

# Postgraduate Certificate

## Nutritional Sphere in the Elderly





## Postgraduate Certificate Nutritional Sphere in the Elderly

Course Modality: Online

Duration: 6 weeks

Certificate: TECH Technological UIniversity

Official N° of hours: 150 h.

Website: [www.techtute.com/in/nursing/postgraduate-certificate/nutritional-sphere-elderly](http://www.techtute.com/in/nursing/postgraduate-certificate/nutritional-sphere-elderly)

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# 01

# Introduction

As we get older, nutrition becomes more and more important, since a good diet can prevent many complications related to old age. Professionals in the nursing field, especially those who deal with the elderly on a daily basis, should be aware of all the nutritional needs of the elderly to help them improve their nutritional quality and quality of life. For this reason, TECH has prepared a complete program in which the student acquires all the necessary skills to deal with complications such as dehydration, diabetes or malnutrition. This forms a compendium of unique knowledge that will help the students to significantly improve their professional performance.





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*You will be able to safely treat specific eating disorders of the elderly, positioning yourself as a reputable professional in this field of nursing”*

With a balanced diet that meets their nutritional needs, older people can enjoy better health and fitness. It is also common for nutritional disorders to arise at this age, so nursing professionals must be prepared to deal with issues such as sarcopenia, diabetes or dehydration.

For this reason, TECH has assembled for this program a team of professionals with extensive experience in the treatment of nutritional disorders in the elderly. Thanks to its practical knowledge, the students will study theoretical material based on real cases in which they will learn how to deal with all the food complications they may encounter in their daily lives.

In this way, the future graduates of this course will stand out in their field for the application of avant-garde methods in elderly care, which will surely earn them not only professional improvement they seek, but also personal growth in prestige and recognition.

All this with a qualification that, in addition, has the advantage of being completely online. This allows the student to set the pace of study, being able to download all the theoretical material from the first day of the course.

This **Postgraduate Certificate in Nutritional Sphere in the Elderly** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ Case studies presented by experts in geriatric 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 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



*Enroll today in this Postgraduate Certificate and do not miss the opportunity to improve your professional quality while increasing the welfare of your most vulnerable patients"*



*This Postgraduate Certificate will lead you to better understand the nutritional needs of your patients, so you will be able to prepare an appropriate action plan to treat all their possible conditions"*

*You have before you a unique opportunity to increase your job expectations while maintaining your personal and professional responsibilities. Don't hesitate any longer and become part of TECH's great educational family.*

*If you want to specialize in elderly care, TECH offers you the best tools in nursing methodology in order to become a highly reputable professional in this field.*

The program's teaching staff includes professionals from the sector who contribute their work experience to this training 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 objective of this course is to provide students with the best possible training in the nutritional care of the elderly, helping them to create complete nutritional plans and to be able to treat the most common conditions in this area of elderly people. Thus, the professional will improve both at work and personal level, enhancing their daily performance and promoting healthy habits in their most delicate patients.







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*Your career goal is to strengthen your position within the nursing industry. TECH helps achieve this with advanced practical and theoretical knowledge in the Nutritional Sphere of the Elderly”*



## General Objectives

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- Update the professional in nursing procedures and interventions for proper care of geriatric patients in the internal medicine hospitalization unit
- Acquire a series of skills aimed at improving the skills of nursing professionals dedicated to the geriatric field
- Provide the best treatments, from the nursing professional's point of view, for geriatric patients, taking into account the particularities of each case



*Enroll now in this Postgraduate Certificate and do not wait any longer to obtain the professional improvement you are looking for, specializing in the specific care of the elderly by supplying their nutritional deficiencies"*





## Specific Objectives

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- Understand the importance of nutrition in the elderly
- Adapt nutrition to different patients, depending on their pathology
- Update on the complications that can appear in diabetes, to be able to anticipate them and prevent them from occurring, or to know how to act if they have already appeared
- Incorporate the procedures for dealing with the different diseases associated with the metabolic syndrome in daily practice



03

# Course Management

This Postgraduate Certificate in the Nutritional Sphere in the Elderly is directed by a group of teachers who are experts in dealing with the different nutritional problems that generate nutritional disorders in the elderly. This guarantees the quality of the didactic material, which also contains a multitude of practical examples drawn from the professional experience of all the teaching staff. In this way, the student learns in a contextual way all the skills and knowledge imparted during the course.



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*You are about to take the step that will change your professional career for good. Specialize in the nutritional deficiencies of the elderly and broaden your career horizon towards a more prosperous future”*

## Management



### Ms. Verano de la Torre, Marina

- ◆ Health Research Nurse - Jiménez Díaz Foundation University Hospital
- ◆ Teaching collaborator in seminars on Comprehensive Geriatric Assessment as part of the Nursing of the Elderly course at the Autonomous University of Madrid
- ◆ Lecturer in the course Update in Nursing Care for the Elderly at the Doctor Rodríguez Lafora Hospital
- ◆ Teacher in the psychogeriatrics course at Doctor Rodríguez Lafora Hospital: role of Nursing in active aging
- ◆ Degree in Nursing. Autonomous University of Madrid
- ◆ Specialist in Geriatric Nursing Ramón y Cajal Hospital Multidisciplinary Teaching Unit
- ◆ Nurse in the Traumatology, Urology and Thoracic Surgery Unit at Getafe University Hospital (Madrid)
- ◆ Nurse in Digestive Unit at Puerta de Hierro University Hospital (Madrid)



