



Nutrition in Childhood and Digestive Tract and Endocrine-Metabolic Pathologies in Diet Therapy for Nursing

» Modality: online

» Duration: 6 months

» Certificate: TECH Technological University

» Dedication: 16h/week

» Schedule: at your own pace

» Exams: online

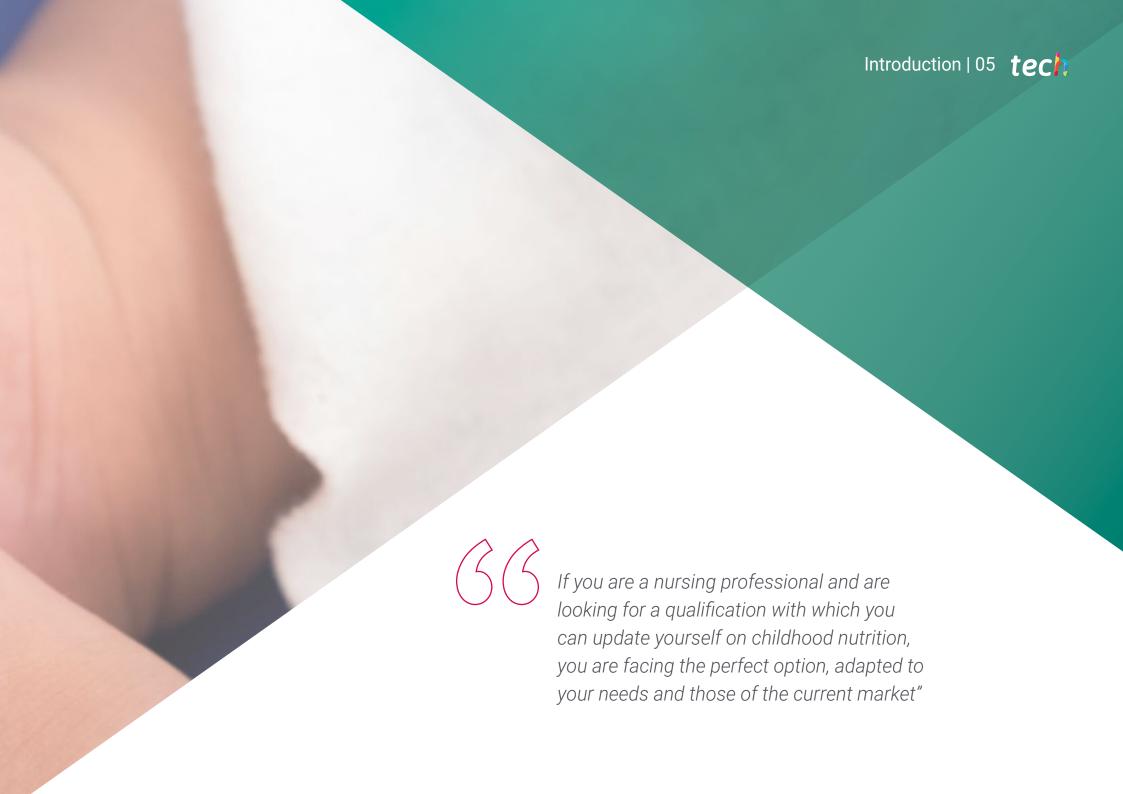
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01 Introduction

Both childhood and adolescence are two stages in which the development and strengthening of the individual's organism occurs. For this reason, and with the aim of avoiding dysfunctions and pathologies along the digestive tract or autoimmunes, correct nutrition is essential. In this sense, the role of the nurse takes on special relevance, as a guide in the correct feeding of the patient. However, for many professionals in this sector, keeping up to date with all the new developments that arise related to recommendations and personalized diets based on the clinical case is a complex task. With the aim of facilitating this update, TECH has developed this intensive program also focused on increasing your knowledge in just 6 months. All this through the best theoretical, practical and additional content framed in a comfortable and accessible 100% online format.



tech 06 | Introduction

Numerous studies have determined that the increase in clinical cases with dysfunctions and pathologies of the digestive tract, as well as endocrine-metabolic and autoimmune diseases, is often due to inadequate nutrition during the growth stage, from childhood to adulthood. That is why taking care of your diet during this period is essential to avoid developing diseases in the short, medium and long term, so having a large number of experts in this area has become a necessity.

This is why Dietetic Nursing has taken on special relevance in recent years, which is why specialists in this branch have been forced to constantly look for a way to stay updated without neglecting their queries. Based on that, this Postgraduate Diploma in Childhood Nutrition and Digestive Tract and Endocrine-Metabolic Pathologies in Diet Therapy for Nursing emerges, a complete program that collects and brings together, in a convenient online format, the latest scientific evidence from this specifically applied sector. to this health field.

