Postgraduate Diploma

Nursing Care in Nutrition and Disease

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Postgraduate Diploma
Nursing Care in Nutrition and Disease

- » Modality: **online**
- » Duration: **6 months**
- » Certificate: **TECH Global University**
- » Credits: **18 ECTS**
- » Schedule: **at your own pace**
- » Exams: **online**

Website:**www.techtitute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-nursing-care-nutrition-disease**

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01

Introduction

Nursing care is essential for the well-being and recovery of patients, since it allows providing personalized attention through a nutritional plan with a high nutrient intake, in order to improve the state of health. Nurses play an important role in this field, performing tasks ranging from nutritional assessment and the design of meal plans to the administration of therapies. To do so, they need extensive knowledge in the field, which allows them to know the most recent updates for the management of these cases. This has led TECH to create the following program with the objective of providing students with the most rigorous knowledge of the sector, all through an informative conglomerate presented with interactive videos, complementary readings and practical exercises.

With this Postgraduate Diploma you will be able to combine high-intensity education with your professional and personal life, achieving your goals in a simple and real way"

Nowadays, nursing care in nutrition and disease is essential to ensure the quality of life and well-being of patients. Malnutrition is an increasingly common problem in the population and is associated with increased mortality and morbidity. On the other hand, obesity and chronic diseases such as diabetes and cardiovascular disease also require specialized nutrition care by nurses.

Given this situation, it is essential that nurses have the necessary knowledge to provide comprehensive and quality care in the field of nutrition and disease. Therefore, this Postgraduate Diploma responds to this need, providing specialized and up-to-date education on the subject in order to detect, prevent and treat nutritional problems in patients.

All this informative content will be hosted on the virtual campus, which can be accessed from any device with an Internet connection, without fixed schedules and without having to attend on-site centers. Another advantage is that it has the participation of experts and specialists, who together have contributed their years of work and experience to the syllabus.

The **Postgraduate Diploma in Nursing Care in Nutrition and Disease** contains the most complete and up-to-date scientific program on the market. The most important features include:

- The graphic, schematic and practical contents of the course are designed to provide all the essential information required for professional practice
- It contains exercises where the self-assessment process can be carried out to improve learning
- Algorithm-based interactive learning system for decision-making for patients with feeding problems
- All of 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

Acquire the skills and competencies necessary to work in nursing in the area of Clinical Nutrition with a high learning intensity program"

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

"

Our innovative telepractice concept will give you the opportunity to learn through an immersive experience, which means a faster assimilation and a much more realistic view of the contents: "learning from an expert"

You will be able to complete the Postgraduate Diploma 100% online, adapting it to your needs and allowing you to study while you carry out your full-time healthcare work.

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 course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

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Objectives

The main objective of the program is the development of both theoretical and practical learning, so that the nursing professional can master, in a practical and rigorous way, the study of Nutrition and Disease.

" *This refresher program will generate a sense of confidence in the performance of your nursing practice, which will help you grow personally and professionally"*

General Objectives

• Update nursing professionals' knowledge on the latest trends in human nutrition, both in health and in pathological conditions, through evidence-based healthcare

• Promote work strategies based on practical knowledge of emerging trends in nutrition and their application to adult pathologies, where nutrition plays a fundamental role in therapeutic interventions

• Promote the acquisition of technical skills and competencies through robust audiovisual systems, complemented by opportunities for development via online simulation workshops and/or specialized training

• Encourage professional stimulation through continuing education and research

• Train to conduct research on patients with nutritional issues

Specific Objectives

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

- Analyze the different methods for assessing nutritional status
- Interpret and integrate anthropometric, clinical, biochemical, hematological, immunological and pharmacological data in the nutritional assessment of the patient and in their dietary- nutritional treatment
- Predict patients' nutritional risk
- Manage the different types of nutritional surveys to assess food intake
- Early detection and evaluation of quantitative and qualitative deviations from the nutritional balance due to excess or deficiency
- Review basic aspects of food microbiology, parasitology and toxicology related to food safety

Module 2. Nutrition in Digestive Tract Pathologies

- Know the different oral alterations, as well as esophago-gastric alterations
- Address nutrition in post-surgical syndromes
- Study common food allergies and intolerances with gastrointestinal impact.

