Master's Degree

Diet Therapy for Nursing

tech global university

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Master's Degree
Diet Therapy for Nursing

- Modality: **online**
- Duration: **12 months**
- Certificate: **TECH Global University**
- Credits: **60 ECTS**
- Schedule: **at your own pace**
- Exams: **online**

Website: **www.techtitute.com/us/nursing/master-degree/master-diet-therapy-nursing**

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01

Introduction

Adequate nutrition according to the patient's nutritional needs is essential for their health, especially for those who need a specific nutrient intake. Adequate nutrition according to the patient's nutritional needs is essential for their health, especially for those who need a specific nutrient intake. For that reason TECH and its team of experts in Nutrition and Nursing have developed this complete program that will allow you to update your knowledge and get up to date in everything related to the development of diets. All this through a 100% online program, distributed over 12 months and with which you will be able to balance, without any problem, your professional life with your academic life.

For any nurse, mastering the latest developments in nutrition and dietetics is essential. For this reason, TECH will give you the keys to achieve it through a 100% online program

Advances in medicine, as well as the emergence of new pathologies such as allergies and food intolerances, have forced dieticians to develop food plans that are increasingly adapted to the nutritional needs of patients. In this way, and according to each clinical case, it is possible to design personalized diets that are highly beneficial for the health of these people, exponentially influencing their clinical improvement.

This field also includes the nursing sector, since its specialists work with these patients on a daily basis, which is why they must know in detail the latest scientific evidence related to this field. For this reason, TECH Global University has decided to design this Master's Degree in Diet Therapy for Nursing, a program developed over 12 months and distributed in 1500 hours in which the graduate will be able to get up to date on everything related to this subject.

This is a program that delves into the importance of good nutrition , in the prevention of disease, as well as in the assessment of nutritional status and the calculation of personalized nutritional plans, their recommendations and how to carry out a correct monitoring. In addition, it also delves into the development of plans according to age and the different dysfunctions and pathologies.

A comprehensive 100% online program that includes hundreds of hours of additional material in different formats (complementary readings, research articles, real clinical cases, dynamic summaries, etc.) so that the specialists can contextualize each section of the syllabus and extensively develop those they consider necessary. In addition, you will have 24-hour access to the Virtual Classroom, so you will be able to combine this academic activity with your working life in the practice without any problem.

This **Master's Degree in Diet Therapy for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- Case studies presented by experts in Nutrition and Nursing
- 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

You will have access to the Virtual Classroom 24 hours a day, so you will have the possibility to combine this program with your activity in the practice"

A program that will bring you up to date on the calculation of personalized nutritional plans, their recommendations and the keys to their follow-up"

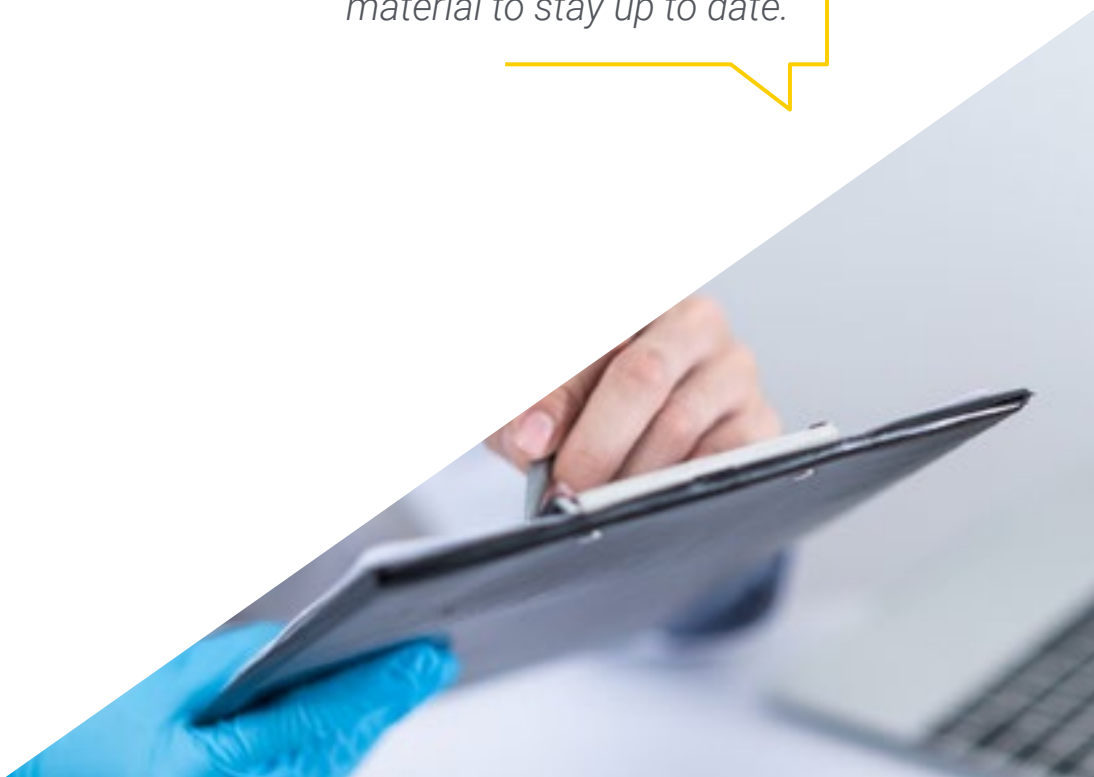
In less time than you think you will have managed to update your knowledge in nutrition and food education models.

Knowing in detail the latest developments related to the assessment of nutritional status is essential for any nurse, so TECH will give you the best material to stay up to date.

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.



02

Objectives

The importance of proper nutrition for many patients and the little time available to the vast majority of nursing professionals to catch up is what has motivated TECH to develop this Master's Degree. For this reason, the objective of the same is to provide them with all the academic tools that allow them to catch up in a dynamic and simple, but complete way, so that they can apply in their patients the latest scientific developments related to Diet Therapy in less than 1 year.

