



## Postgraduate Diploma

Nutrition in Special Populations in Diet Therapy for Nursing

» Modality: online

» Duration: 6 months

» Certificate: TECH Technological University

» Dedication: 16h/week

» Schedule: at your own pace

» Exams: online

Website: www.techtitute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-nutrition-special-populations-diet-therapy-nursing

# Index

06

Certificate



For any nurse specialized in the area of nutrition, it is essential to have specific knowledge about the nutritional needs of certain patients who suffer from pathologies or diseases such as those that affect the kidney or liver, among others. For this reason, they need to be constantly updating their knowledge in the area, with the aim of being able to create diets in accordance with the scientific evidence that emerges. For this reason, taking this program will help you catch up on everything related to this field, providing you with new and extensive knowledge about Nutrition in Special Populations in Diet Therapy. All this through a comfortable and intensive 100% online program that will allow you to combine the course of this academic experience with any other work or personal activity without any problem.



### tech 06 | Introduction

The advancement of science has made it possible to know that correct and adapted nutrition can be highly beneficial for sick patients, just as the consumption of certain foods or drinks can aggravate their situation and cause irreversible damage to their system, as is the case with alcohol. and liver problems. Over time it has been possible to adapt these diets in a personalized way based on the person's specifications, varying them depending on their degree of acceptance, but always with a scientific basis that supports it.

For this reason, nurses specialized in this area must constantly update their knowledge and look for nutritional alternatives that can be applied to their patients. Precisely with the aim of facilitating this task, TECH and its team have developed this Postgraduate Diploma in Nutrition in Special Populations in Diet Therapy for Nursing. Through an exhaustive tour of Nutrition, the graduate will be able to delve deeper into Diet Therapy in patients with kidney, liver, pancreatic, nervous system and oncological diseases. In this way, you will be able to update your knowledge about the functions of each system and its relationship with good or bad nutrition, as well as evaluate clinical cases from a newer perspective and plan nutritional treatments based on the latest scientific evidence.

All this through a 100% online program designed by specialists in the area of Nutrition and Endocrinology who will be, during the course of the degree, at your disposal to resolve any questions that may arise. In addition, the graduate will have the best theoretical and practical syllabus, additionally accompanied by complementary material presented in different formats (detailed videos, dynamic summaries, images, research articles and complementary readings) with which they will be able to not only contextualize the content, but rather expand it in a completely personalized way.

This **Postgraduate Diploma in Special Populations Nutrition in Diet Therapy for Nursing** contains the most complete and up-to-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 which 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



You will be able to update yourself on everything related to pathologies of the nervous system and the importance of nutrition in the patient's evolution"



You will be able to update yourselfon the habits and risks of chronic kidney patients related to poor Nutrition"

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.

Its multimedia content, developed with the latest educational technology, will allow the professional a situated and contextual learning, that is, a simulated environment that will provide an immersive training programmed to train in real situations.

The design of this program focuses on Problem-Based Learning, in which the professional will have to try to solve the different professional practice situations that will arise throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

Learn in detail the latest scientific evidence related to nutrition in the prevention of cognitive decline, dementia and Alzheimer's.

A qualification that will not only give you the distinction of Postgraduate Diploma, but with which you will be able to comprehensively expand your knowledge about Diet Therapy in just 6 months.







## tech 10 | Objectives

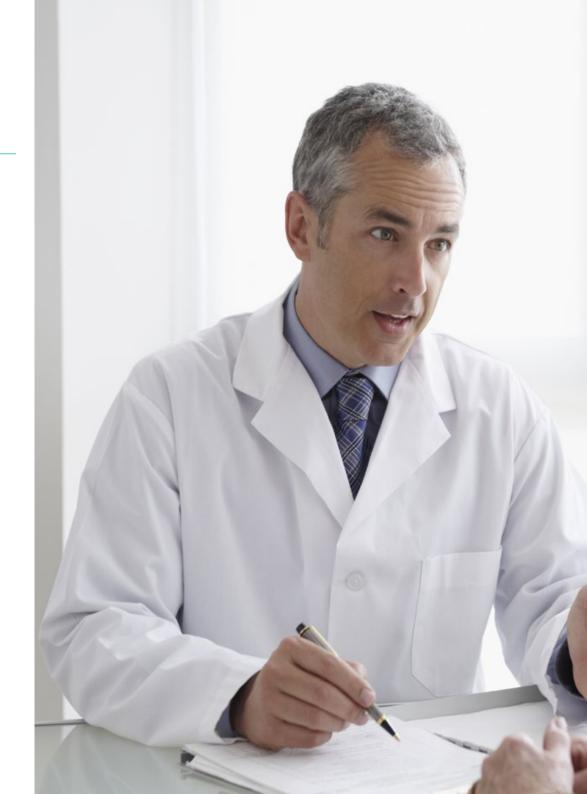


### **General Objectives**

- 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



If what you are looking for is a current program, with which you can learn in detail the ins and outs of nutrition in pathologies of the nervous system, this Postgraduate Diploma is designed for you"







