

# Postgraduate Diploma

## Nutrition of Healthy Children for Nurses





## Postgraduate Diploma Nutrition of Healthy Children for Nurses

- » 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-nutrition-healthy-children-nurses](http://www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-nutrition-healthy-children-nurses)

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# 01

# Introduction

Specialization in Nutrition is the essential response of the Professional to the care and preventive needs of the population in matters of food and health. In pediatric pathology, nutrition intervenes as an etiological factor and as a complication of other diseases. Therefore, there is a growing interest in the study of food and nutrition in the genesis, treatment and support of a large number of pathologies in children as future healthy adults.





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*Improve your knowledge through this program, where you will find the best didactic material with real clinical cases. Learn about the latest advances in this specialty”*

This program offers the student the possibility of expanding and updating knowledge, using the latest educational technology. It offers a global vision of clinical nutrition while focusing on the most important and innovative aspects of diet in the pediatric age group, including from the intrauterine phase to adolescence, as well as the diseases in which diet plays a highly relevant role.

This Postgraduate Diploma allows for specialization in the field of clinical nutrition in areas of special interest such as nutrigenetics and nutrigenomics, nutrition and obesity, hospital dietetics and nutritional trends.

It is a 100% online training program in which you will find a multitude of real cases which will allow you to fully immerse yourself in the study of this area in a clear and concise way. It is the best option to be able to continue updating your knowledge without leaving your professional and family life to one side.

This **Postgraduate Diploma in Nutrition of Healthy Children for Nurses** contains the most complete and up-to-date scientific program on the market. The most important features of the Postgraduate Diploma program are:

- ◆ Clinical cases presented by experts in the different specialties
- ◆ Latest information on Nutrition of Health Children
- ◆ Practical exercises where the self-assessment process can be carried out to improve learning
- ◆ Special emphasis on methodologies based on Nutrition of Health Children
- ◆ 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



*Expand your knowledge through  
the Postgraduate Diploma in  
Nutrition of Health Children”*

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*This Postgraduate Diploma is the best investment you can make when choosing a refresher program for two reasons: in addition to updating your knowledge in Nutrition of Healthy Children for Nurses, you will obtain a qualification from TECH Technological University”*

The teaching staff includes professionals from the field of Child Nutrition, who bring their experience to this specialization program, as well as renowned specialists from leading scientific societies.

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 an immersive training experience designed to train for real-life situations.

The design of this program focuses on problem-based learning, by means of which the student must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts in Pediatric Nutrition.

*Increase your decision-making confidence by updating your knowledge through this Postgraduate Diploma.*

*Take the opportunity to learn about the latest advances in Nutrition of Healthy Children and improve your students' training.*



# 02 Objectives

The Postgraduate Diploma in Nutrition of Healthy Children for Nurses is aimed as facilitating the professional's performance in the field of child nutrition.







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*This Postgraduate Diploma will allow you to update your knowledge in Nutrition of Healthy Children with the use of the latest educational technology, to contribute with quality and security to decision making"*



## General Objectives

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- ◆ Update the nurse's knowledge on new trends in human nutrition in both health and pathological situations through evidence-based medicine
- ◆ Promote work strategies based on the practical knowledge of the new trends in nutrition and its application to child pathologies, where nutrition plays a fundamental role in treatment
- ◆ Encourage the acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online simulation workshops and/or specific training
- ◆ Encourage Professional stimulation through continuing Education and Research
- ◆ Train the professional for research into patients with nutritional problems



*Take the first step to get up to date on the latest developments in Nutrition of Healthy Children"*





## Specific Objectives

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- ◆ Analyze the different methods for assessing nutritional status
- ◆ Interpret and integrate anthropometric, clinical, biochemical, hematological, immunological, and pharmacological data in the patient's nutritional assessment and dietary-nutritional treatment
- ◆ Early detection and evaluation of quantitative and qualitative deviations from the nutritional balance due to excess or deficiency
- ◆ Describe the composition and utilities of new foods
- ◆ Explain the relationship of physiology and nutrition in the different stages of infant development
- ◆ Analyze the implications of nutrition in the growth process and in the prevention and treatment of different childhood pathologies
- ◆ Describe the nutritional requirements in the different periods of childhood
- ◆ Perform nutritional assessment
- ◆ Evaluate and prescribe physical activity as a factor involved in nutritional status
- ◆ Calculate child and adolescent athlete dietary needs and risks
- ◆ Explain current trends in the nutrition of infants with delayed intrauterine growth and the implication of nutrition on metabolic diseases
- ◆ Reflect on the role of human milk as a functional food
- ◆ Describe new formulae used in infant feeding
- ◆ Reflect on new trends and models in infant feeding
- ◆ Reflect and identify risk factors in school and adolescent nutrition
- ◆ Incorporate the different techniques and products of basic and advanced nutritional support related to pediatric nutrition into clinical practice
- ◆ Identify children at nutritional risk who are eligible for specific support
- ◆ Evaluate and monitor the supervision of children on nutritional support

03

# Course Management

The program's teaching staff includes leading specialists in Nutrition of Healthy Children for Nurses and other related areas, who bring their years of work experience to this training program. Additionally, other recognized specialists participate in its design and preparation, which means that the program is developed in an interdisciplinary manner.