For its preparation, the most innovative and exhaustive information in the food area has been taken into account, as it could not be otherwise, basing the syllabus on the recommendations of the teaching team, specialists with a wide and extensive professional career. In addition, hours of additional material have also been included in different formats, from detailed videos to dynamic summaries, research articles and complementary readings with which the graduate will be able to not only contextualize the content, but also delve deeper into those aspects that they consider most relevant. for your professional development.

This Postgraduate Diploma in Nutrition in Childhood and Digestive Tract and Endocrine-Metabolic Pathologies in Diet Therapy for Nursing contains the most complete and upto-date scientific program on the market. The most important features include:

- The development of practical cases presented by Nutrition experts and Endocrinology
- 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 self-assessment can be used 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



Knowing the results of the latest research related to prevention and diet therapy adapted to childhood obesity will allow you to develop more effective eating plans"



You will be able to download the feeding models and recommendations for each clinical case, so that you can consult them whenever you need them"

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.

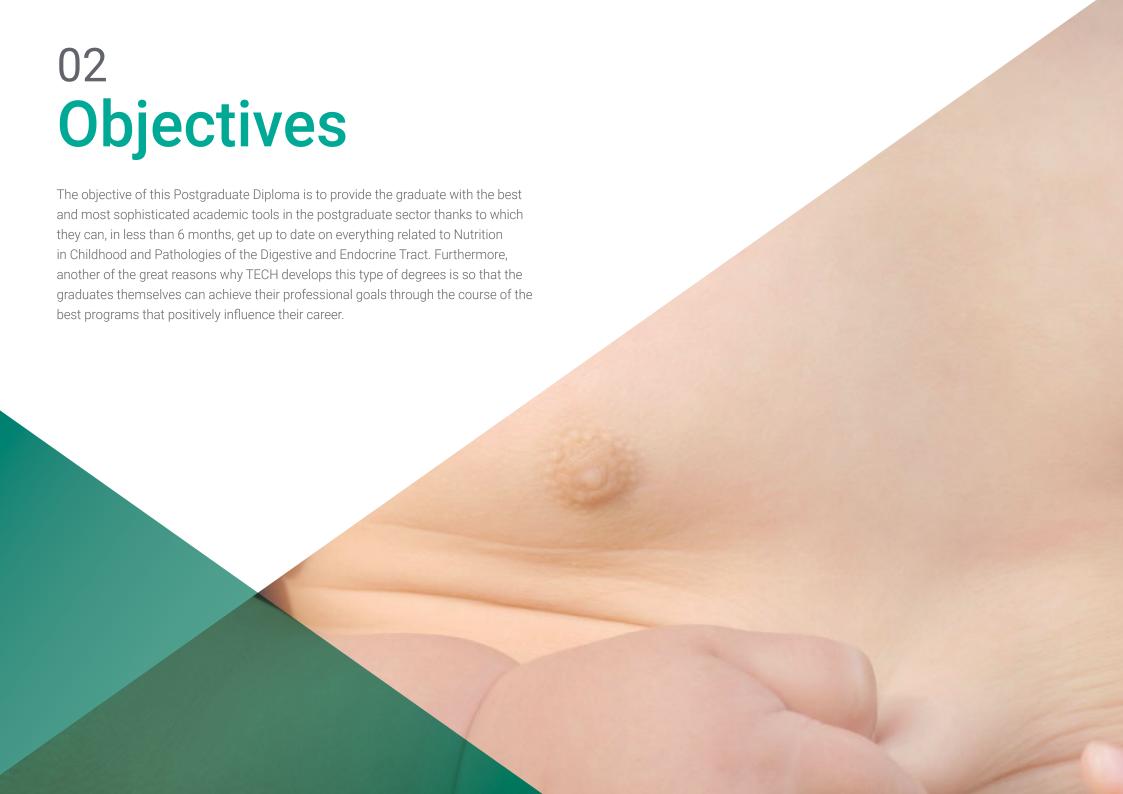
The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

