Internship Programs. In this way, it guarantees the nursing professional access to a prestigious healthcare environment, which will allow them to integrate into their daily practice the most effective methods for the management of patients with feeding problems. And, in just 3 intensive and practical refresher weeks.



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

Currently, there are a multitude of academic programs focused on offering an advanced theoretical framework that are far removed from the real needs of professionals. For this reason, TECH has created this Training, which leads the nurse, from the first day, to the realization of practical activities, where they can be in contact with real patients and apply the most innovative procedures in the field of Diet Therapy.

5. Expanding the Boundaries of Knowledge

TECH offers La possibility of completing this program in in centers Power renown national and worldwide. This gives the nursing professional the opportunity to be surrounded by health professionals with experience in leading clinical centers, whose working methods in the field of Diet Therapy can be included in their daily work, either in the center where they currently practice or in any other health area where they wish to successfully develop their work.



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

03

Objectives

Thanks to this Practical Training, the nursing professional will obtain an update of their knowledge in Diet Therapy, through a unique and effective experience. To this end, you will be accompanied and advised at all times by a professional in your field, who will guide you in carrying out activities in a leading clinical center. In this way, you will get a direct and complete up-to-date.



General Objectives

- ◆ Design nutritional plans using the most effective procedures currently available
- ◆ Incorporate into daily work the diagnostic techniques used in Diet Therapy and endorsed by authentic experts in this field
- ◆ Assess patients' nutritional and food consumption habits



Thanks to this Practical Training you will be aware of the recommended amounts and frequency of food consumption according to the patient's pathology"





Specific Objectives

- ◆ Personalized calculation of nutritional plans taking into account all individual variables
- ◆ Planning nutritional plans and models for a complete and practical recommendation
- ◆ Broaden the specific therapeutic approach to eating disorders and genetic syndromes associated with nutritional alterations
- ◆ Assess clinical cases, application tools in nutrition consultation
- ◆ Plan nutritional treatments based on scientific evidence and assessment of evolution
- ◆ 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
- ◆ Identify malnutrition in the context of a neoplastic disease as the only pathology or in the pluripathological patient, as well as to prevent them
- ◆ Personalize the nutritional treatment, covering the needs of the patient in antineoplastic treatment, and/or surgeries
- ◆ Assess the health effects derived from the current food model and the consumption of ultra-processed food



*A unique training experience,
key and decisive to boost your
professional development”*

04

Educational Plan

This Practical Training will be developed in a face-to-face stay in a leading clinical center in the field of Diet Therapy. Therefore, during 3 weeks, from Monday to Friday and in 8 consecutive hours, the nursing professional will obtain an intensive update of their knowledge in this field, together with the best experts.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide healthcare in areas and conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

It is undoubtedly an excellent opportunity to learn by working in an innovative environment, where the most effective techniques in Diet Therapy are used. This is a new way of understanding and integrating healthcare processes, and turns a reference center into the ideal scenario for unique practical experience in the improvement of professional skills.

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 La nursing practice in the field of Diet Therapy (learning to be and learning to relate).

The procedures described below will form the basis of the practical part of the internship, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:



Receive specialized education in an institution that can offer you all these possibilities, with an innovative academic program and a human team that will help you develop your full potential”



Module	Practical Activity
Nutritional Assessment	To help Perform comprehensive nutritional assessments that take into account the psychological, social and pathological aspects of the patient
	Participate in the Adapt dietary from plans to the most recent advances in Diet Therapy
	Collaborative Games into the detection of the patient's nutritional risks and needs from a holistic point of view
	Analyze the patient's motivational elements and adapt the nutritional planning to these elements
Nutritional planning	Collaborate in the Apply diets and dietary therapy La planning to in field of prevention, clinic and education
	To help Plan consultations, treatment goals, and techniques focused on improving adherence
	Support for Perform dietary planning and assess psychological and quality of life aspects with adapted dietary recommendations
	Integrate Integrative the concept of sustainability in the recommendation of healthy eating
Caring for Patients with Obesity	To help Calculate and individually prescribe the different models of hypocaloric diets
	Cooperate with the multidisciplinary obesity team in the planning of consultations
	Provide support in the evaluation of the clinical case, interpretation of the cause of overweight and obesity
	Contribute to the creation of a flexible and personalized nutritional plan taking into account all the variables and demands of the patient
Management of the Patient with Different Pathologies	Perform complete patient assessment and plan nutritional treatment based on digestive system pathologies
	Plan nutritional treatment, supplementation and/or substitutes
	participate in the planning and Apply dietary from measures to improve symptoms and quality of life
	Support adapted nutritional recommendations for different pathologies (renal, hepatic, endocrine-metabolic, nervous system)