Module 3. Nutrition in Endocrine-Metabolic Diseases

- Explore the etiology, nutrigenetics and nutrigenomics of obesity
- Delve into the advances in Diabetes Mellitus and hypertension
- Know the most effective endoscopic and surgical treatments for endocrine-metabolic diseases
- Update knowledge on dieting and obesity

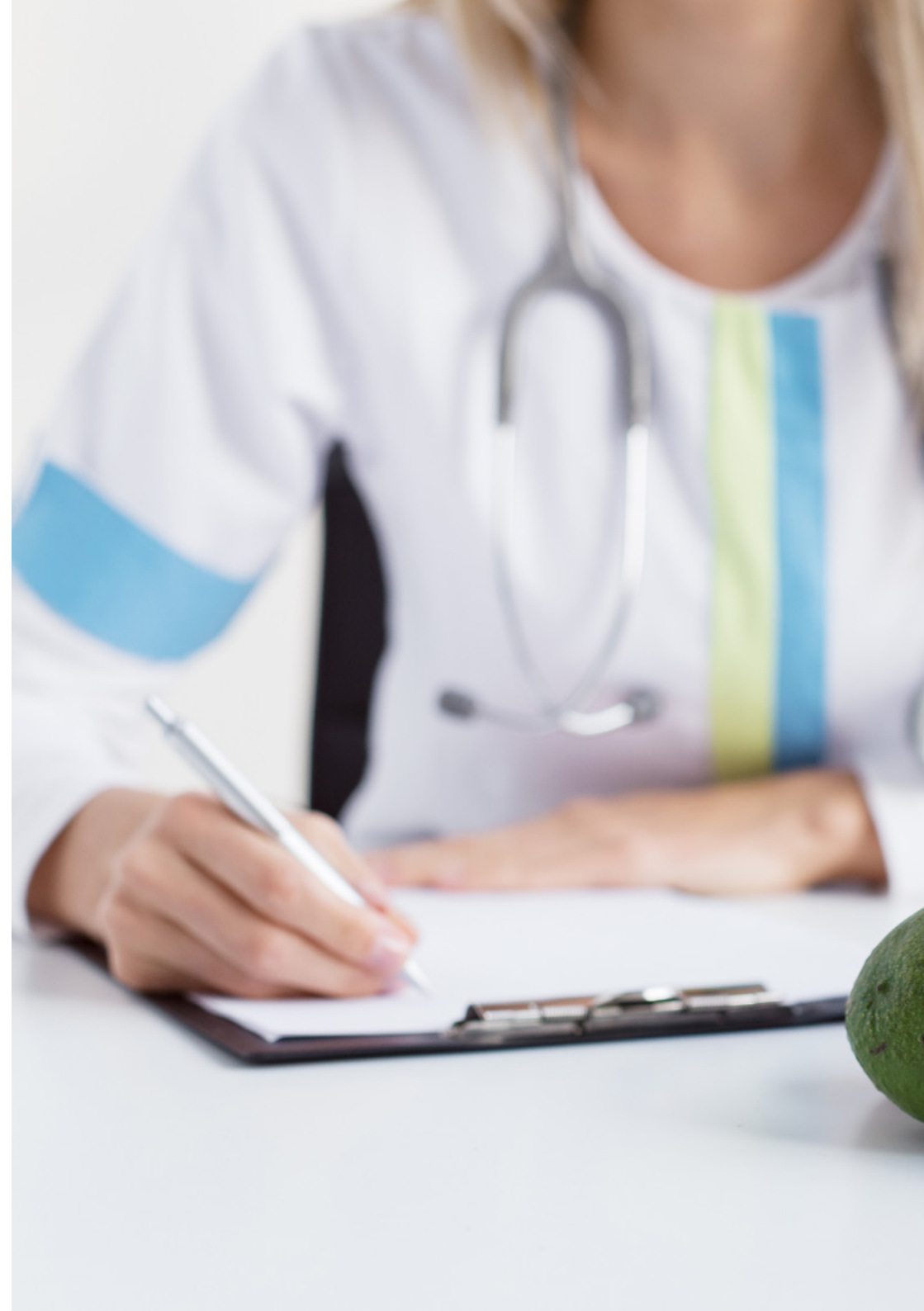## Module 4. Nutrition in Kidney Diseases

