

Postgraduate Diploma

Nursing Care for Elderly Patients: Nutritional and Functional Disorders





Postgraduate Diploma Nursing Care for Elderly Patients: Nutritional and Functional Disorders

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

Website: www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-nursing-care-elderly-patients-nutritional-functional-disorders

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

As people's functionality decreases as they age, they require more specialized care focused on their main needs. One of the most pressing demands is often nutrition, as elderly people need a more balanced and healthier diet than other age groups in order to maintain a healthy lifestyle. This TECH program complements advanced knowledge in elderly nutrition with a range of functional system skills that help students gain a better perspective on muscle function in aging and how to properly treat potential falls and injuries.





“

Become a highly sought-after professional in the area of elderly patient care with skills in the treatment of nutritional and functional disorders”

At older ages, it is even more important to take care of your diet, since nutritional disorders can lead to major health problems that can be avoided simply by planning your meals and food properly. In addition to these eating disorders, there is a progressive loss of motor functions, which can lead to injuries and falls that professionals must be prepared for.

This is why this TECH program has a special focus on elderly people's frailty, taking into account their nutritional needs, the diets they can follow or even the different causes that can lead to a fall, so that professionals can establish prevention plans for them.

Thanks to this knowledge and advanced methodologies, students will graduate from this Postgraduate Diploma as better nursing professionals, providing more quality of life to the elderly in their care, which will undoubtedly promote their professional and personal growth in a field that is extremely valued in society.

This **Postgraduate Diploma in Nursing Care of Elderly Patients: Nutritional and Functional Disorders** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ 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 Diploma and start changing the lives of the elderly in your care, who will appreciate your professionalism and dedication"

“

You need to have the best knowledge to be in control of the most sensitive sector of the population. TECH provides you with the best teaching staff and the most innovative work methodology”

You work in a sector that is highly valued, but also extremely demanding. Get up to date with the social demands with this TECH Postgraduate Diploma.

By enrolling in this Postgraduate Diploma today, you will be planting the seeds for your future professional success in the field of nursing and elderly care.

The program's teaching staff includes professionals from the sector who contribute their work experience to this 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

This Postgraduate Diploma aims to foster the professional growth of its students, providing them with unique knowledge in their field that will undoubtedly lead them to professional excellence in elderly care. This is achieved thanks to an innovative educational methodology, in which students are at the center of the learning process, with the freedom to adapt the educational material to their own pace and personal or professional responsibilities.





“

You will fulfill your professional ambitions while improving the quality of life for those around you, which will bring tremendous value to your nursing career”



General Objectives

- 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



By enrolling you are already taking the first step towards a better professional future, where you will apply advanced elderly care techniques that will lead you to become an excellent professional"





Specific Objectives

Module 1. Nutritional Sphere in the Elderly

- ◆ Understand the importance of nutrition in the elderly.
- ◆ Adapt nutrition to different patients, depending on their pathology.
- ◆ Update 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.

Module 2. Functional Sphere in the Elderly

- ◆ Update expert nursing care related to patient safety

Module 3. Falls in the Elderly

- ◆ Respond to potential injuries resulting from falls and blows
- ◆ Identify emergency situations in patients with VTE and update procedures to deal with them

03

Course Management

The teaching staff in charge of the development of this TECH Postgraduate Diploma have extensive experience in elderly care. This professional value is reflected in all the educational material available to students, with a multitude of examples and audiovisual support that greatly facilitates the learning process. Students will be supported at all times by technicians who want to see them give the best of themselves, enhancing their ability to care for the elderly.