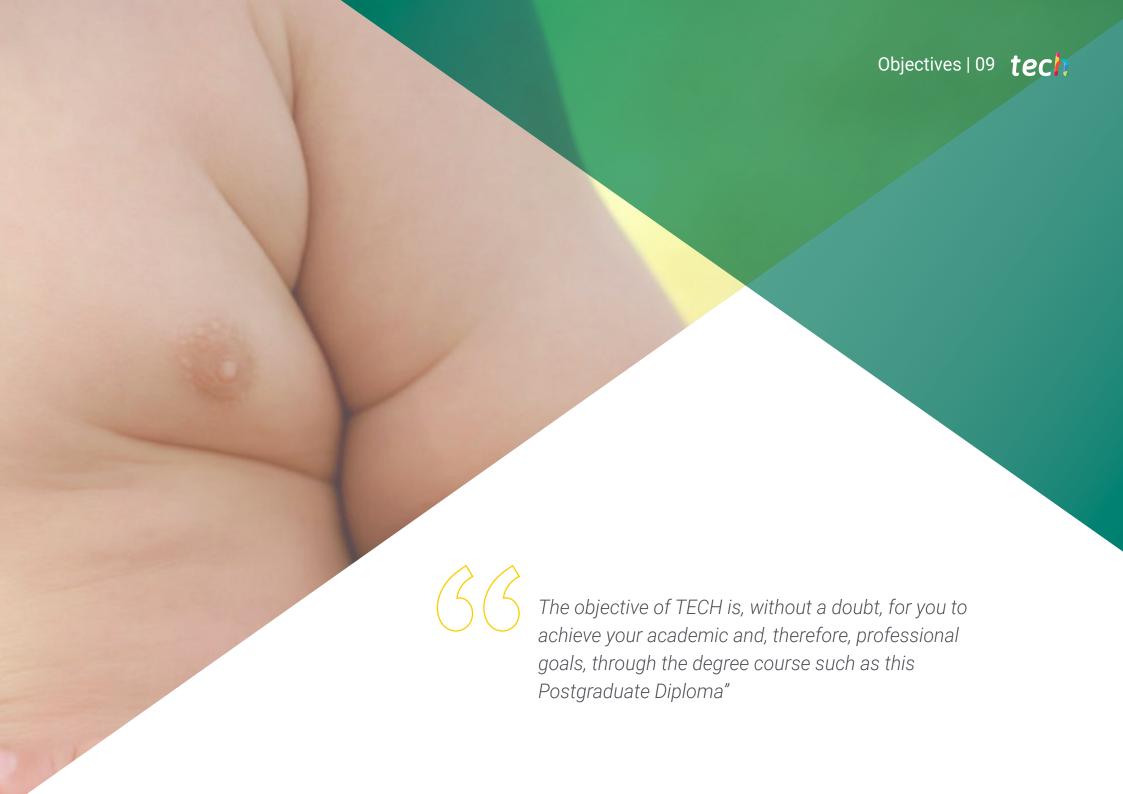
This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

In the Virtual Classroom you will find real clinical cases related to dysfunctions and pathologies throughout the digestive tract, so that you can put your skills and competencies into practice.

You will learn in detail the latest news related to the diet of patients with cystic fibrosis, COPD and obstructive sleep apnea syndrome.







tech 10 | Objectives



General Objectives

- Broaden knowledge and incorporate advanced and innovative knowledge in food and nutrition in the daily clinical practice of the nurse
- Revise the fundamental aspects of healthy eating, with a current approach aimed at risk prevention
- Delve into the correct management of daily nutrition
- Examine the most common syndromes and symptoms related to nutritional problems



You will study the new evidence on feeding models in pediatrics and adolescent medicine, as well as useful tools for consultation"





Specific Objectives

Module 1. Nutrition in Childhood and Adolescence

- Update knowledge on childhood and adolescent overweight and obesity, epigenetic factors and advances in multidisciplinary management and treatment with special focus on the nutritional approach
- Broaden the specific therapeutic approach to eating disorders and genetic syndromes associated with nutritional alterations