### **Specific Objectives**

#### Module 1. Nutrition in Renal, Hepatic and Pancreatic Diseases

- Update knowledge of renal, hepatic and pancreatic functions and pathologies, and their relationship with nutrition
- Assess clinical cases, application tools in nutrition consultation
- Plan nutritional treatments based on scientific evidence and assessment of evolution

#### Module 2. Nutrition in Nervous System Pathologies

- Update on the scientific evidence of the relationship between nervous system pathologies and nutrition
- Assess the patient's needs and difficulties, in addition to an adequate assessment of the nutritional status
- Learn the main psychological aspects of patients with alterations of behavioral disorders

#### Module 3. Oncology Patient Nutrition

- Know how this pathology affects the nutritional level, from the organic, psychological and metabolic point of view
- Identify malnutrition in the context of a neoplastic disease as the only pathology or in the pluripathological patient, as well as to prevent them
- Personalize the nutritional treatment, covering the needs of the patient in antineoplastic treatment, and/or surgeries





### tech 14 | Course Management

#### 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**

#### Dr. 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. González Toledo, Beatriz María

- Nurse expert in Hemodialysis and Nutrition and Health
- Nephrology Nurse Unit of the Fundación Jiménez Díaz Hospital
- Nurse Director of Dialysis at the Íñigo Álvarez de Toledo Renal Foundation
- Master's Degree in Hemodialysis for Nurses at the Complutense University of Madrid
- Master's Degree in Nutrition and Health at the Open University of Catalonia
- Postgraduate Diploma in Peritoneal Dialysis for Nurses at Cardenal Herrera University
- Graduate in Nursing from the Autonomous University of Madrid

#### Dr. Sanz Martínez, Enrique

- Clinical Nutritionist at the University Hospital General de Villalba and Rey Juan Carlos University Hospital
- Dietitian in the project PLUS researcher in the Health Research Institute of the Jiménez Diaz Foundation
- Researcher and collaborator in the NUTRICOVID study.
- Researcher and collaborator in the cross-sectional prospective OBESTIGMA study
- Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- Master's Degree in Clinical Nutrition at the Catholic University of San Antonio in Murcia
- Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos

#### Dr. Yela Salguero, Clara

- Dietitian Coordination of Clinical Trials
- Dietician at the Fundación Jiménez Díaz Hospital
- Clinical Trials Coordinator at the Ramón y Cajal Hospital
- Dietitian at the Severo Ochoa Hospital, in Leganés
- Dietitian in the Integral Obesity Treatment Unit at the San José Hospital in Madrid
- Postgraduate Certificate in Human Nutrition and Dietetics at Alfonso X El Sabio University
- Degree in Food Science and Technology at the Complutense University of Madrid

#### 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

### tech 18 | Course Management

#### 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

#### Dr. 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)

#### Ms. Manso del Real, Paula

- Nursing Supervisor of the Dialysis Unit of the Íñigo Álvarez de Toledo Renal Foundation
- Nephrology Nurse at the Nephrology Unit of the Fundación Jiménez Díaz University Hospital
- Diploma in Nursing at the Francisco de Vitoria University
- Degree in International Cooperation and Health Promotion at the Francisco de Vitoria University
- Degree in International Cooperation and Health Promotion at the Francisco de Vitoria University
- Master's Degree in Hemodialysis for Nurses at the Complutense University of Madrid

#### Dr. Modroño Móstoles, Naiara

- Specialist in Endocrinology
- Doctor Specialist in Pediatric Endocrinology and Nutrition at the university Foundation Jimenez Diaz Hospital.
- Doctor Specialist in Endocrinology the Infanta Elena University Hospital.
- Doctor Specialty in Endocrinology at the University Hospital of Getafe
- Author of various articles published in scientific journals
- Postgraduate Certificate in Treatment of Diabetes Mellitus Type 2 at the Autonomous University of Barcelona