- Explore glomerular conditions and tubulopathies
- In-depth study of chronic renal insufficiencies
- Investigate the underlying pathophysiological mechanisms of kidney diseases
- Develop and implement strategies for prevention and early management of chronic renal failure

Module 5. Nutrition in Neurological Diseases

- Study swallowing disorders
- Learn about the most important developments in Parkinson's and Alzheimer's disease
- In-depth study of cerebrovascular accidents
- Delve into disabling neuromuscular conditions

Module 6. Nutrition in Special Situations

- Explore nutrition in the context of Metabolic Stress
- Broaden knowledge regarding the treatment of oncology patients
- Get to know the role of nutrition in immune-mediated diseases

Module 7. Nutrition in Deficiency Diseases

- Study hospital malnutrition and fasting cycles
- Define a framework for action against anemia and hemochromatosis
- Further understanding of the relationship between diet and oral diseases

Module 8. Artificial Nutrition in Adults

- Distinguish enteral and parenteral nutrition with their main characteristics
- Gain knowledge of the advancements in home artificial nutrition
- Improve the nutritional status and quality of life of patients through different types of nutrition
- Establish updated protocols for the prescription and follow-up of nutrition
- Optimize nutritional care for patients

Make the most of the opportunity and take the step to get up to date on the latest developments in Nutrition and Disease for Nursing"

03

Course Management

Our teaching team, university experts in Clinical Nutrition, has a wide prestige in the profession and are professionals with years of teaching experience who have come together to help you give a boost to your career. To this end, they have developed this Postgraduate Diploma with recent updates 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

Dr. Aunión Lavarías, María Eugenia

- Pharmacist Clinical Nutrition Expert
- Author of the reference book in the field of Clinical Nutrition, Dietary Management of Overweight in the Pharmacy Office(Editorial Médica Panamericana)
- Pharmacist with extensive experience in the public and private sector.
- Head Pharmacist
- Assistant Pharmacist. Pharmacy Chain. British Health and Beauty Retailers Boots UK. Oxford Street Central London
- Bachelor 's Degree in Food Science and Technology. Universv ty of Valencia
- Direction of the Dermocosmetic University Course. Pharmacy Office

04
Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of education in daily Nurse practice, aware of the current relevance of training in Nutrition and Disease; and committed to quality teaching through new educational technologies.

" *This Postgraduate Diploma 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. Symptoms and Signs
    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. Nutrition in Digestive Tract Pathologies

2.1. Nutrition in Oral Disorders
    2.1.1. Taste
    2.1.2. Salivation
    2.1.3. Mucositis
2.2. Nutrition in Esophageal and Gastric Disorders
    2.2.1. Gastroesophageal Reflux
    2.2.2. Gastric Ulcers
    2.2.3. Dysphagia
2.3. Nutrition in Post-Surgical Syndromes
    2.3.1. Gastric Surgery
    2.3.2. Small Intestine
2.4. Nutrition in Bowel Function Disorders
    2.4.1. Constipation
    2.4.2. Diarrhea
2.5. Nutrition in Malabsorption Syndromes
2.6. Nutrition in Colonic Pathology
    2.6.1. Irritable Bowel
    2.6.2. Diverticulosis
2.7. Nutrition in Inflammatory Bowel Disease (IBD)
2.8. Most Frequent Food Allergies and Intolerances with Gastrointestinal Effects
2.9. Nutrition in Liver Diseases
    2.9.1. Portal Hypertension
    2.9.2. Hepatic Encephalopathy
    2.9.3. Liver Transplant
2.10. Nutrition in Biliary Diseases. Biliary Lithiasis
2.11. Nutrition in Pancreatic Diseases
    2.11.1. Acute Pancreatitis
    2.11.2. Chronic Pancreatitis