TECH will provide you with the best academic tools not only to achieve your goals, but also to surpass them in less time than you think"

General Objectives

- Broaden knowledge and incorporate advanced and innovative knowledge in food and nutrition in the daily clinical practice of the nurse
- Revise the fundamental aspects of healthy eating, with a current approach aimed at risk prevention
- Delve into the correct management of daily nutrition
- Examine the most common syndromes and symptoms related to nutritional problems

If you are looking to update your knowledge on the current relationship between nervous system pathologies and nutrition, this program is perfect for you"

Specific Objectives

Module 1. Nutrition, Health and Disease Prevention: Current Issues and Recommendations for the General Population

- Analyze patient's eating habits, as well as their problems and motivation
- Update nutritional recommendations based on scientific evidence for their application in clinical practice
- Prepare for the design of nutritional education strategies and patient care

Module 2. Assessment of Nutritional Status and Calculation of Personalized Nutritional Plans, Recommendations and Monitoring

- Adequate assessment of the clinical case, interpretation of causes and risks
- Personalized calculation of nutritional plans taking into account all individual variables
- Planning nutritional plans and models for a complete and practical recommendation

Module 3. Nutrition in Overweight, Obesity and their Comorbidities

- Adequate assessment of the clinical case, interpretation of causes of overweight and obesity, comorbidities and risks
- Calculate and individually prescribe the different models of hypocaloric diets
- Plan consultations and multidisciplinary team in obesity

Module 4. Nutrition in Childhood and Adolescence

- Update knowledge on childhood and adolescent overweight and obesity, epigenetic factors and advances in multidisciplinary management and treatment with special focus on the nutritional approach
- Broaden the specific therapeutic approach to eating disorders and genetic syndromes associated with nutritional alterations
- Study new evidence on feeding models in pediatrics and adolescent medicine. Useful tools for consultation
- Approach nutrition adapted to pediatric pathology

Module 5. Nutrition in Dysfunctions and Pathologies along the Digestive Tract

- Study the functioning of the digestive tract, functions and pathologies
- Complete evaluation of the clinical case and the digestive health
- Understanding the intestinal microbiota and its relationship with endocrine and nervous system

Module 6. Nutrition in Renal, Hepatic and Pancreatic Diseases

- Update knowledge of renal, hepatic and pancreatic functions and pathologies, and their relationship with nutrition
- Assess clinical cases, application tools in nutrition consultation
- Plan nutritional treatments based on scientific evidence and assessment of evolution

Module 7. Nutrition in Endocrine-Metabolic and Autoimmune Pathologies

- Individualize nutritional planning for patients with insulin-dependent DM1 and DM2 and insulin resistance
- Explore adapted nutritional recommendations based on scientific evidence in autoimmune, endocrine and respiratory pathologies
- Delve into the prevention and treatment of sarcopenia and osteopenia

Module 8. Nutrition in Nervous System Pathologies

- A program that will bring you up to date on the calculation of personalized nutritional plans, their recommendations and the keys to their follow-up"
- 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

Module 9. Oncology Patient Nutrition

- Know how this pathology affects the nutritional level, from the organic, psychological and metabolic point of view
- 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

Module 10. Nutrition for Health, Equity and Sustainability

- Analyze the scientific evidence regarding the impact of food on the environment
- Learn about current legislation in the food industry and consumption
- Assess the health effects derived from the current food model and the consumption of ultra-processed food

03

Skills

TECH is aware that any nursing professionals who access this Master's Degree already bring with them a series of professional skills. For this reason, with this program, the objective of the university is to provide the necessary tools that positively influence the improvement of the same through a comprehensive program, which also includes real clinical cases in which the graduate can put into practice their skills and implement into their practice the most innovative and effective strategies in the field of Diet Therapy.

A unique opportunity to improve your professional skills in Diet Therapy with the best experts"

General Skills

- Perform comprehensive nutritional assessments that take into account the psychological, social and pathological aspects of the patient
- Adapt dietary plans to the most recent advances in Diet Therapy
- Apply diets and dietary therapy planning to the field of prevention, clinic and education

You will see your knowledge expanded from the first week, being able to implement the latest scientific evidence related to the development of diets in your day to day management of patients"

Specific Skills

- Detect the patient's nutritional risks and needs from a holistic point of view
- Plan consultations, treatment goals, and techniques focused on improving adherence
- Perform dietary planning and assess psychological and quality of life aspects with adapted dietary recommendations
- Plan nutritional treatment based on scientific evidence in pathologies of the digestive system
- Plan nutritional treatment, supplementation and/or substitutes
- Plan menus for collectivities
- Apply dietary measures to improve symptoms and quality of life
- Integrate the concept of sustainability in the recommendation of healthy eating
- Create a flexible and personalized nutritional plan according to the patient's own demands

04

Course Management

For the development of the teaching team of this Master's Degree, TECH Global University has selected a team of experts in the field of Endocrinology and Nutrition with a wide and extensive experience in the nutritional management of different types of patients. It is a group of professionals characterized, in addition, by their human quality, committed to the growth of the graduate and who will make available their time and experience so that they can get the most out of this academic experience.

You will be able to arrange personalized tutorials with the teaching staff to solve doubts about the syllabus or about the profession in general"

Management

Dr. Vázquez Martínez, Clotilde

- Corporate Head of the Endocrinology and Nutrition Departments, Jiménez Díaz La Foundation.
- Head of the Endocrinology and Nutrition Department at Ramón y Cajal Hospital (Madrid) and Severo Ochoa Hospital, Leganés
- President of La SENDIMAD (Society of Endocrinology, Nutrition, and Diabetes of the Community of Madrid)
- Coordinator Therapeutic Education Group Group of the Spanish Society of Diabetes
- PhD 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 Endocrinology and Nutrition via Medical Residency at the Jimenez Díaz Foundation
- 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. Montoya Álvarez, Teresa

- Head of the Endocrinology and Nutrition Service of the Infanta Elena University Hospital
- Head of Volunteering at the Garrigou Foundation
- Degree in Medicine and Surgery from the University of 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, Trisomy 21 Research Society

Dr. Sánchez Jiménez, Álvaro

- Specialist in Nutrition and Endocrinology at Jiménez Díaz Foundation University Hospital
- 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 at the Course of Excellence in Obesity at the university Fundación Jimenez Díaz Hospital, Novo Nordisk
- 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

Professors

Dr. Gutiérrez Pernia, Belén

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

Dr. Miguélez González, María

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

Dr. Fernández Menéndez, Amanda

- Doctor Specialist in Pediatric Endocrinology and Nutrition at the Foundation Jimenez Diaz Hospital
- Specialist in Pediatrics, Centro de Salud Doctor Castroviejo(SERMAS)
- Attending physician specializing in Pediatric Endocrinology and Nutrition at La Paz University Hospital
- International Cooperation in Health and Development in India (development of health projects in the field)
- Degree in Medicine and Surgery from the Autonomous University of Madrid
- Master's Degree in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- Expert in Clinical Bioethics from the Complutense University