### Course Management | 19 tech

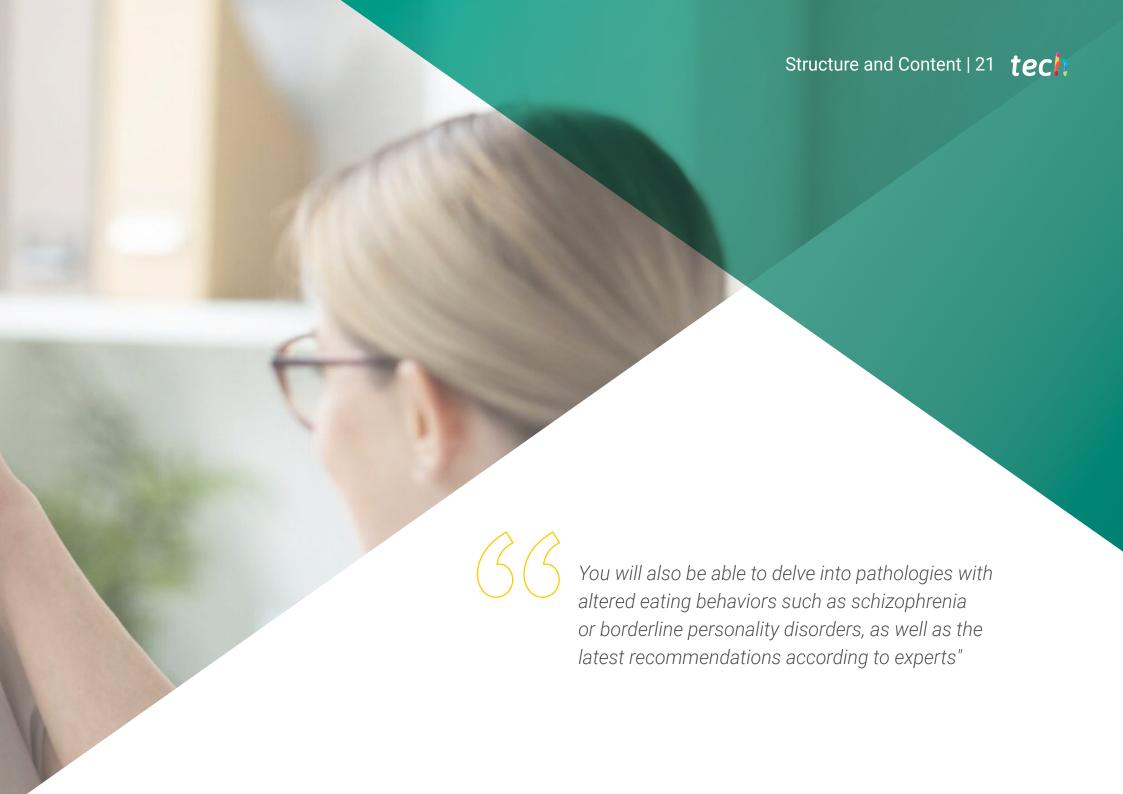
#### Dr. Labeira Candel, Paula

- 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



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





### tech 22 | Structure and Content

#### Module 1. Nutrition in Renal, Hepatic and Pancreatic Diseases

- 1.1. Nutrients
  - 1.1.1. Enzymatic Activity, Metabolism, Filtration and Diuresis
- 1.2. Habits, Risks, Previous and Causative Comorbidities, and Assessment of Feeding Habits
- 1.3. Nutrition in CKD: Predialysis
- 1.4. Nutrition in CKD: Dialysis: Renal Transplantation
- 1.5. Diabetic Nephropathy
- 1.6 Renal Lithiasis
- 1.7. Pancreatic Insufficiency
- 1.8. Non-Alcoholic Hepatic Steatosis, Fibrosis, Hepatic Cirrhosis and Vesicular Lithiasis
- 1.9. Modulation of the Intestinal Microbiota in Renal, Pancreatic and Hepatic Pathology
- 1.10. Psychological Aspects and Planning of Objectives and Consultations