*Learn the latest advances in Nutrition of Healthy Children for Nurses procedures from leading professionals"*

## Management



### Ms. Auni3n Lavarías, María Eugenia

- ◆ Pharmacist and Clinical Nutrition Expert
- ◆ “Author of the reference book in the field of Clinical Nutrition *“Dietetic Management of Overweight in the Pharmacy Office”*. (Panamerican 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
- ◆ Director of the University Course *“Dermocosmetics in the Pharmacy Office”*



# 04

# Structure and Content

The structure of the contents has been designed by a team of professionals from the best hospitals and universities in the country, who are aware of the relevance of up-to-date training to be able to intervene in the world of nursing, and who are committed to quality teaching through new educational technologies.







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*This Postgraduate Diploma in Nutrition of Healthy Children for Nurses contains the most complete and up-to-date scientific program on the market”*

## Module 1. New Developments in Food

- 1.1. Molecular Foundations of Nutrition
- 1.2. Update on Food Composition
- 1.3. Food Composition Tables and Nutritional Databases
- 1.4. Phytochemicals and Non-Nutritive Compounds
- 1.5. New Food
  - 1.5.1. Functional Nutrients and Bioactive Compounds
  - 1.5.2. Probiotics, Prebiotics, and Synbiotics
  - 1.5.3. Quality and Design
- 1.6. Organic food
- 1.7. Transgenic Foods
- 1.8. Water as a Nutrient
- 1.9. Food Safety
  - 1.9.1. Physical, Chemical, and Microbiological Hazards
- 1.10. New labelling and consumer information
- 1.11. Phytotherapy Applied to Nutritional Pathologies

## Module 2. Physiology of Infant Nutrition

- 2.1. Influence of Nutrition on Growth and Development
- 2.2. Nutritional Requirements in the Different Periods of Childhood
- 2.3. Nutritional Assessment in Children
- 2.4. Physical Activity Evaluation and Recommendations
- 2.5. Nutrition During Pregnancy and its Impact on the New-born
- 2.6. Current Trends in the Premature New-born Nutrition
- 2.7. Nutrition in Lactating Women and its Impact on the Infant
- 2.8. Nutrition of Newborns with Intrauterine Growth Delay. Implications on Metabolic Diseases
- 2.9. Breastfeeding
  - 2.9.1. Human Milk as a Functional Food
  - 2.9.2. Process of Milk Synthesis and Secretion
  - 2.9.3. Reasons for it to be Encouraged





- 2.10. Human Milk Banks
  - 2.10.1. Milk Bank Operation and Indications
- 2.11. Concept and Characteristics of the Formulae Used in Infant Feeding
- 2.12. The Move to a Diversified Diet. Complementary Feeding During the First Year of Life
- 2.13. Feeding 1–3-Year-Old Children
- 2.14. Feeding During the Stable Growth Phase. Schoolchild Nutrition
- 2.15. Adolescent Nutrition. Nutritional Risk Factors
- 2.16. Child and Adolescent Athlete Nutrition
- 2.17. Other Dietary Patterns for Children and Adolescents. Cultural, Social, and Religious Influences on Infant Nutrition
- 2.18. Prevention of Childhood Nutritional Diseases. Objectives and Guidelines

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

05

# Methodology

This training program offers a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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

## At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, in an attempt to recreate the real conditions in professional nursing practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the Harvard 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 high 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 multimedia content presentation training Exclusive system 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

The student's knowledge is periodically assessed and re-assessed throughout the program, through evaluative and self-evaluative activities and exercises: in this way, students can check how they are doing in terms of 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.



# 05 Certificate

The Postgraduate Diploma in the Nutrition of Healthy Children for Nurses guarantees, in addition to the most rigorous and updated training, access to a Postgraduate Diploma issued by TECH Technological University.





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

This **Postgraduate Diploma in Nutrition of Healthy Children for Nurses** contains the most complete and updated scientific program on the market.

After the student has passed the evaluations, 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 of Healthy Children for Nurses**

Official N° of Hours: **425 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.

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



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