

# Postgraduate Certificate

Nutrition in Dysfunctions and Pathologies along the Digestive Tract for Nursing





## Postgraduate Certificate

### Nutrition in Dysfunctions and Pathologies along the Digestive Tract for Nursing

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

Website: [www.techtute.com/us/nursing/postgraduate-certificate/nutrition-dysfunctions-pathologies-digestive-tract-nursing](http://www.techtute.com/us/nursing/postgraduate-certificate/nutrition-dysfunctions-pathologies-digestive-tract-nursing)

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# 01

# Introduction

The correct nutrition of patients suffering from digestive tract pathologies is essential, since inadequate food intake could seriously affect their health and even lead to adverse comorbidities. In these cases, the nursing professional must be aware of new developments related to dietary strategies that best suit each person according to their clinical picture, in order to be able to adapt their diets in a personalized way. Thanks to this 100% online program you will be able, precisely, to get up to date on this subject, delving into the different diseases that affect the mouth, esophagus, stomach and intestines and the nutritional news related to the correct nutrition.



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*If you are looking for a program with which to update you on the latest developments in nutrition in patients with dysfunctions and pathologies of the digestive tract, you have before you the best option, and to take it 100% online”*

Dysphagia, gastroesophageal reflux, hiatus hernia, dyspepsia, etc., are dysfunctions and pathologies that affect the digestive tract and require, therefore, an adapted and specific nutritional plan, not only to the requirements of the disease, but to the needs of the person themselves. This is why the nursing specialist has to be aware of the advances made in Nutrition and Endocrinology, in order to be able to offer their patients personalized diets based on the most appropriate nutritional contribution for each condition.

This Postgraduate Certificate in Nutrition in Dysfunctions and Pathologies along the Digestive Tract for Nursing has been created, precisely, so that the graduate can catch up on this issue and 100% online. It is a program designed by experts in the area with a wide and extensive professional career, which includes, from the digestive history, the assessment of the variables, the symptoms and previous eating habits, to the news related to nutritional plans. of diseases such as celiac disease, intolerances or allergies, among others.

Furthermore, in order to adapt this academic experience to your availability, you can access the Virtual Classroom whenever you want and from any device with an internet connection. In it you will find the agenda and hours of the best additional material presented in different formats. Finally, all content can be downloaded and consulted offline, even once the program has been completed.

This **Postgraduate Certificate in Nutrition in Digestive Tract Dysfunctions and Pathologies in Nursing** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ The development of practical cases presented by Nutrition experts and Endocrinology
- ♦ The graphic, schematic and eminently practical content with which is designed to collect scientific and practical information on those disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out 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 review the digestive history and the assessment of variables, to then be able to update you on the symptoms and previous eating habits”*

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*You will have access to the Virtual Classroom 24 hours a day and from any device with an internet connection”*

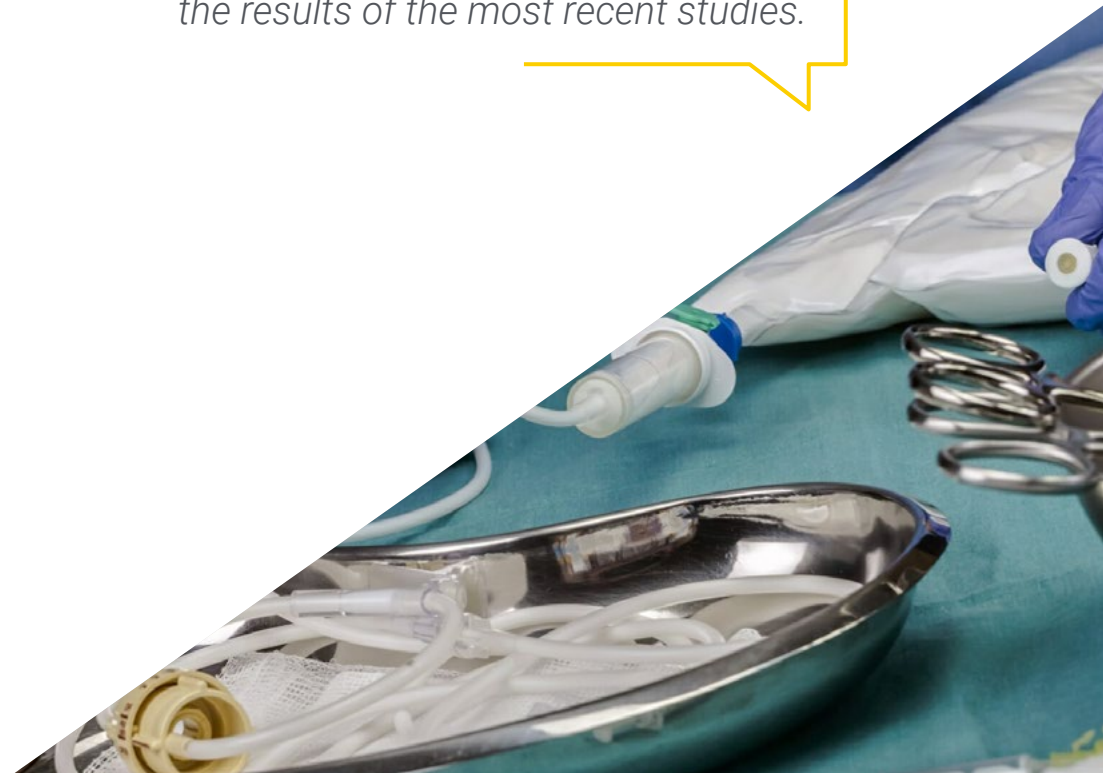
The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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.