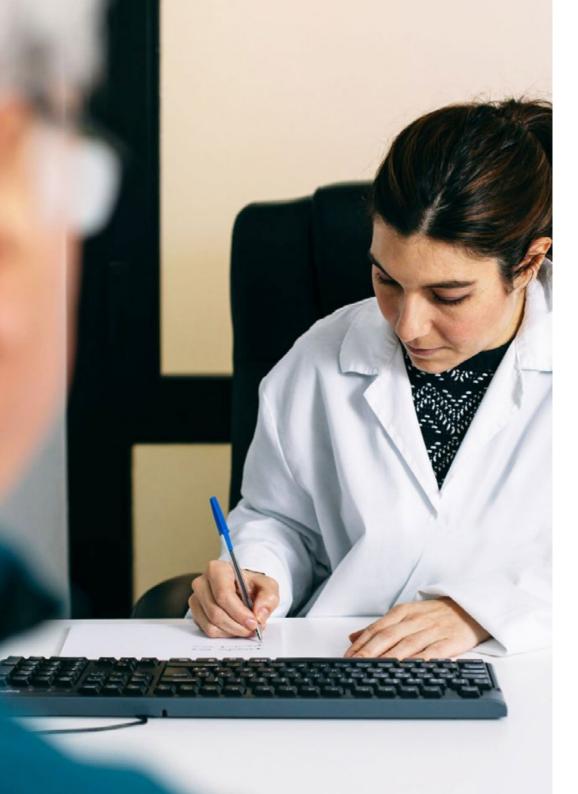
#### Module 2. Nutrition in Nervous System Pathologies

- 2.1. Nutrition in the Prevention of Cognitive Impairment, Dementia and Alzheimer's Disease
- 2.2. Nutrition and Psychoaffective Pathologies
  - 2.2.1. Depression
  - 2.2.2. Bipolar Disorder
- 2.3. Pathologies with Altered Eating Behavior
  - 2.3.1. Schizophrenia.
  - 2.3.2. Borderline Personality Disorder
- 2.4. Eating Disorders
  - 2.4.1. Anorexia
  - 2.4.2. Bulimia
  - 2.4.3. BED
- 2.5. Nutrition in Degenerative Pathologies
  - 2.5.1. Multiple Sclerosis
  - 2.5.2. Amyotrophic Lateral Sclerosis
  - 2.5.3. Muscular Dystrophies

- Nutrition in Pathologies with Uncontrolled Movement
  - 2.6.1. Parkinson's Disease
  - 2.6.2. Huntington's Disease
- 2.7. Nutrition in Epilepsy
- 2.8. Nutrition in Neuralgias
  - 2.8.1. Chronic Pain
- 2.9. Nutrition in Severe Neurological Injuries
- 2.10. Toxics, Bioactive Compounds, Intestinal Microbiota and their Relationship to Nervous System Diseases

#### Module 3. Oncology Patient Nutrition

- 3.1. Pathophysiology of Cancer
- 3.2. Relationship of Cancer with Eating Habits and Potential Carcinogens
- 3.3. Assessment of Nutritional Status in the Oncologic Patient
- 3.4. Nutrient-Antineoplastic Treatment Interaction
  - 3.4.1. Specific Changes in the Most Frequently Used Antineoplastic Agents
- 3.5. Psychological Aspects in the Patient and General Nutritional Recommendations in the Oncology Patient
- Nutrition in the Appetite and Swallowing Alterations Caused by the Pathology or Treatments
  - 3.6.1. Anorexia
  - 3.6.2. Dysgeusia.
  - 3.6.3. Dysphagia
  - 3.6.4. Mucositis
  - 3 6 5 Xerostomia



### Structure and Content | 23 tech

- 3.7. Nutrition in Digestive Disorders Caused by Pathology or Treatments
  - 3.7.1. Malabsorption
  - 3.7.2. Diarrhea
  - 3.7.3. Dysbiosis
  - 3.7.4. Constipation
- 3.8. Nutrition in Metabolic Alterations Caused by the Pathology: Cachexia
- 3.9. Nutrition Before and After Oncological Surgery
  - 3.9.1. Head and Neck
  - 3.9.2. Esophageal
  - 3.9.3. Gastric
  - 3.9.4. Pancreaticobiliary
  - 3.9.5. Small and Large Intestine
- 3.10. Hospital Nutrition
  - 3.10.1. Oral
  - 3.10.2. Enteral
  - 3.10.3. Parenteral