Ms. Manso del Real, Paula

- Deputy Director of Nursing at the Íñigo Álvarez de Toledo Renal Foundation
- Nursing Supervisor of the Dialysis Unit of the Íñigo Álvarez de Toledo Renal Foundation
- Nephrology Nurse at the Nephrology Unit of the Fundación Jiménez Díaz University Hospital
- Diploma in Nursing at the Francisco de Vitoria University
- Degree in International Cooperation and Health Promotion at the Francisco de Vitoria University
- Degree in International Cooperation and Health Promotion at the Francisco de Vitoria University
- Master's Degree in Hemodialysis for Nurses at the Complutense University of Madrid

Dr. Núñez Sanz, Ana

- Dietician and nutritionist, expert in pregnancy, breastfeeding and infancy
- López-Nava Obesity Nutritionist
- Nutritionist at Medicadiet
- Dietitian and nutritionist *freelancer*
- Dietitian and nutritionist at Menudiet, S.L
- Contributor on food and nutrition in Castilla La Mancha Television
- Promoter of talks and workshops on healthy eating for kindergartens, schools and companies
- Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- Master's Degree in Nutrition and Health at the Open Official of Catalonia

Dr. Prieto Moreno, Ana

- Nutritionist in the Department of Endocrinology and Nutrition at Jiménez Foundation Hospital
- Nutritionist at Hospital General de Villalba and HospitalUniversitario Infanta Elena
- Nutritionist at the Consejo Superior de Deportes, WWF, Medicadiet and Sanitas Sociedad Anónima de Seguros
- Nutritionist at Hospital Universitario La Paz, Mapfre Foundation, Copernal Publishing and 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

Dr. González Toledo, Beatriz María

- Nurse expert in Hemodialysis and Nutrition and Health
- Nephrology Nurse Unit of the Fundación Jiménez Díaz Hospital
- Nurse Director of Dialysis at the Íñigo Álvarez de Toledo Renal Foundation
- Master's Degree in in Hemodialysis for Nurses at the Complutense University of Madrid
- Master's Degree in Nutrition and Health at the Open University of Catalonia
- Postgraduate Diploma in Peritoneal Dialysis for Nurses at Cardenal Herrera University
- Graduate in Nursing from the Autonomous University of Madrid

Dr. Modroño Móstoles, Naiara

- Specialist in Endocrinology
- Doctor Specialist in Pediatric Endocrinology and Nutrition at the Foundation 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. Alcarria Águila, María del Mar

- Nutritionist Clinical Symptoms at Medicadiet
- López-Nava Obesity Nutritionist
- Dietician and Nutritionist at Predimed-Plus
- Grade in Human Nutrition and Dietetics from the Complutense University of Madrid
- Master in Rehabilitation Nutrition and Endocrinology at the Institute of Nutrition and Health Sciences. (ICNS)

Dr. Sanz Martínez, Enrique

- Clinical Nutritionist at the University Hospital General de Villalba and Rey Juan Carlos University Hospital
- Dietitian in the project PLUS researcher in the Health Research Institute of the Jiménez Diaz Foundation
- Researcher and collaborator in the NUTRICOVID study
- Researcher and collaborator in the cross-sectional prospective OBESTIGMA study
- Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- Master's Degree in Clinical Nutrition at the Catholic University of San Antonio in Murcia
- Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos

Ms. López Escudero, Leticia

- Dietitian and nutritionist Clinical Analysis
- Clinical Dietician and Nutritionist at La Hospital university Fundación Jiménez Díaz
- Dietician and Nutritionist at the University Hospital Infanta Elena
- Nutritionist at Diet La Clinic
- 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 at the Universidad Oberta de Cataluña

Mr. Martínez Martínez, Alberto

- Nutritional Advisor at Santiveri
- Dietitian responsible for the menu of children with food allergy. Gastronomic
- Dietician - Clinical Nutritionist at the University Hospital Antonio
- Degree in Human Nutrition and Dietetics. Fluminense Federal University
- Graduate in Human Nutrition and Dietetics at the University of Valencia
- Master's Degree in Agri-environmental and Agri-food Sciences. Autonomous University of Madrid

Dr. Hoyas Rodríguez, Irene

- Specialist in Endocrinology and Nutrition
- Specialist in Endocrinology and Nutrition at the Fundación Jiménez Díaz and Infanta Elena Hospitals
- Specialist in Endocrinology and Nutrition at the Beata María Ana Hospital
- Specialist in Endocrinology at the University Hospital 12 de Octubre
- Degree in Medicine from the Complutense University of Madrid
- Postgraduate course in Treatment of Diabetes Mellitus Type 2 at the Autonomous University of Barcelona

Ms. Yela Salguero, Clara

- Dietitian Coordination of Clinical Trials
- Dietician at the Fundación Jiménez Díaz Hospital
- Clinical Trials Coordinator at the Ramón y Cajal Hospital
- Dietitian at the Severo Ochoa Hospital, in Leganés
- Dietitian in the Integral Obesity Treatment Unit at the San José Hospital in Madrid
- Postgraduate Certificate in Human Nutrition and Dietetics at Alfonso X El Sabio University
- Degree in Food Science and Technology at the Complutense University of Madrid