Module 2. Nutrition in Dysfunctions and Pathologies along the Digestive Tract

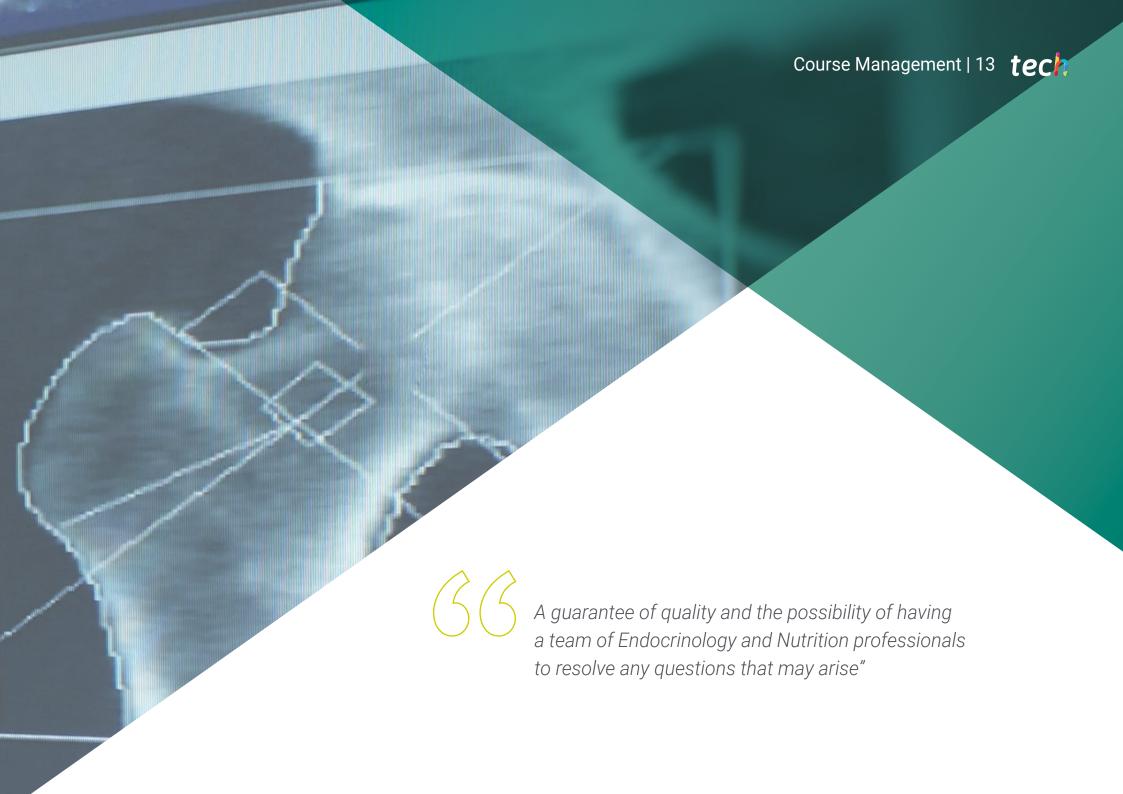
- Study the functioning of the digestive tract, functions and pathologies
- Complete evaluation of the clinical case and the digestive health
- Understanding the intestinal microbiota and its relationship with endocrine and nervous system

Module 3. Nutrition in Endocrine-Metabolic and Autoimmune Pathologies

- Individualize nutritional planning for patients with insulin-dependent DM1 and DM2 and insulin resistance
- Explore adapted nutritional recommendations based on scientific evidence in autoimmune, endocrine and respiratory pathologies
- Delve into the prevention and treatment of sarcopenia and osteopenia



03 Course Management Both the management and the faculty of this Postgraduate Diploma have been chosen by TECH taking into account, not only his professional resume, but also the recommendations of other specialists related to his human quality. In this way we can guarantee that the graduate who accesses this program will find in it a teaching team with a long and extensive work history in the Endocrinology and Nutrition sector, but that, in addition, it is a group of experts committed to your academic and professional growth, which will help you at all times so that you can get the most out of this academic experience.



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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 Diaz 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 Madric
- · 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

Mr. Martínez Martínez, Alberto

- Clinical Nutritionist at in the Endocrinology and Nutrition Service of the HU Infanta Elena
- Clinical Nutritionist of Endocrinology and Nutrition Department of the university Rey Juan Carlos Hospital
- Dietitian responsible for the menu of children with food allergy. Gastronomic
- Dietician- Clinical Nutritionist at the University Hospital Antonio
- Degree in Human Nutrition and Dietetics. Fluminense Federal University
- Graduate in Human Nutrition and Dietetics at the University of Valencia
- Master's Degree in Agri-environmental and Agri-food Sciences. Autonomous University of Madrid

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. Prieto Moreno, Ana

- Nutritionist in the Department of Endocrinology and Nutrition at Jiménez university Foundation Hospital
- Nutritionist at the General Hospital of Villalba
- Nutritionist at the Infanta Elena University Hospital
- Nutritionist in the Superior Sports Council
- Nutritionist at WWF
- · Nutritionist at Medicadiet
- Nutritionist at Sanitas Insurance Company
- Nutritionist at La Paz University Hospital
- Nutritionist at the Mapfre Foundation
- Nutritionist at Copernal Publishing
- Nutritionist at Diabetes Magazine
- Master in Obesity and its Comorbidities, Prevention Strategies, Diagnosis and Integral Treatment at the University of Alcalá
- Master in Physical Anthropology, Human Evolution and Biodiversity at the Complutense University of Madrid
- Degree in Human Nutrition and Dietetics at the Autonomous University of Madrid

