

# Postgraduate Certificate

## Techniques and Management in Nutritional Consultation for Nursing





## Postgraduate Certificate Techniques and Management in Nutritional Consultation 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/techniques-management-nutritional-consultation-nursing](http://www.techtute.com/us/nursing/postgraduate-certificate/techniques-management-nutritional-consultation-nursing)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

---

*p. 28*

# 01

# Introduction

The techniques and management of nutritional consultation are important for nurses, as they allow them to provide personalized and quality care to their patients. Communication skills, empathy and the ability to motivate patients are essential to establish a good relationship and achieve the proposed objectives. In addition, proper management of the nutritional consultation is essential to ensure an efficient practice, prioritizing care and health status. For this reason, TECH has created the following qualification with the aim of training professionals in the area on these recent health updates. All this through audiovisual resources, complementary readings and exercises developed with the Relearning methodology.





“

*Acquire the necessary skills and competencies to work in nursing in the area of Clinical Nutrition with a high intensity training course"*

Currently, the demand for nutritional care has increased considerably due to the growing interest in the prevention and treatment of diet-related diseases. For this reason, it is essential that nurses have the necessary skills and tools to provide quality and efficient care to their patients, prioritizing their evolution and condition.

This qualification offers the possibility to deepen and up-to-date knowledge in the latest techniques of practice management, with the use of the most current educational technology. It offers a global vision of clinical nutrition while focusing on the most important and innovative aspects that are carried out in practice, more specifically in the practice.

Therefore, this Postgraduate Certificate becomes an opportunity for professionals who wish to broaden their knowledge and update their knowledge in a field of high demand within the health and prevention field. You will have access to a 100% online virtual campus, developed with audiovisual resources, complementary readings and practical exercises with the Relearning methodology.

Also, you will have the participation of experts and specialists in the area, who together have poured all their knowledge and years of experience into the program's syllabus, offering a unique and high-impact academic experience.

This **Postgraduate Certificate in Techniques and Management in Nutritional Consultation for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ Clinical cases presented by experts in nutrition. 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
- ◆ Diagnostic and therapeutic novelties on nutrition performance for For Nursing
- ◆ Algorithm-based interactive learning system for decision-making in the presented clinical situations
- ◆ Special emphasis on test-based medicine and research methodologies in Clinical Nutrition
- ◆ All this will be complemented by 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



*With this course you will be able to combine a high intensity training with your professional and personal life, achieving your goals in a simple and real way”*



“

*Our innovative telepractice concept will give you the opportunity to learn through an immersive experience, which will provide you with a faster integration and a much more realistic view of the contents: “learning from an expert”*

The program’s teaching staff includes professionals from the field 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 students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*The learning of this course is developed through the most developed didactic means in online teaching to guarantee that your effort will have the best possible results.*

*It includes clinical cases to bring the development of the program as close as possible to the reality of nursing care.*



# 02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the Nurse can master in a practical and rigorous way the techniques and management of the nutritional consultation For Nursing.







“

*This refresher program will generate a sense of security when practising nursing, which will help you grow both personally and professionally”*



## General Objectives

---

- Update the nursing professional's knowledge on new trends in human nutrition, in both health and disease situations, through evidence-based nursing
- To promote work strategies based on the practical knowledge of the new trends in nutrition and its application to child and adult pathologies, where nutrition plays a fundamental role in treatment
- Powerful audiovisual, and the possibility of development through online simulation workshops and/or specific training
- Encourage professional stimulus through continuing education and research
- Train the professional for research into patients with nutritional problems



*Make the most of the opportunity and take the step to get up-to-date on the latest developments in Nutritional Consultation Techniques and Management for Nursing”*