Ms. Labeira Candel, Paula

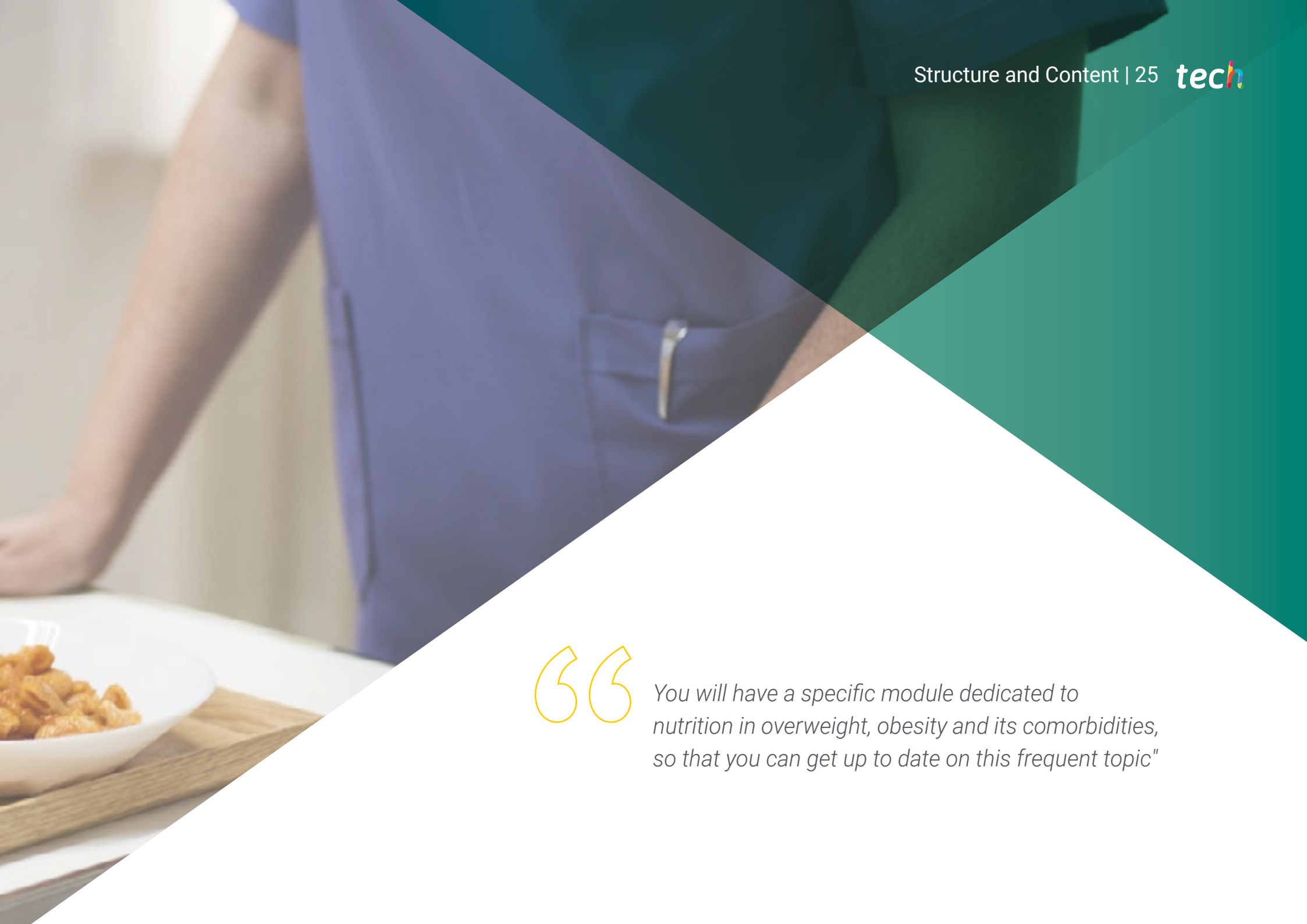
- Clinical nutritionist in the Bariatric Endoscopy Unit at HM Hospitales
- Sports and clinical nutritionist at Quirón Salud- Instituto de Sobrepeso y Obesidad
- Nutritionist Sports and Clinical at Medicadiet, Slimming & Nutrition
- Sports nutritionist at C.F. TrivalValderas de Alcorcón
- Food and water 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

Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"

05

Structure and Content

In order to be able to offer a complete program adapted to the academic and professional needs of the current market, TECH has designed this program taking into account the recommendations of the teaching team, who have carried out an exhaustive research task to create a new, comprehensive and dynamic content. In addition, they have also selected hours of the best additional material in different formats, so that the graduate can, on the one hand, contextualize those more complex aspects, and on the other hand, delve into the sections considered most relevant for their professional development.



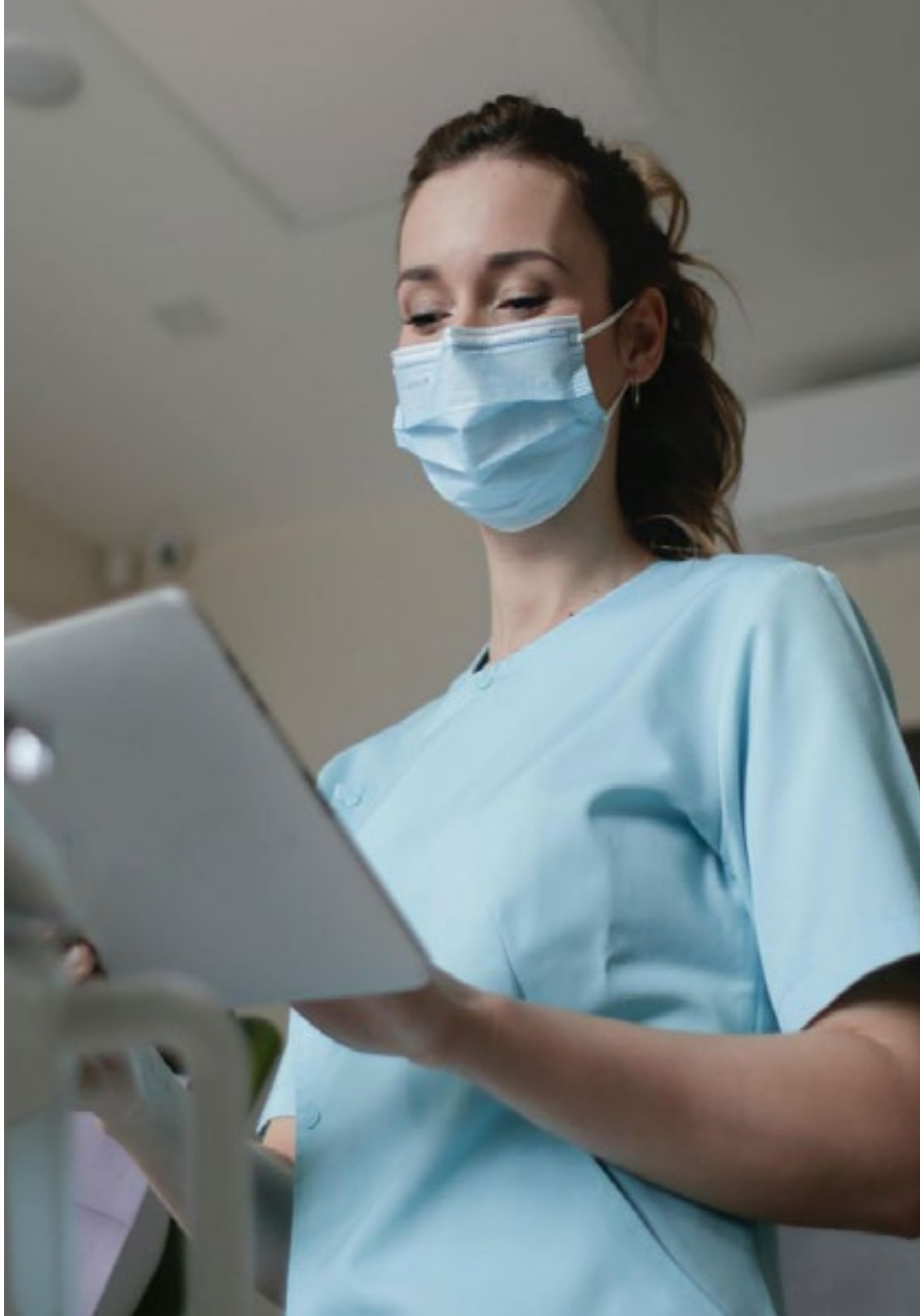
You will have a specific module dedicated to nutrition in overweight, obesity and its comorbidities, so that you can get up to date on this frequent topic"