Module 3. Nutrition in Endocrine-Metabolic Diseases

3.1. Dyslipidemia and Arteriosclerosis
3.2. Diabetes Mellitus
3.3. Hypertension and Cardiovascular Disease
3.4. Obesity
    3.4.1. Etiology. Nutrigenetics and Nutrigenomics
    3.4.2. Pathophysiology of Obesity
    3.4.3. Diagnosis of the Disease and its Comorbidities
    3.4.4. Multidisciplinary Team in Obesity Treatment
    3.4.5. Dietary Treatment. Therapeutic Possibilities
    3.4.6. Pharmacological Treatment. New Drugs
    3.4.7. Psychological Treatment
        3.4.7.1. Intervention Models
        3.4.7.2. Treatment of Associated Eating Disorders
    3.4.8. Surgical Treatments
        3.4.8.1. Indications
        3.4.8.2. Techniques
        3.4.8.3. Complications
        3.4.8.4. Dietary Management
        3.4.8.5. Metabolic Surgery

Module 4. Nutrition in Kidney Diseases

Module 5. Nutrition in Neurological Diseases

Module 6. Nutrition in Special Situations

Module 7. Nutritional Deficiency Diseases

Module 8. Artificial Nutrition in Adults

"

A unique, essential, and decisive learning experience to enhance 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.

01 learning from evidence

02 relearning from evidence

03 testing

04 learning from an expert

05 neurocognitive context dependent learning

06 Von-Restorff effect

07 case based learning through storytelling

08 competencies testing (retesting)

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.

20%

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.

15%

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".

15%

3%

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.

20%

17%

7%

3%

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.

Certificate

The Postgraduate Diploma in Nursing Care in Nutrition and Disease guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate 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 private qualification will allow you to obtain a **Postgraduate Diploma in Nursing Care in Nutrition and Disease** 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.
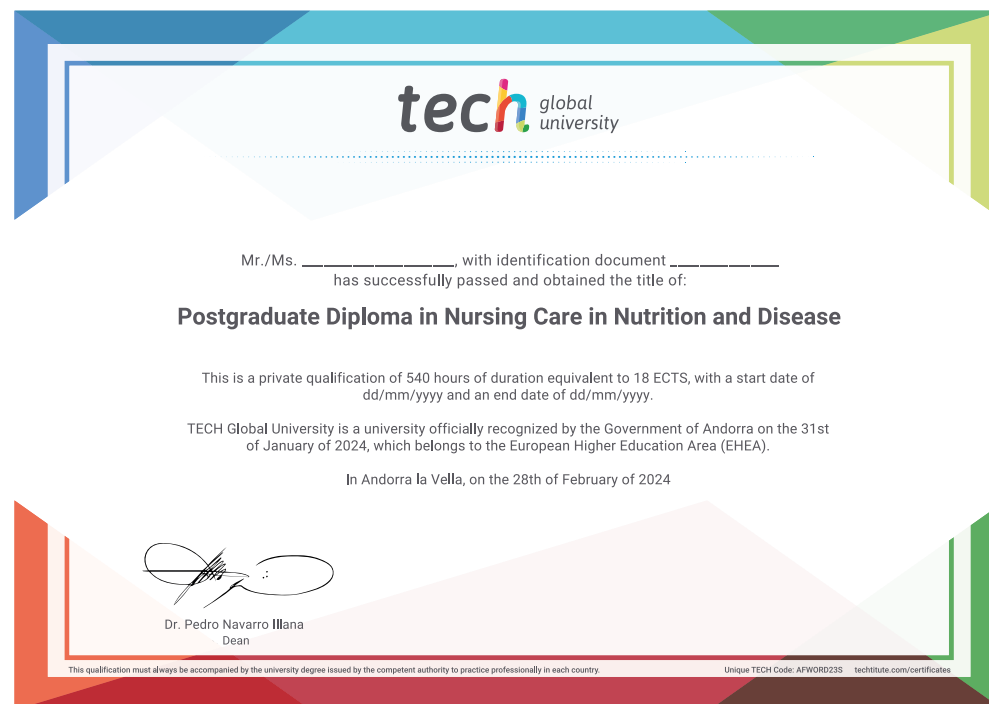
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Nursing Care in Nutrition and Disease**

Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**

tech global university

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

Postgraduate Diploma in Nursing Care in Nutrition and Disease

This is a private qualification of 540 hours of duration equivalent to 18 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
Dean

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

*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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