Dr. Fernández Menéndez, Amanda

- Doctor Specialist in Pediatric Endocrinology and Nutrition at the university Foundation Jimenez Diaz Hospital.
- Specialist in Pediatrics, Centro de Salud Doctor Castroviejo (SERMAS)
- Attending physician specializing in Pediatric Endocrinology and Nutrition at La Paz University Hospital.
- International Cooperation in Health and Development in India (development of health projects in the field)
- Degree in Medicine and Surgery from the Autonomous University of Madrid.
- Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- Expert in Clinical Bioethics from the Complutense University

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

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Dr. Núñez Sanz. Ana

- Dietician and nutritionist, expert in pregnancy, breastfeeding and infancy
- López-Nava Obesity Nutritionist
- Nutritionist at Medicadiet
- Dietitian and Nutritionist Freelancer
- Dietitian and nutritionist at Menudiet SL
- Contributor on food and nutrition in Castilla La Mancha Television.
- Promoter of talks and workshops on healthy eating for kindergartens, schools and companies
- Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- Master's Degree in Nutrition and Health at the Open Official of Catalonia

Ms. 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)

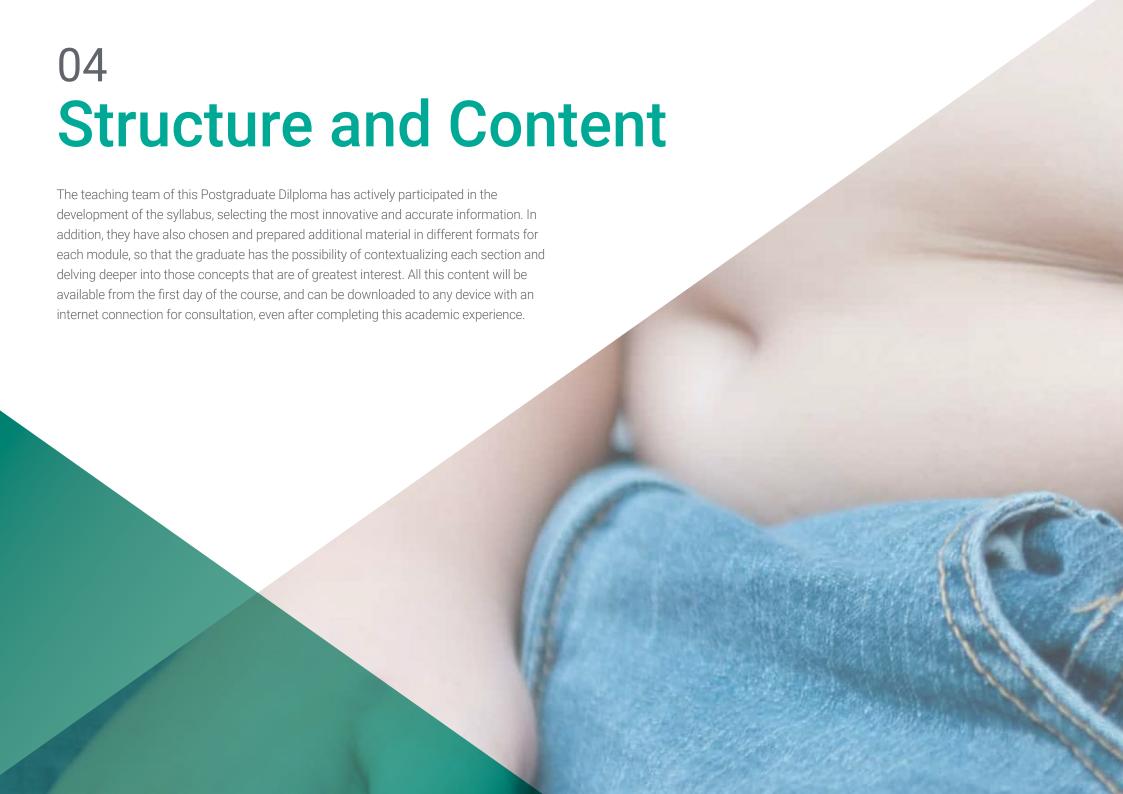
Dr. Miguélez González, María

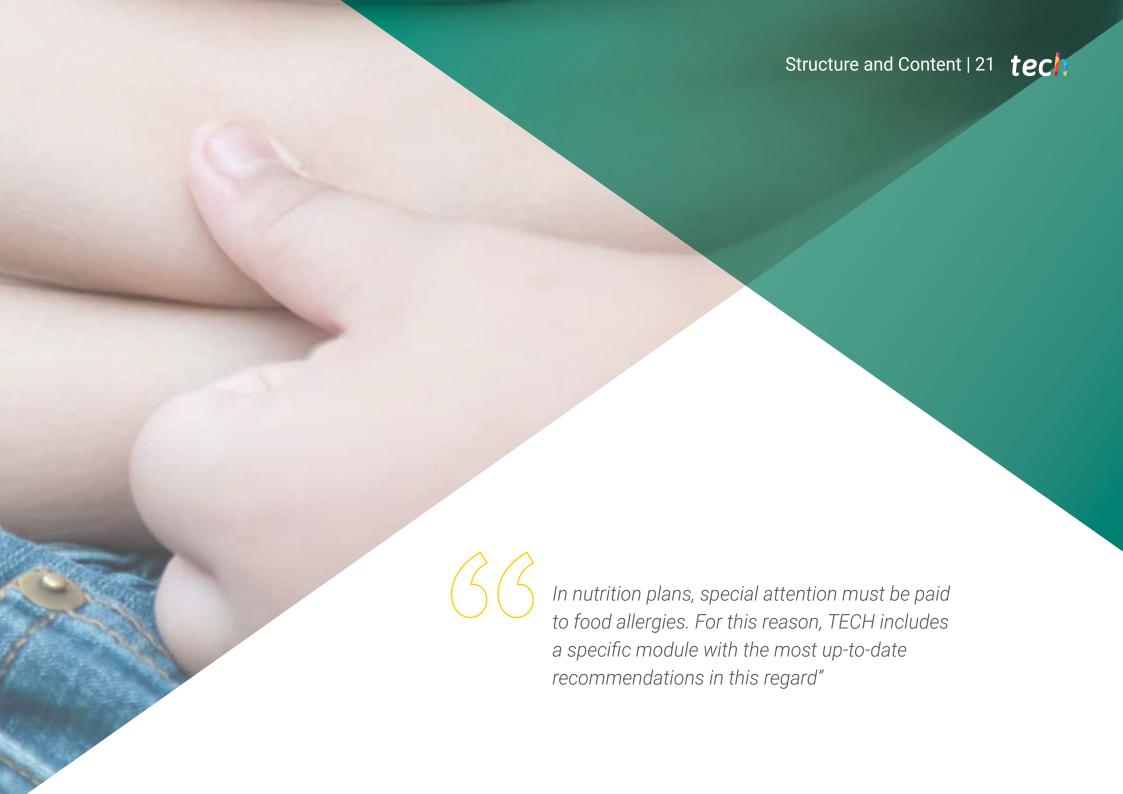
- Attending Physician of Endocrinology and Nutrition at the University Hospital Jiménez
 Díaz Foundation of Madrid
- Degree in Medicine from the University of Valladolid
- Collaborating lecturer in the subject of Ophthalmology at the Complutense University
 of Madrid
- Professor of the Master Expert in Obesity and Metabolic Complications, endorsed by SEEDO

Ms. Labeira Candel, Paula

- Clinical nutritionist in the Bariatric Endoscopy Unit at HM Hospitales
- Sports and clinical Nutritionist at the Clinic Institute of Instituto de Sobrepeso y Obesidad
- Nutritionist Sports and Clinical at Medicadiet, Slimming & Nutrition
- Sports Nutritionist at the CF TrivalValderas de Alcorcón
- Food and water quality analyst in the Andalusian Health Service
- Diploma in Human Nutrition and Dietetics at the Pablo Olavide University of Seville
- Bachelor 's Degree in Food Science and Technology
- Diploma in Human Nutrition and Dietetics
- Master's Degree in Sports Training and Nutrition at the European University of Madrid







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Module 1. Nutrition in Childhood and Adolescence