Module 1. Nutrition, Health and Disease Prevention: Current Issues and Recommendations for the General Population

1.1. Feeding Habits in the Current Population and Health Risks
1.2. Mediterranean and Sustainable Diet
  1.2.1. Recommended Dietary Pattern
1.3. Comparison of Dietary Patterns or "Diets"
1.4. Nutrition in Vegetarians
1.5. Childhood and Adolescence
  1.5.1. Nutrition, Growth and Development
1.6. Adults
  1.6.1. Nutrition for the Improvement of Quality of Life
  1.6.2. Prevention
  1.6.3. Treatment of disease
1.7. Pregnancy and Lactation Recommendations
1.8. Recommendations in Menopause
1.9. Advanced Age
  1.9.1. Nutrition in Aging
  1.9.2. Changes in Body Composition
  1.9.3. Abnormalities
  1.9.4. Malnutrition
1.10. Nutrition in Athletes

Module 2. Assessment of Nutritional Status and Calculation of Personalized Nutritional Plans, Recommendations and Monitoring

2.1. Medical History and Background
  2.1.1. Individual Variables Affecting Nutritional Plan Response
2.2. Anthropometry and Body Composition
2.3. Assessment of Eating Habits
  2.3.1. Nutritional Assessment of Food Consumption
2.4. Interdisciplinary Team and Therapeutic Circuits
2.5. Calculation of Energy Intake
2.6. Calculation of Recommended Macro- and Micronutrient Intakes



2.7. Quantity and Frequency of Food Consumption Recommendations
- 2.7.1. Dietary Patterns
- 2.7.2. Planning
- 2.7.3. Distribution of Daily Feedings

2.8. Diet Planning Models
- 2.8.1. Weekly Menus
- 2.8.2. Daily Intake
- 2.8.3. Methodology by Food Exchanges

2.9. Hospital Nutrition
- 2.9.1. Dietary Models
- 2.9.2. Decision Algorithms

2.10. Educational
- 2.10.1. Psychological Aspects
- 2.10.2. Maintenance of Feeding Habits
- 2.10.3. Discharge Recommendations

Module 3. Nutrition in Overweight, Obesity and their Comorbidities

3.1. Pathophysiology of Obesity
- 3.1.1. Precision Diagnosis
- 3.1.2. Analysis of Underlying Causes

3.2. Phenotypic Diagnosis
- 3.2.1. Body Composition and Calorimetry and Impact on Personalized Treatment

3.3. Treatment Target and Hypocaloric Diet Models

3.4. Prescription of Physical Exercise in Overweight and Obesity

3.5. Psychology Associated with Slimming Nutrition: Psychonutrition

3.6. Comorbidities Associated with Obesity
- 3.6.1. Nutritional Management in Metabolic Syndrome
- 3.6.2. Insulin Resistance
- 3.6.3. Type 2 Diabetes and Diabesity

3.7. Cardiovascular Risk and Nutritional Adaptations in Hypertension, Dyslipidemias and Atherosclerosis

3.8. Digestive Pathologies Associated with Obesity and Dysbiosis

3.9. Pharmacological Treatment in Obesity and Drug-Nutrient Interactions and Adaptation of the Nutritional Plan

3.10. Bariatric and Endoscopic Surgery
- 3.10.1. Nutritional Adaptations

Module 4. Nutrition in Childhood and Adolescence

4.1. Causes and Interrelated Factors of Childhood Obesity
- 4.1.1. Obesogenic Environment in Childhood
- 4.1.2. Assessment of Individual, Family and Socioeconomic Problems

4.2. Risks of Childhood Obesity
- 4.2.1. Prevention and Adapted Diet Therapy
- 4.2.2. Physical Activity and Physical Exercise

4.3. Nutritional Education
- 4.3.1. Nutritional Recommendations
- 4.3.2. Personalized Calculation of Plans for the Treatment of Childhood and Adolescent Obesity

4.4. Dietary Patterns and Food Recommendations
- 4.4.1. Consultation Tools

4.5. Genetic Alterations and Predisposition to Obesity in Children and Adults

4.6. Prevention and Management of Other Eating Disorders in Children and Adolescents

4.7. Psychological Aspects of Childhood Obesity in Nutritional Consultation

4.8. Nutrition in Special Situations: Celiac Disease Food Allergy

4.9. Nutrition in Special Situations: Diabetes and Dyslipemia

4.10. Nutrition and Growth Disorders
- 4.10.1. Nutrition in Later Stages of the Preterm or SGA Patient

Module 5. Nutrition in Dysfunctions and Pathologies along the Digestive Tract

5.1. Digestive History, and Assessment of Variables, Symptomatology and Previous Eating Habits

5.2. Mouth: Nutrition in Mucositis, Xerophthalmia, Dysphagia, and Oral Dysbiosis

5.3. Esophagus: Nutrition in Gastroesophageal Reflux Disease and Barret's Esophagus

5.4. Stomach: Nutrition in Gastritis, Hiatus Hernia, Dyspepsia, Helicobacter Pylori Infection

5.5. Constipation and Symptomatology
- 5.5.1. Associated Pathologies

5.6. Acute and Chronic Diarrhea

5.7. Inflammatory Bowel Diseases

5.8. Differentiation between Malabsorption, Intolerances and Allergies
  5.8.1. Enzyme Deficiency and Immune System
  5.8.2. Diet Low in Histamine and DAO Deficiency
5.9. Dysbiosis, Bacterial Overgrowth and Nutrient Malabsorption
5.10. Celiac Disease and Non-Celiac Gluten Sensitivity (NCGS)