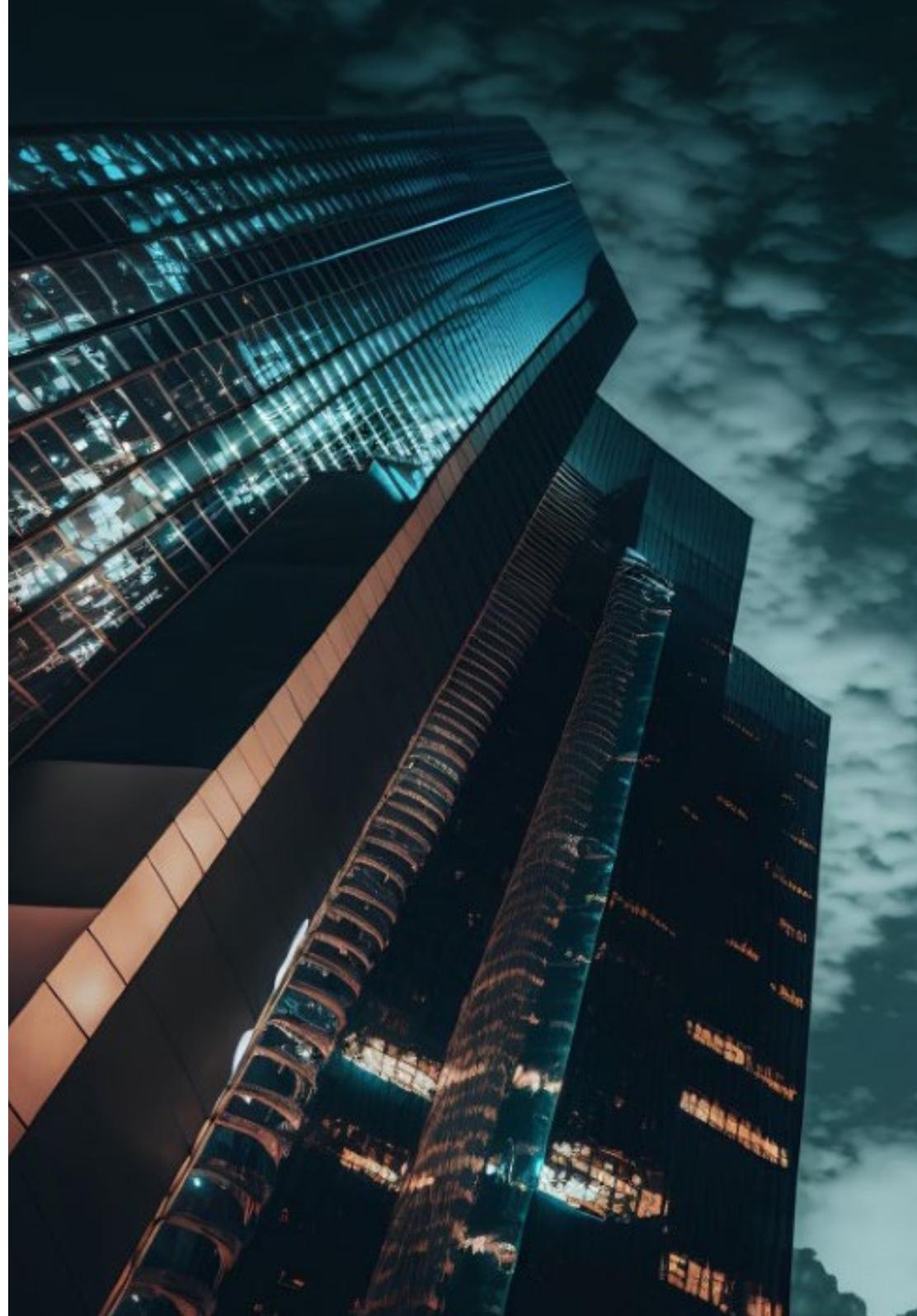
05

Where Can I Do the Internship Program?

This Practical Training can be carried out in clinical centers, which have passed TECH's demanding requirements, in order to offer professionals the guarantee of access to an outstanding healthcare space. In this way, you will be able to opt for professional environments, which will provide you with the most current and outstanding knowledge you need about Diet Therapy. An ideal option adapted to the reality of this health area.

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TECH offers you the best professionals specialized in the field of Diet Therapy. A unique option, offered only by TECH"





The student will be able to complete this program at the following center:



Nursing

Instituto de Obesidad (IOB)

Country	City
Spain	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



Make the most of this opportunity to surround yourself with expert professionals and learn from their work methodology"

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 program agreement shall be 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 program will allow you to obtain your **Internship Program diploma in Diet Therapy 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** title 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: **Internship Program in Diet Therapy for Nursing**

Duration: **3 weeks**

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

Accreditation: **120 ECTS**





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