- 1.1. Causes and Interrelated Factors of Childhood Obesity
 - 1.1.1. Obesogenic Environment in Childhood
 - 1.1.2. Assessment of Individual, Family and Socioeconomic Problems
- 1.2. Risks of Childhood Obesity
 - 1.2.1. Prevention and Adapted Diet Therapy
 - 1.2.2. Physical Activity and Physical Exercise
- 1.3. Nutritional Education
 - 1.3.1. Nutritional Recommendations
 - 1.3.2. Personalized Calculation of Plans for the Treatment of Childhood and Adolescent Obesity
- 1.4. Dietary Patterns and Food Recommendations
 - 1.4.1. Consultation Tools
- 1.5. Genetic Alterations and Predisposition to Obesity in Children and Adults
- 1.6. Prevention and Management of Other Eating Disorders in Children and Adolescents
- 1.7. Psychological Aspects of Childhood Obesity in Nutritional Consultation
- 1.8. Nutrition in Special Situations: Celiac Disease Food Allergy
- 1.9. Nutrition in Special Situations: Diabetes and Dyslipemia
- 1.10. Nutrition and Growth Disorders
 - 1.10.1. Nutrition in Later Stages of the Preterm or SGA Patient

Module 2. Nutrition in Dysfunctions and Pathologies along the Digestive Tract

- 2.1. Digestive History, and Assessment of Variables, Symptomatology and Previous Eating Habits
- 2.2. Mouth: Nutrition in Mucositis, Xerophthalmia, Dysphagia, and Oral Dysbiosis
- 2.3. Esophagus: Nutrition in Gastroesophageal Reflux Disease and Barret's Esophagus
- 2.4. Stomach: Nutrition in Gastritis, Hiatus Hernia, Dyspepsia, Helicobacter Pylori Infection
- 2.5. Constipation and Symptomatology
 - 2.5.1. Associated Pathologies
- 2.6. Acute and Chronic Diarrhea
- 2.7. Inflammatory Bowel Diseases
- 2.8. Differentiation between Malabsorption, Intolerances and Allergies
 - 2.8.1. Enzyme Deficiency and Immune System
 - 2.8.2. Diet Low in Histamine and DAO Deficiency
- 2.9. Dysbiosis, Bacterial Overgrowth and Nutrient Malabsorption
- 2.10. Celiac Disease and Non-Celiac Gluten Sensitivity (NCGS)





Structure and Content | 23 tech

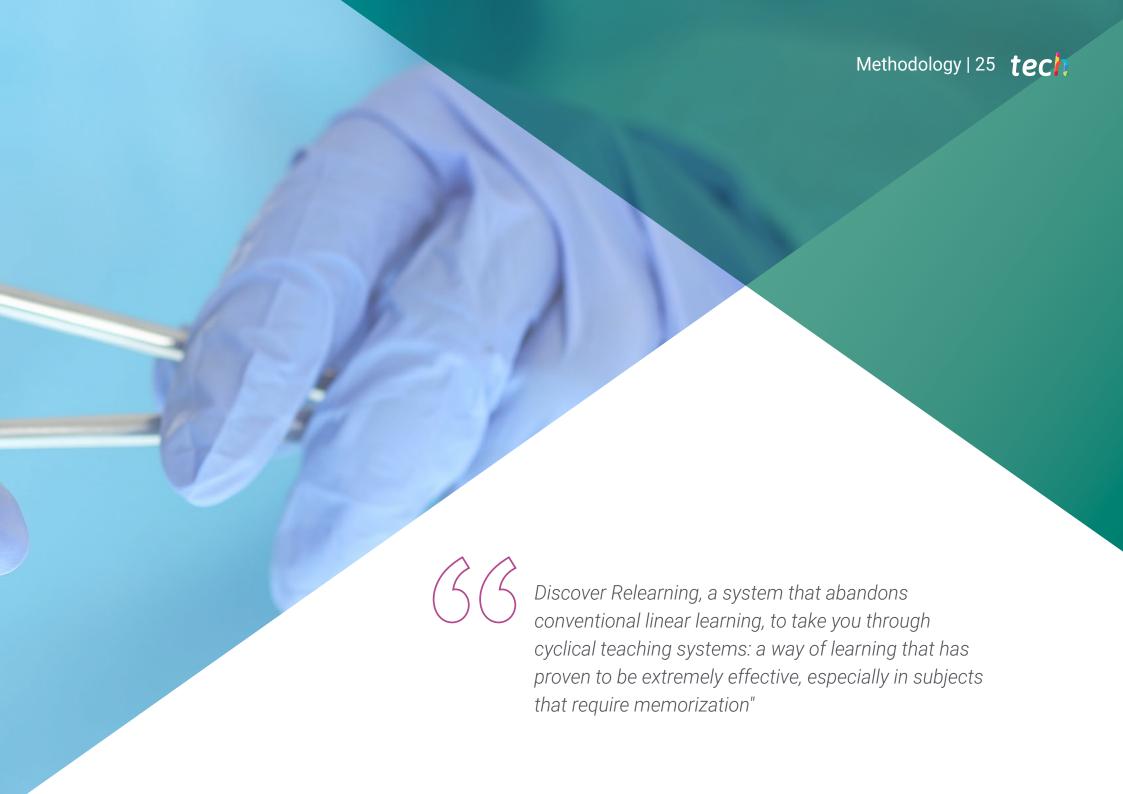
Module 3. Nutrition in Endocrine-Metabolic and Autoimmune Pathologies