*An academic plan that delves into the latest nutritional evidence related to the condition of mucositis, xerophthalmia, dysphagia and oral dysbiosis.*

*Thanks to the exhaustiveness with which the syllabus has been designed, you will be able to develop personalized diets adapted to stomach diseases based on the results of the most recent studies.*





# 02 Objectives

The objective of this Postgraduate Certificate is none other than to serve as a guide to the graduate in his updating. In order to do this, it will put at your disposal the best academic tools and the most exhaustive syllabus, based on the newest nutrition strategies, techniques and protocols for patients with an affected digestive tract. And the idea is that you can update your knowledge while perfecting your professional skills as a nurse in less than 6 weeks and through a completely online program.





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*Would you like to expand your knowledge about celiac disease and gluten sensitivity? If it is one of your goals, with this Postgraduate Certificate you can work on it and overcome it with total guarantee”*



## General Objectives

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- ♦ Get up to date on the most relevant and innovative issues related to the nutritional management of young patients with dietary imbalances
- ♦ Improve your professional skills through the development of real clinical cases extracted from current consultations







## Specific Objectives

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- 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



*TECH designs its degrees always thinking about the needs of its graduates and everything they will need to meet their most demanding academic objectives"*

# 03

## Course Management

When choosing the faculty for this Postgraduate Certificate, 3 aspects have been taken into account: experience, specialty and recommendations. For this reason, its teaching team is made up of professionals versed in Endocrinology and Nutrition with a broad and extensive career that includes the clinical management of patients with pathologies along the digestive tract. Furthermore, his human quality has been reviewed by countless experts, an aspect that the graduates will be able to verify in the individualized tutoring that they can request whenever they need it.





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*The teaching team has selected for this Postgraduate Certificate provides clinical cases from your own consultations so that you can perfect your skills in a practical way”*



## Management



### Dr. Vázquez Martínez, Clotilde

- Corporate Head in the University Hospital Endocrinology and Nutrition Departments, Jiménez Díaz La Foundation
- Head of the Endocrinology and Nutrition Service at Móstoles University Hospital
- Head of the Endocrinology and Nutrition Service at Móstoles University Hospital
- President of La Society of Endocrinology, Nutrition, and Diabetes of the Community of Madrid SENDIMAD ()
- Coordinator Therapeutic Education Group Group of the Spanish Society of Diabetes
- Doctorate from the Faculty of Medicine at the Autonomous University of Madrid
- Degree in Medicine and Surgery from the Faculty of Medicine of the University of Valencia
- Specialist in Pediatric Endocrinology and Nutrition at the university Foundation Jimenez Díaz Hospital
- Abraham García Almansa Clinical Nutrition Lifetime Achievement Award
- Recognized among the 100 best Doctors in Spain according to Forbes list
- Castilla - La Mancha Diabetes Foundation (FUCAMDI) Diabetes and Nutrition Lifetime Achievement Award