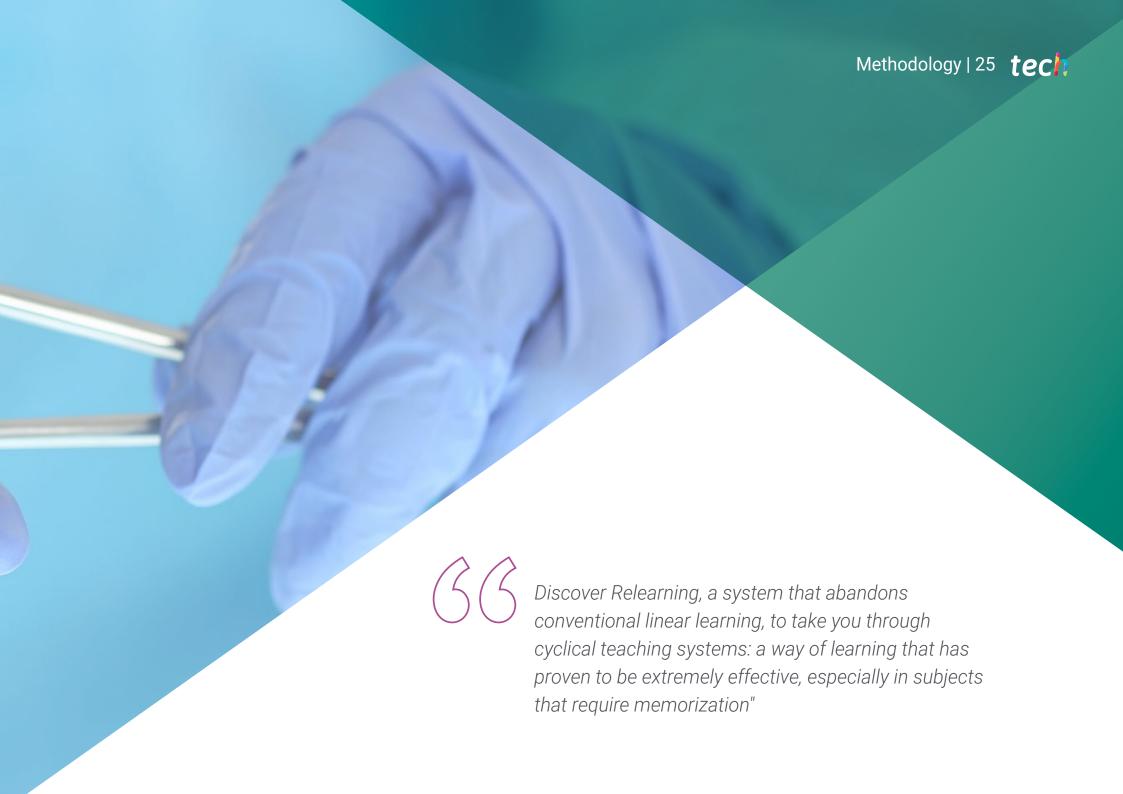


Don't think twice and enroll now in a degree that will give you not only extensive and updated knowledge about nutrition, but will also become the best academic experience of your career"



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.

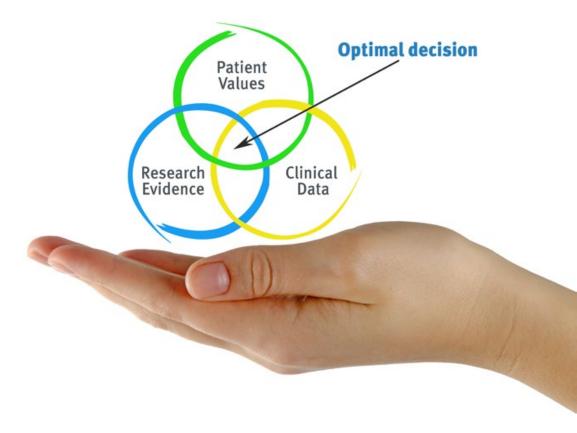


### tech 26 | Methodology

#### 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**

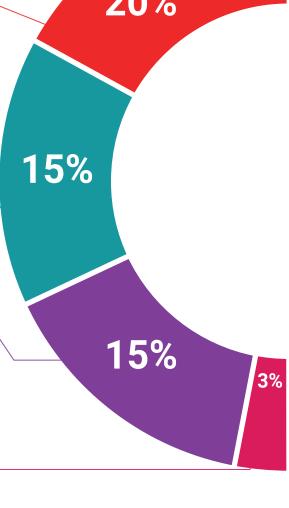
We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you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



### **Testing & Retesting**

and direct way to achieve the highest degree of understanding.

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.

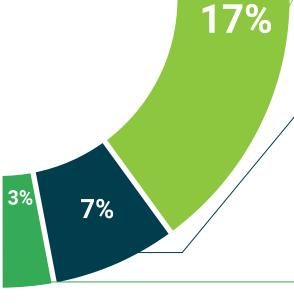
Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### **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.





20%





### tech 34 | Certificate

This **Postgraduate Diploma in Nutrition in Special Populations in Diet Therapy for Nursing** 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 Nutrition in Special Populations in Diet Therapy for Nursing

Official No of Hours: 450 h.



<sup>\*</sup>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.

health confidence people information tutors guarantee accreditation teaching institutions technology learning



# Postgraduate Diploma

Nutrition in Special Populations in Diet Therapy for Nursing

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