- 3.1. Type 1 Diabetes
 - 3.1.1. Nutrition in Insulin-Dependent Patients
- 3.2. Insulin Resistance and Type 2 Diabetes
- 3.3. Nutrition in Thyroid Disorders
 - 3.3.1. Hypothyroidism
 - 3.3.2. Hyperthyroidism
- 3.4. Nutrition and Circadian Rhythms: Chronobiology
- 3.5. Nutrition in the Physiological Menstrual Cycle and its Alterations
 - 3.5.1. Amenorrea
 - 3.5.2. Polycystic Ovarian Syndrome
 - 3.5.3. Endometriosis
- 3.6. Nutrition in Autoimmune Pathology
 - 3.6.1. Rheumatoid Arthritis
 - 3.6.2. Psoriasis
 - 3.6.3. Lupus
- 3.7. Muscle
 - 3.7.1. Sarcopenia
- 3.8. Bone Health
 - 3.8.1. Osteopenia
 - 3.8.2. Osteoporosis
- 3.9. Nutrition in Pulmonary Pathologies
 - 3.9.1. Cystic Fibrosis
 - 3.9.2. COPD
 - 3.9.3. Obstructive Sleep Apnea Syndrome (OSAS)
- 3.10. Chronic Fatigue, Anemia and Vitamin D Deficiency



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.

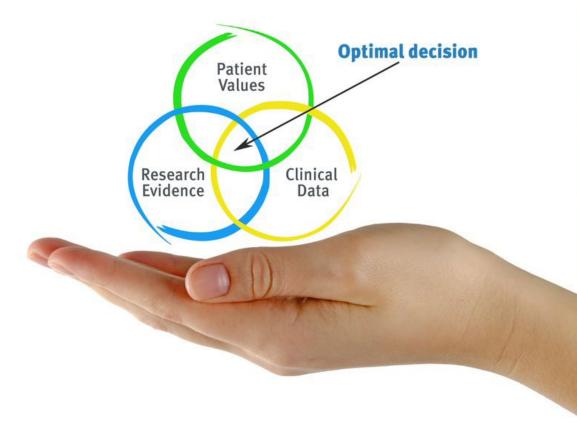


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At TECH Nursing School we use the Case Method

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:

- 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.



Methodology | 29 tech

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

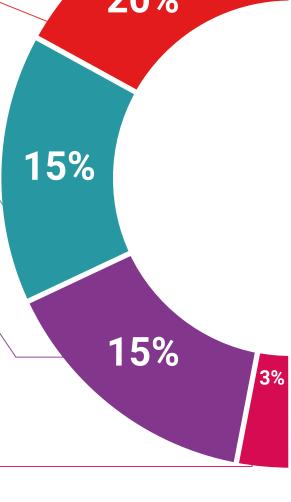
We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you 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

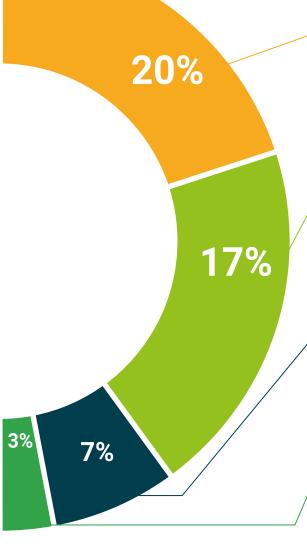
There is scientific evidence suggesting that observing third-party experts can be useful.

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.







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This Postgraduate Diploma in Nutrition in Childhood and Digestive Tract and Endocrine-Metabolic Pathologies in Diet Therapy 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 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 Nutrition in Childhood and Digestive Tract and Endocrine-Metabolic Pathologies in Diet Therapy for Nursing

Official No of Hours: 450 h.



POSTGRADUATE DIPLOMA

in

Nutrition in Childhood and Digestive Tract and Endocrine-Metabolic Pathologies in Diet Therapy for Nursing

This is a qualification awarded by this University, equivalent to 450 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro

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/certi

health

guarantee

technological
university

Postgraduate Diploma

Nutrition in Childhood and Digestive Tract and Endocrine-Metabolic Pathologies in Diet Therapy for Nursing

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