“

A better professional future is guaranteed thanks to the support you will receive from TECH's teaching staff, who are fully committed to ensuring that you get the most out of this program”

Guest Director



Ms. Hernanz Borrego, Giovanna

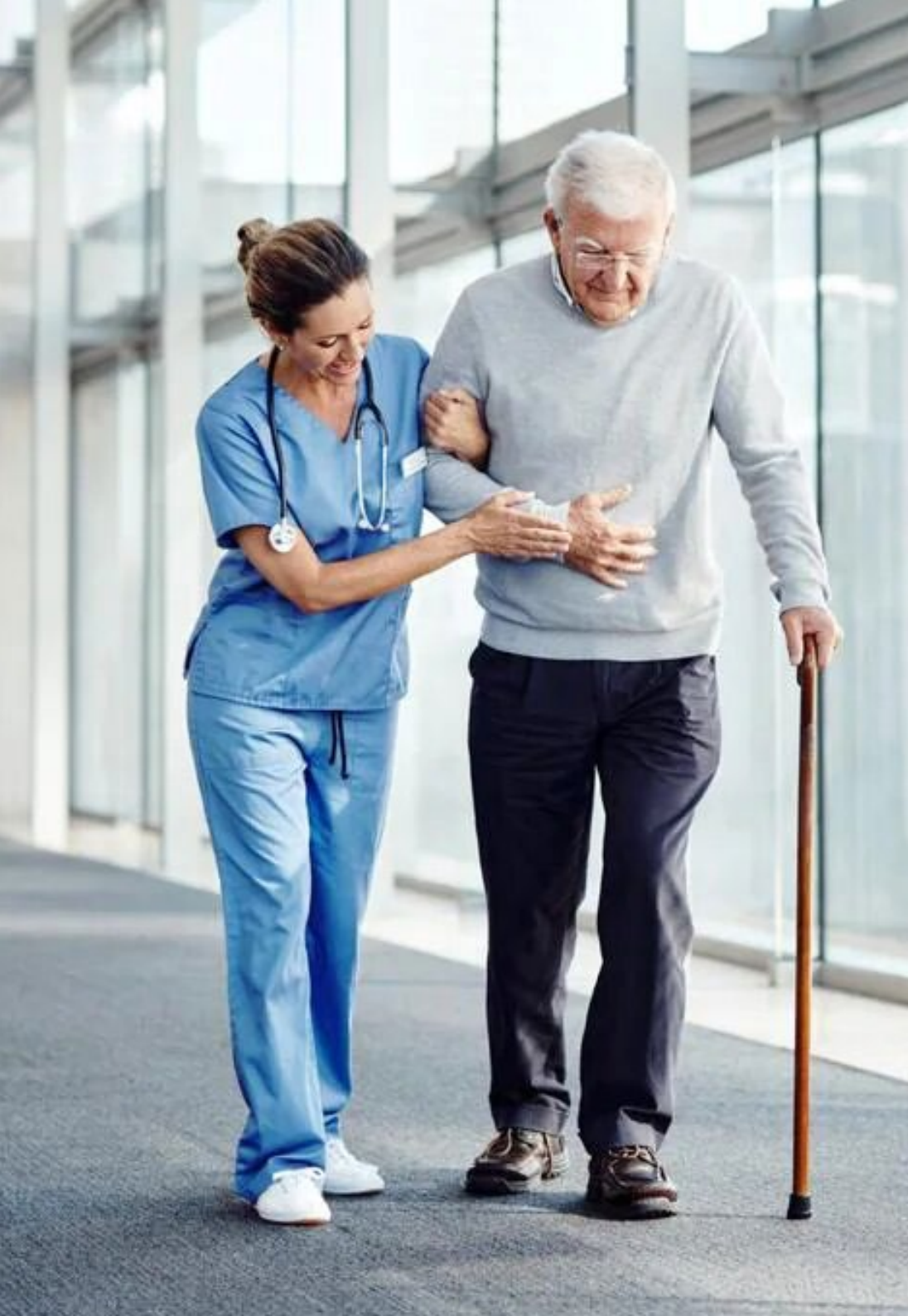
- ♦ Head of Nursing Area of medical specialties (Geriatrics, Internal Medicine, Infectious Diseases Unit, Pneumology, Nephrology, Digestive, Neurology, Stroke and Hemodialysis Unit, Multipurpose Medical Day Hospital, Palliative Care Unit, Endoscopy, Home Hospitalization) of the General University Hospital Gregorio Marañón
- ♦ Collaboration as a teacher in the Master's Degree in Health Services Management for Nursing and Nursing Management at CEU Cardenal Herrera University
- ♦ University Diploma in Nursing from the Complutense University of Madrid
- ♦ Master's Degree in Nursing Direction and Management at CEU Cardenal Herrera University
- ♦ Active member of the Environmental Management Committee of the General University Hospital Gregorio Marañón
- ♦ Active member of the Functional Commission of Health Risks of the General University Hospital Gregorio Marañón