### **Dr. Sánchez Jiménez, Álvaro**

- Specialist in Nutrition and Endocrinology at Jiménez Díaz Foundation Hospital university
- Nutritionist at Medicadiet
- Clinical Nutritionist specialized in prevention and treatment of obesity, diabetes and their comorbidities
- Nutritionist in the Predimed Plus Study
- Nutritionist at Eroski
- Nutritionist at Axis Clinic
- Professor, Master's Degree in in Obesity and comorbidities, Rey Juan Carlos University
- Professor of the Excellence Course in Obesity at the Jiménez Díaz Foundation University Hospital
- Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid
- Nutrition in the Elderly, Complutense University of Madrid
- Nutrition and Sport for Professionals, Tripartite Foundation
- Refresher course on practical type 1 and 2 diabetes for healthcare professionals



### Dr. Montoya Álvarez, Teresa

- ♦ Head of the Endocrinology and Nutrition Service of the Infanta Elena University Hospital
- ♦ Head of Volunteering at the Garrigou Foundation
- ♦ Graduate in Medicine and Surgery from Universidad de Navarra
- ♦ Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ♦ Course in Bariatric Antecedents of Surgery Patient Emergencies: Key References for the Attending Physician
- ♦ Member of: Institute for Health Research Foundation Jiménez Díaz, Health Commission of FEAPS Madrid and Trisomy 21 Research Society

## Professors

### Dr. 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

### Dr. Gutiérrez Pernia, Belén

- ♦ Nutritionist in Obesity Symptoms 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. López Escudero, Leticia**

- ◆ Nutritionist at Diet La Clinic
- ◆ Clinical Dietician and Nutritionist at La Hospital university Fundación Jiménez Díaz
- ◆ Dietician and Clinical Nutritionist at the University Hospital Infanta Elena
- ◆ Lecturer in graduate studies Degree in Human Nutrition and Dietetics
- ◆ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ◆ Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ◆ Master's Degree in Nutrition in Physical Activity and Sport, Open University of Catalunya (UOC)

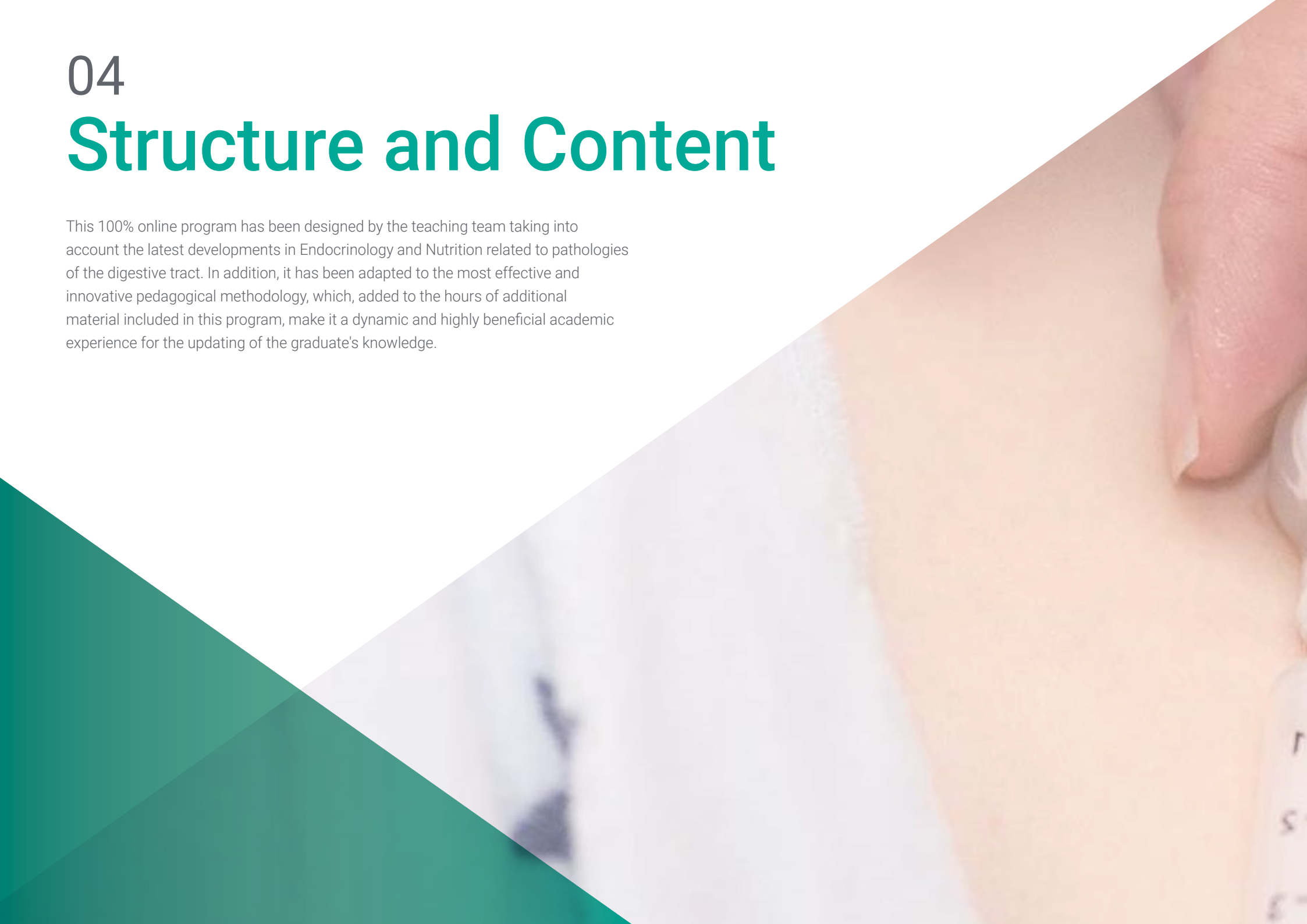
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*Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"*