Module 6. Nutrition in Renal, Hepatic and Pancreatic Diseases

6.1. Nutrients
  6.1.1. Enzymatic Activity, Metabolism, Filtration and Diuresis
6.2. Habits, Risks, Previous and Causative Comorbidities, and Assessment of Feeding Habits
6.3. Nutrition in CKD: Predialysis
6.4. Nutrition in CKD: Dialysis: Renal Transplantation
6.5. Diabetic Nephropathy
6.6. Renal Lithiasis
6.7. Pancreatic Insufficiency
6.8. Non-Alcoholic Hepatic Steatosis, Fibrosis, Hepatic Cirrhosis and Vesicular Lithiasis
6.9. Modulation of the Intestinal Microbiota in Renal, Pancreatic and Hepatic Pathology
6.10. Psychological Aspects and Planning of Objectives and Consultations

Module 7. Nutrition in Endocrine-Metabolic and Autoimmune Pathologies

7.1. Type 1 Diabetes
  7.1.1. Nutrition in Insulin-Dependent Patients
7.2. Insulin Resistance and Type 2 Diabetes
7.3. Nutrition in Thyroid Disorders
  7.3.1. Hypothyroidism
  7.3.2. Hyperthyroidism
7.4. Nutrition and Circadian Rhythms: Chronobiology
7.5. Nutrition in the Physiological Menstrual Cycle and its Alterations
  7.5.1. Amenorrea
  7.5.2. Polycystic Ovary Syndrome
  7.5.3. Endometriosis
7.6. Nutrition in Autoimmune Pathology
  7.6.1. Rheumatoid Arthritis
  7.6.2. Psoriasis
  7.6.3. Lupus
7.7. Muscle
  7.7.1. Sarcopenia
7.8. Bone Health
  7.8.1. Osteopenia
  7.8.2. Osteoporosis
7.9. Nutrition in Pulmonary Pathologies
  7.9.1. Cystic fibrosis
  7.9.2. COPD
  7.9.3. Obstructive Sleep Apnea Syndrome (OSAS)
7.10. Chronic Fatigue, Anemia and Vitamin D Deficiency

Module 8. Nutrition in Nervous System Pathologies

8.1. Nutrition in the Prevention of Cognitive Impairment, Dementia and Alzheimer's Disease
8.2. Nutrition and Psychoaffective Pathologies
  8.2.1. Depression
  8.2.2. Bipolar Disorder
8.3. Pathologies with Altered Eating Behavior
  8.3.1. Schizophrenia
  8.3.2. Borderline Personality Disorder
8.4. Eating disorder
  8.4.1. Anorexia
  8.4.2. Bulimia
  8.4.3. BED
8.5. Nutrition in Degenerative Pathologies
  8.5.1. Multiple Sclerosis
  8.5.2. Amyotrophic Lateral Sclerosis
  8.5.3. Muscular Dystrophies

8.6. Nutrition in Pathologies with Uncontrolled Movement
- 8.6.1. Parkinson's Disease
- 8.6.2. Huntington's Disease

8.7. Nutrition in Epilepsy
8.8. Nutrition in Neuralgias
- 8.8.1. Chronic Pain

8.9. Nutrition in Severe Neurological Injuries
8.10. Toxics, Bioactive Compounds, Intestinal Microbiota and their Relationship to Nervous System Diseases

Module 9. Oncology Patient Nutrition

9.1. Pathophysiology of Cancer
9.2. Relationship of Cancer with Eating Habits and Potential Carcinogens
9.3. Assessment of Nutritional Status in the Oncologic Patient
9.4. Nutrient-Antineoplastic Treatment Interaction
- 9.4.1. Specific Changes in the Most Frequently Used Antineoplastic Agents

9.5. Psychological Aspects in the Patient and General Nutritional Recommendations in the Oncology Patient
9.6. Nutrition in the Appetite and Swallowing Alterations Caused by the Pathology or Treatments
- 9.6.1. Anorexia
- 9.6.2. Dysgeusia
- 9.6.3. Dysphagia
- 9.6.4. Mucositis
- 9.6.5. Xerostomia

9.7. Nutrition in Digestive Disorders Caused by Pathology or Treatments
- 9.7.1. Malabsorption
- 9.7.2. Diarrhea
- 9.7.3. Dysbiosis
- 9.7.4. Constipation

9.8. Nutrition in Metabolic Alterations Caused by the Pathology: Cachexia
9.9. Nutrition Before and After Oncological Surgery
- 9.9.1. Head and Neck
- 9.9.2. Esophageal
- 9.9.3. Gastric
- 9.9.4. Pancreaticobiliary
- 9.9.5. Small and Large Intestine

9.10. Hospital Nutrition
- 9.10.1. Oral
- 9.10.2. Enteral
- 9.10.3. Parenteral

Module 10. Nutrition for Health, Equity and Sustainability

10.1. Sustainable Nutrition, Food Variables Influencing the Ecological Footprint
- 10.1.1. Carbon Footprint
- 10.1.2. Water Footprint

10.2. Food Waste as an Individual Problem and as a Problem Associated with the Food Industry
10.3. Biodiversity Loss at Different Levels and its Impact on Human Health: Microbiota
10.4. Toxics and Xenobiotics in Food and their Effects on Health
10.5. Current Food Legislation
- 10.5.1. Labeling, Additives and Regulatory Proposals in Marketing and Advertising

10.6. Nutrition and Endocrine Disruptors
10.7. The Global Obesity and Malnutrition Epidemic, Associated with Inequity: "A Planet of Fat and Hungry People"
10.8. Feeding in Childhood and Youth and Habits Acquisition in Adulthood
- 10.8.1. Ultraprocessed Foods and Beverages Other Than Water: A Population Problem

10.9. Food Industry, Marketing, Advertising, Social Networks and their Influence on Food Choice
10.10. Healthy, Sustainable and Non-Toxic Food Recommendations: Policy

06

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.