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. Aya Rodríguez, Sara

- ◆ Nurse continuity of care - geriatrics at the University Hospital Foundation Alcorcon
- ◆ Geriatric Nurse Residence. Consorci Sanitari
- ◆ Nurse. Palliative Care Unit of the Vianorte Laguna Foundation
- ◆ Degree in Nursing, Alcalá University
- ◆ Master's Degree in Care Integration and Clinical Problem Solving in Nursing
- ◆ Geriatric Nursing Specialty Training Program. UDM Geriatrics. Consorci Sanitari de L'Anoia (Barcelona)

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

Mr Álvarez Martín, Javier

- ◆ Advanced Practice Nurse in Frailty, Leicester Royal Infirmary, Leicester, UK
- ◆ Nurse in Geriatrics, Red Cross Central Hospital San José y Santa Adela, Madrid
- ◆ Geriatric Nursing Resident, Ramón y Cajal University Hospital, Madrid
- ◆ Specialist in Geriatric Nursing, Ramón y Cajal University Hospital, Madrid
- ◆ Master Advanced Clinical Practice, Montfort University, Leicester, UK
- ◆ Master's Degree in Health Care Research, UCM, Faculty of Nursing, Physiotherapy and Podiatry

04

Structure and Content

The contents of this Postgraduate Diploma in Nursing Care of Elderly Patients: Nutritional and Functional Disorders are designed taking into account the main demands of both the elderly themselves today and the professionals who require advanced knowledge for their care. Therefore, 3 teaching modules have been included to ensure that students complete the degree with a more comprehensive and specialized understanding of elderly citizens' treatment.





“

Bring to your daily work methodology the most current knowledge in elderly care and help them with their difficulties while growing professionally and personally”

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

Module 2. Functional Sphere in the Elderly

- 2.1. Skeletal Muscle System Changes in Aging
- 2.2. Functional Assessment
- 2.3. Fragility for
- 2.4. Most Prevalent Musculoskeletal Diseases in the Elderly
- 2.5. Hip Fracture
- 2.6. Immobility and its Consequences for the Elderly
- 2.7. Hospital Functional Impairment
- 2.8. Prehabilitation and Rehabilitation
- 2.9. Mobilization and Ergonomics
- 2.10. Technical Aids





Module 3. Falls in the Elderly

- 3.1. Immediate Attention to the Fall
- 3.2. Fall Assessment
- 3.3. Consequences of the Fall
- 3.4. Cardiovascular Causes of the Fall
- 3.5. Neurology Causes of the Fall
- 3.6. Infectious Causes of the Fall
- 3.7. Respiratory and Endocrine Causes of the Fall
- 3.8. Digestive Causes of the Fall
- 3.9. Musculoskeletal Causes of the Fall
- 3.10. External Aspects of the Fall

“

This Postgraduate Diploma will change the way you relate to your elderly patients, greatly improving your treatment and professionalism”

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. Gervas, 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