# 04

# Structure and Content

This 100% online program has been designed by the teaching team taking into account the latest developments in Endocrinology and Nutrition related to pathologies of the digestive tract. In addition, it has been adapted to the most effective and innovative pedagogical methodology, which, added to the hours of additional material included in this program, make it a dynamic and highly beneficial academic experience for the updating of the graduate's knowledge.





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*You will work with the most comprehensive and cutting-edge information related to inflammatory bowel diseases and the nutritional management of the nurse in these cases”*



## Module 1. Nutrition in Dysfunctions and Pathologies along the Digestive Tract

- 1.1. Digestive History, and Assessment of Variables, Symptomatology and Previous Eating Habits
- 1.2. Mouth: Nutrition in Mucositis, Xerophthalmia, Dysphagia, and Oral Dysbiosis
- 1.3. Esophagus: Nutrition in Gastroesophageal Reflux Disease and Barret's Esophagus
- 1.4. Stomach: Nutrition in Gastritis, Hiatus Hernia, Dyspepsia, Helicobacter Pylori Infection
- 1.5. Constipation and Symptomatology
  - 1.5.1 Associated Pathologies
- 1.6. Acute and Chronic Diarrhea
- 1.7. Inflammatory Bowel Diseases
- 1.8. Differentiation between Malabsorption, Intolerances and Allergies
  - 1.8.1 Enzyme Deficiency and Immune System
  - 1.8.2 Diet Low in Histamine and DAO Deficiency
- 1.9. Dysbiosis, Bacterial Overgrowth and Nutrient Malabsorption
- 1.10. Celiac Disease and Non-Celiac Gluten Sensitivity (NCGS)







“*Enroll now and don't miss this opportunity, your patients will thank you*”