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.

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:

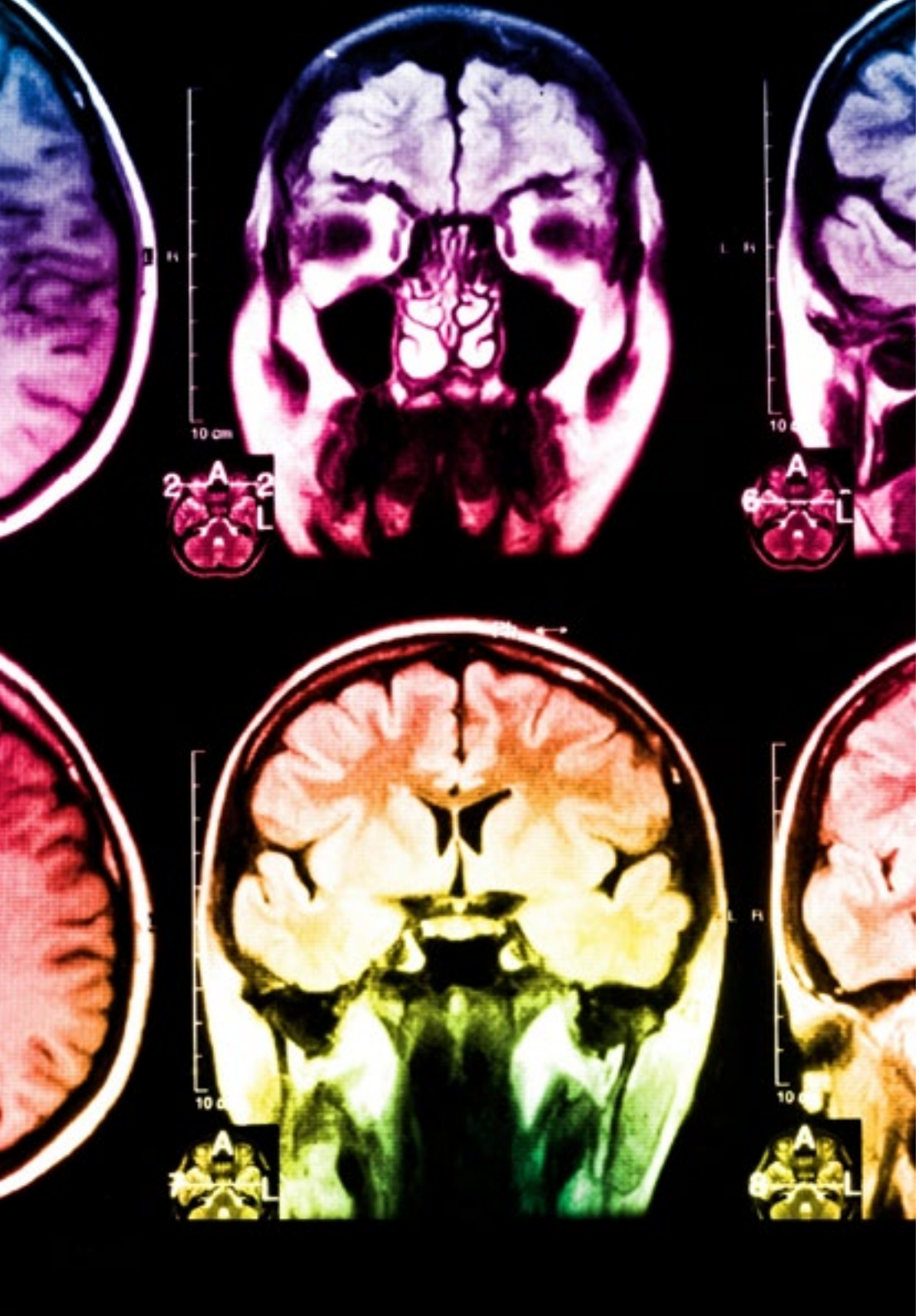
1. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into 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.