## Professors

### Ms. Rubio Sánchez, Bárbara

- ◆ Geriatric Nursing Residency at Ramón y Cajal University Hospital
- ◆ Emergency service, endoscopy service, hospitalization service, cystoscopy service and specialized consultation service at the León University Hospital
- ◆ Emergency department, internal medicine department and surgery department at the HM La Regla Hospital
- ◆ Emergency service and primary care management at Sierrallana Hospital
- ◆ Degree in Nursing. University of Leon
- ◆ Geriatric Nurse Specialist. Jiménez Díaz foundation Ramón y Cajal
- ◆ University Expert in Nursing Processes and Interventions in the General Care Environment

# 04

## Structure and Content

All the content found in this Postgraduate Certificate is designed for nursing professionals to find in it the most current methodologies to address, efficiently and accurately, the most common nutritional deficiencies in the elderly. In order to make the teaching as effective and useful as possible, it is supported by numerous practical examples and audiovisual material, which helps to better understand all the concepts and to alleviate students' teaching load.







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*You have at your disposal the best syllabus, the most prestigious professionals and the most innovative educational methodology to become a true expert in the care of the elderly”*

## Module 1. Nutritional sphere in the elderly

- 1.1. Nutritional Assessment of the Elderly
- 1.2. Nutritional Requirements, Overweight and Obesity
- 1.3. Malnutrition and Nutritional Supplements
- 1.4. Sarcopenia
- 1.5. Oral Health: Evaluation and Recommendations (Xerostomia, Candidiasis)
- 1.6. Therapeutic Devices, Indications and Care
- 1.7. Dehydration and Ionic Disturbances in the Elderly
- 1.8. Diabetes in the Elderly
- 1.9. Therapeutic Diets
- 1.10. Technical Aids for Feeding





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*This qualification will enable you to know the most urgent dietary needs of your older patients, which in addition to improving your professional performance will be a good opportunity to grow in your nursing department”*

# 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.





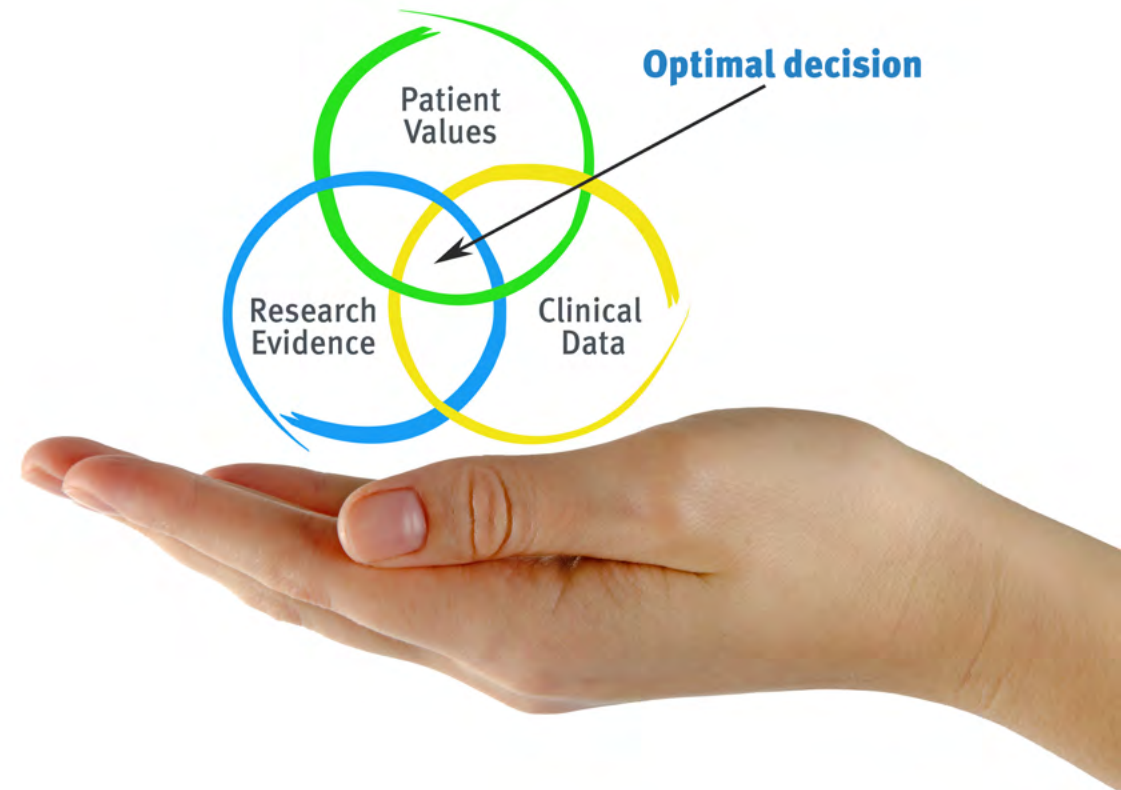
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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 relearn). 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 adapted in 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 Nutritional Sphere in the Elderly guarantees, in addition to the most rigorous and updated training, access to a Postgraduate Certificate issued by TECH Technological University.





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*Successfully complete this program  
and receive your university degree  
without travel or laborious paperwork”*

This **Postgraduate Certificate in Nutritional Sphere in the Elderly** contains the most complete and updated scientific program 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 certificate 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 Nutritional Sphere in the Elderly**

Official N° of hours: **150 h.**



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

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present quality  
online training  
development languages  
classroom

**tech** technological  
university

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Duration: 6 weeks

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