# 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.





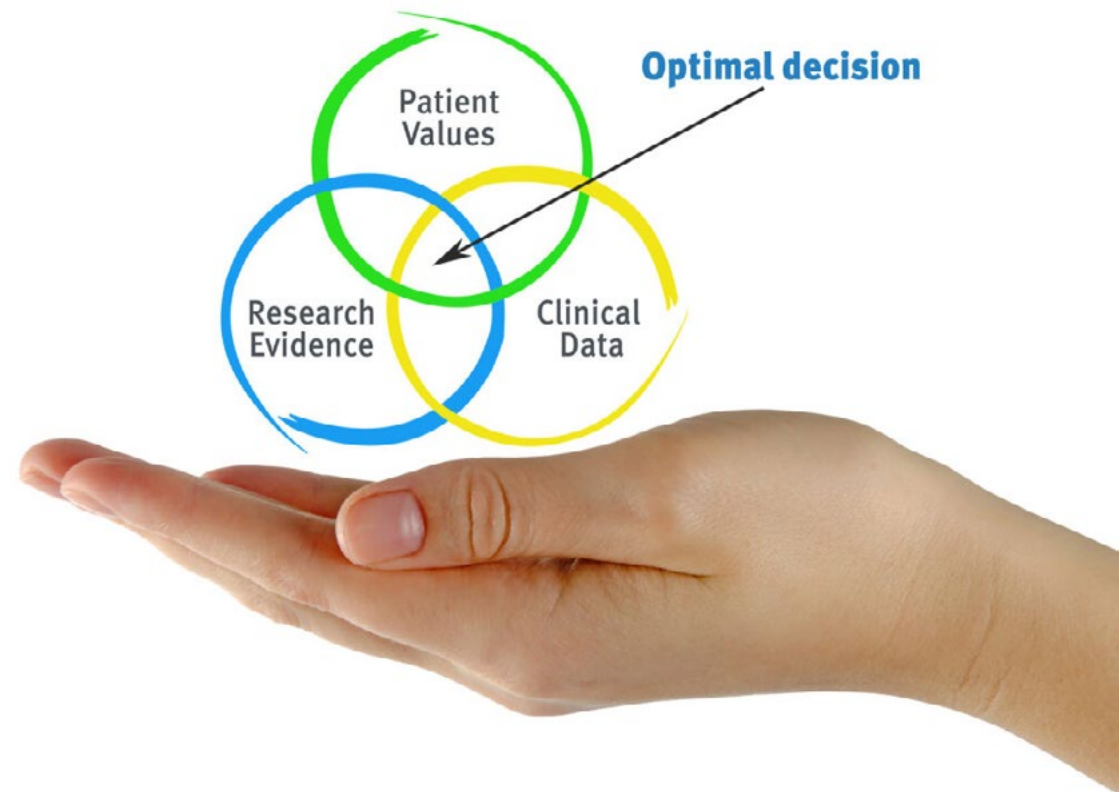
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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.





#### 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.





# 06 Certificate

The Postgraduate Certificate in Nutrition in Dysfunctions and Pathologies along the Digestive Tract for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a qualification issued by TECH Technological University.





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

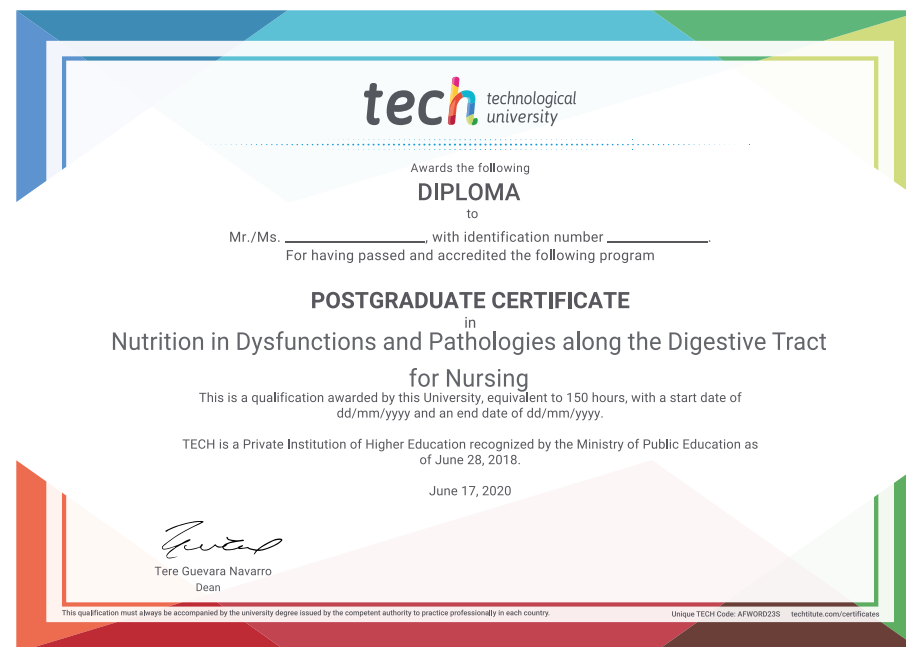
This **Postgraduate Certificate in Nutrition in Dysfunctions and Pathologies along the Digestive Tract for Nursing** contains the most complete and up-to-date scientific on the market.

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

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

**Title: Postgraduate Certificate in Nutrition in Dysfunctions and Pathologies along the Digestive Tract for Nursing**

**Official N° of Hours: 150 h.**



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





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