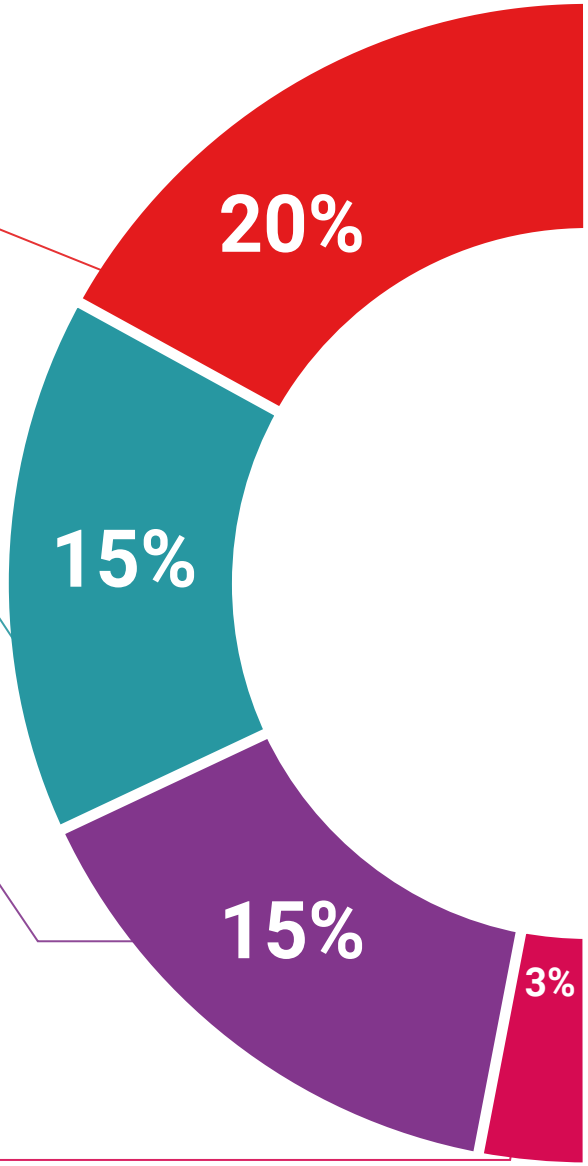
Interactive Summaries

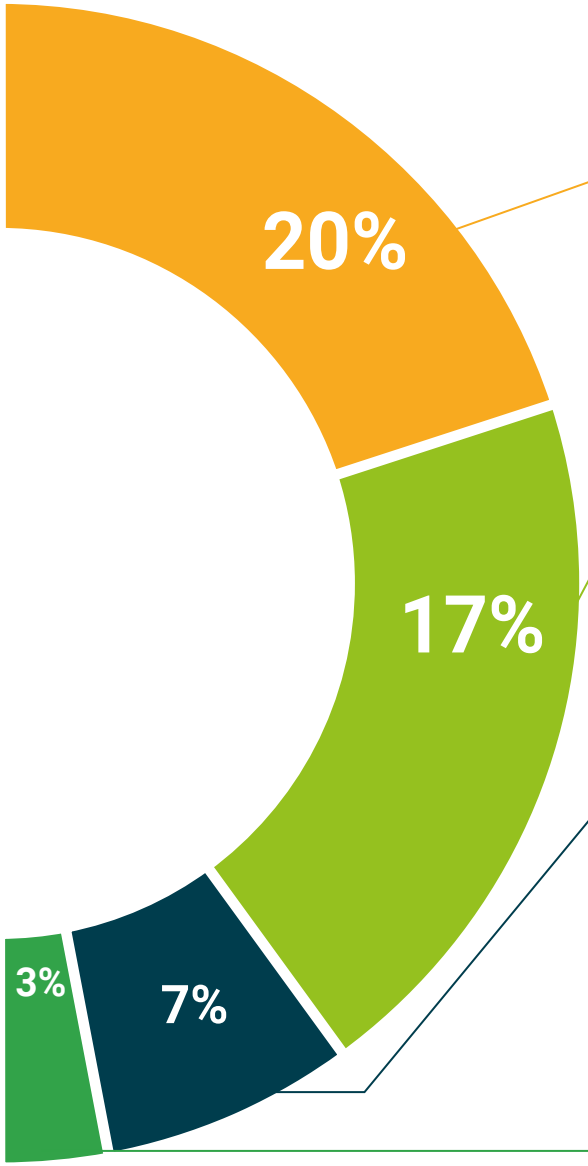
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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.





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 suggesting that observing third-party experts can be useful.

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.

07

Certificate

The Master's Degree in Diet Therapy for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Master's Degree diploma issued by TECH Global University.

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

This program will allow you to obtain your **Master's Degree 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: **Master's Degree in Diet Therapy for Nursing**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**

tech global university

Mr./Ms. _____, with identification document _____
has successfully passed and obtained the title of:

Master's Degree in Diet Therapy for Nursing

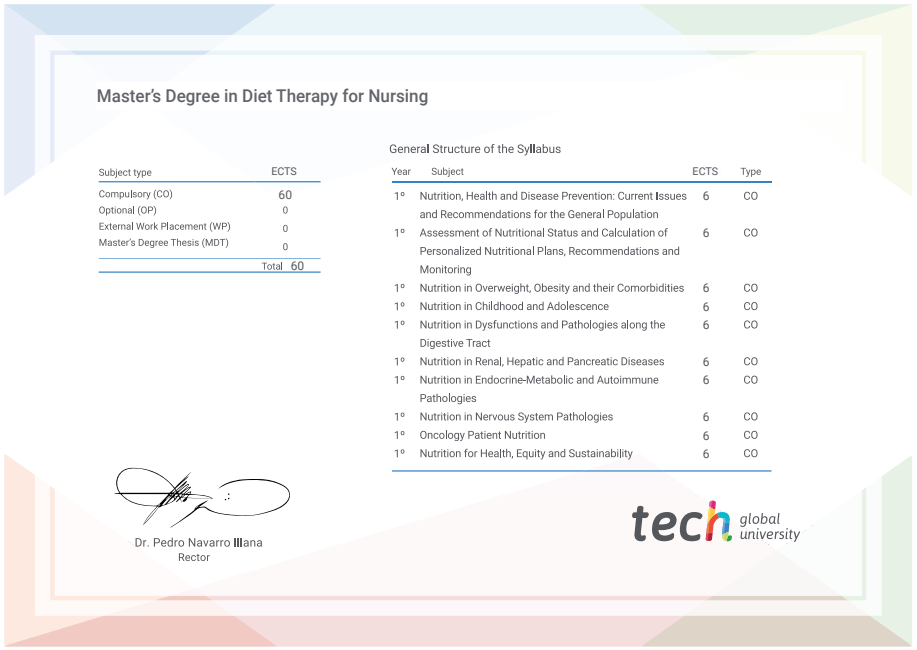
This is a program of 1,500 hours of duration equivalent to 60 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024

Dr. Pedro Navarro Illana
Rector

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country. Unique TECH Code: AFWORD23S techtitute.com/certificates


Master's Degree in Diet Therapy for Nursing

Subject type	ECTS
Compulsory (CO)	60
Optional (OP)	0
External Work Placement (WP)	0
Master's Degree Thesis (MDT)	0
Total	60

General Structure of the Syllabus

Year	Subject	ECTS	Type
1º	Nutrition, Health and Disease Prevention: Current Issues and Recommendations for the General Population	6	CO
1º	Assessment of Nutritional Status and Calculation of Personalized Nutritional Plans, Recommendations and Monitoring	6	CO
1º	Nutrition in Overweight, Obesity and their Comorbidities	6	CO
1º	Nutrition in Childhood and Adolescence	6	CO
1º	Nutrition in Dysfunctions and Pathologies along the Digestive Tract	6	CO
1º	Nutrition in Renal, Hepatic and Pancreatic Diseases	6	CO
1º	Nutrition in Endocrine-Metabolic and Autoimmune Pathologies	6	CO
1º	Nutrition in Nervous System Pathologies	6	CO
1º	Oncology Patient Nutrition	6	CO
1º	Nutrition for Health, Equity and Sustainability	6	CO

Dr. Pedro Navarro Illana
Rector

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*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

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Master's Degree
Diet Therapy for Nursing

- Modality: **online**
- Duration: **12 months**
- Certificate: **TECH Global University**
- Credits: **60 ECTS**
- Schedule: **at your own pace**
- Exams: **online**

Master's Degree

Diet Therapy for Nursing

tech global university