## Specific Objectives

---

- ♦ Early detection and evaluation of quantitative and qualitative deviations from the nutritional balance due to excess or deficiency
- ♦ To identify and classify foods, food products, and food ingredients
- ♦ To review the chemical composition of foods, their physicochemical properties, their nutritional value, their bioavailability, their organoleptic properties, and the changes they undergo as a result of technological and culinary processes
- ♦ Learn the composition and utilities of new foods
- ♦ To review basic aspects of food microbiology, parasitology, and toxicology related to food safety
- ♦ To evaluate and maintain adequate hygiene and food safety practices, applying current legislation
- ♦ To acquire teamwork skills as a unit in which professionals and other personnel related to the diagnostic evaluation and treatment of dietetics and nutrition are structured in a uni or multidisciplinary and interdisciplinary way

03

# Course Management

Our teaching team, experts in Clinical Nutrition, are well known in the profession and are professionals with years of teaching experience who have come together to help you boost your career. To this end, they have developed this Master's Degree with the latest developments in the field that will allow you to train and increase your skills in this sector.







“

*Learn from the best professionals and become a successful professional yourself”*



## Management



### Ms. Auni3n Lavar3as, Mar3a Eugenia

- ◆ Pharmacist and Clinical Nutrition Expert
- ◆ "Author of the reference book in the field of Clinical Nutrition" *Dietary Management of Overweight in the Pharmacy Office* (Panamericana Medical Publishing House)
- ◆ Pharmacist with extensive experience in the public and private sector
- ◆ Pharmacist in Valencia Pharmacy
- ◆ Pharmacy Assistant in the British pharmacy and health and beauty retail chain Boots, UK
- ◆ Degree in Pharmacy and Food Science and Technology. University of Valencia
- ◆ Direction of the Postgraduate Certificate "Dermocosmetics in the Pharmacy Office"



04

# Structure and Content

The structure of the contents has been designed by a team of professionals who recognize the implications of training in daily praxis the field of nutrition, aware of the relevance of current training to treat patients with nutritional alterations and who are committed to quality teaching using new educational technologies.





“

*This Postgraduate Certificate in Techniques and Management in Nutritional Consultation for Nursing contains the most complete and up-to-date scientific program on the market”*

**Module 1. Assessment of Nutritional Status and Diet. Practical Application**

- 1.1. Bioenergy and Nutrition
  - 1.1.1. Energy Needs
  - 1.1.2. Methods of Assessing Energy Expenditure
- 1.2. Assessment of Nutritional Status
  - 1.2.1. Body Composition Analysis
  - 1.2.2. Clinical Diagnosis. Signs and Symptoms
  - 1.2.3. Biochemical, Hematological and Immunological Methods
- 1.3. Intake Assessment
  - 1.3.1. Methods for Analyzing Food and Nutrient Intake
  - 1.3.2. Direct and Indirect Methods
- 1.4. Update on Nutritional Requirements and Recommended Intakes
- 1.5. Nutrition in a Healthy Adult. Objectives and Guidelines. Mediterranean Diet
- 1.6. Nutrition in Menopause
- 1.7. Nutrition in the Elderly







## Module 2. Nutritional Consultation

- 2.1. How to Carry Out a Nutritional Consultation
  - 2.1.1. Market and Competition Study
  - 2.1.2. Clientele
  - 2.1.3. Marketing. Social Media
- 2.2. Psychology and Nutrition
  - 2.2.1. Psychosocial Factors Affecting Eating Behavior
  - 2.2.2. Interview Techniques
  - 2.2.3. Dietary Advice
  - 2.2.4. Stress Control
  - 2.2.5. Child and Adult Nutrition Education

“

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

# 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.





“

*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.





06

# Certificate

The Postgraduate Certificate in Techniques and Management in Nutritional Consultation for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.







“

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

This **Postgraduate Certificate in Techniques and Management in Nutritional Consultation 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 Techniques and Management in Nutritional Consultation for Nursing**

Official N° of Hours: **100 hours**.



\*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.



**Postgraduate Certificate**  
Techniques and Management  
in Nutritional Consultation  
for Nursing

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

# Postgraduate Certificate

## Techniques and Management in Nutritional Consultation for Nursing