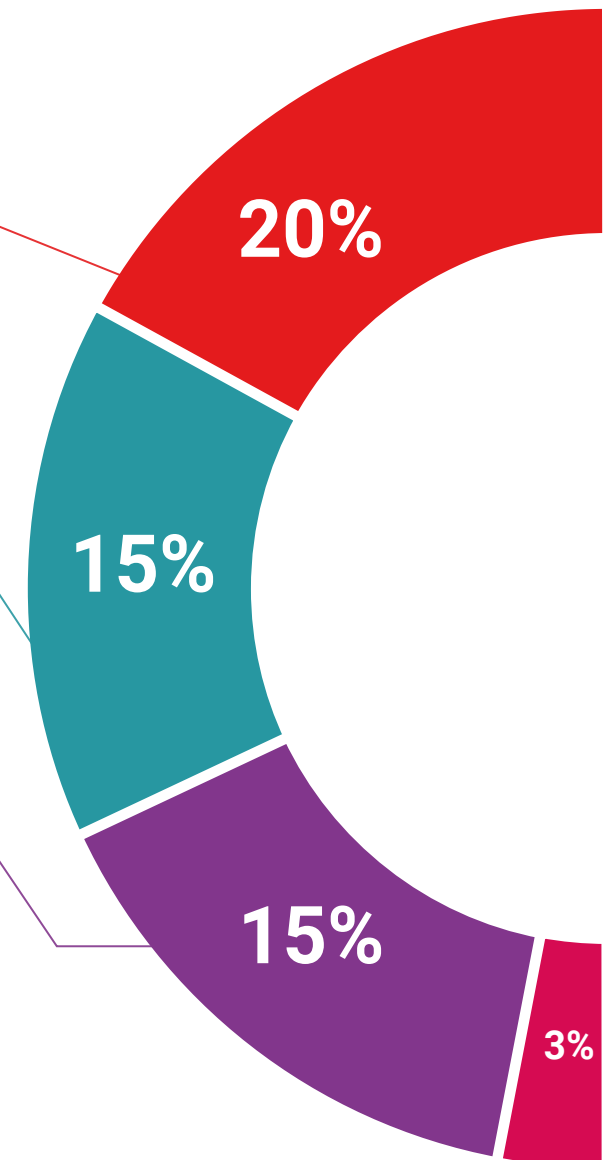
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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

This Postgraduate Diploma in Nursing Care of Elderly Patients: Nutritional Disorders and Functional Criteria guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.



“

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

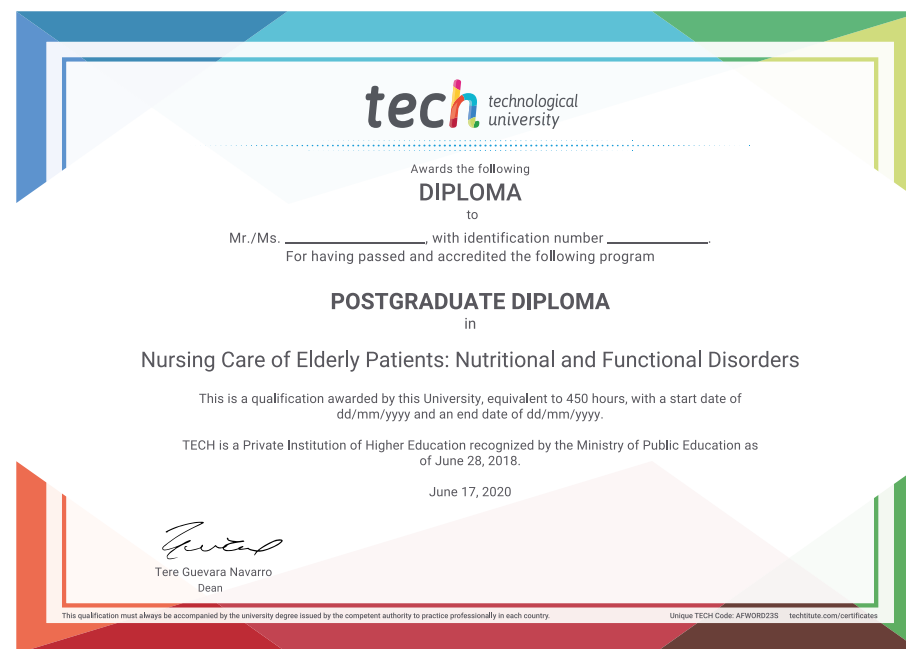
This **Postgraduate Diploma in Nursing Care of Elderly Patients: Nutritional and Functional Disorders** contains the most complete and up-to-date scientific program on the market.

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

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

Title: **Postgraduate Diploma in Nursing Care of Elderly Patients: Nutritional and Functional Disorders**

Official N° of Hours: **450 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.

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



Postgraduate Diploma Nursing Care for Elderly Patients: Nutritional and Functional Disorders

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

Postgraduate Diploma

Nursing Care for Elderly Patients: Nutritional and Functional Disorders

