

# Postgraduate Diploma

## Pediatric Nutrition for Nursing



## Postgraduate Diploma Pediatric Nutrition 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-pediatric-nutrition-nursing](http://www.techtitute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-pediatric-nutrition-nursing)

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# 01

# Introduction

Pediatric nutrition is fundamental for the development and growth of children, and the nurse is a key professional in their care. Adequate nutritional status is essential to prevent disease and improve the quality of life of pediatric patients. Knowledge of nutritional requirements at each stage of growth, nutritional assessment and management of nutritional complications are essential skills for any nurse working in this area. Therefore, TECH has created this 100% online program in order to provide students with the most rigorous and up to date knowledge. All this through an informative conglomerate of great impact, which can be accessed from any device with an Internet connection.





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

Postgraduate Diploma in Pediatric Nutrition for Nursing is an essential response from professionals to the health care and preventive needs of the population in terms of nutrition and health.

This complete training goes deeper into the nutritional problems most frequently presented by patients, addressing different techniques for assessment and nursing diagnoses. This program will allow the nursing professional to adapt this knowledge to each patient, using all the suggested plan and completing it with their own experiences.

With this qualification, nurses will develop their skills and knowledge of the different health problems in Clinical Nutrition. A unique opportunity to update knowledge from the hand of great working professionals, with the best teaching resources and case studies based on real clinical situations.

Therefore, this training in 100% online format becomes a unique opportunity of knowledge, so that it can be developed from any device with Internet connection, without having to attend an on-site center.

This **Postgraduate Diploma in Pediatric Nutrition for Nursing** contains the most complete and up-to-date educational program on the market. The most important features include:

- ♦ The graphic, schematic, and practical contents with which they are created contain information that is indispensable 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
- ♦ Nursing care guidelines on the different pathologies related to nutrition
- ♦ All this will be complemented by theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is available from any fixed or portable device with an Internet connection



*Acquire the necessary skills and competencies to work in nursing in the area of Clinical Nutrition with a high intensity training Postgraduate Diploma"*

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*Our innovative telepractice concept will give you the opportunity to learn through an immersive experience, providing you with faster integration and a much more realistic view of the content: “learning from an expert”*

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

*The learning in this Postgraduate Diploma is developed through the most developed teaching methods in online teaching to guarantee that your efforts produce the best results possible.*

*It includes clinical cases to bring the development of the program as close as possible to the reality of nursing care.*



# 02

# Objectives

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





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*This refresher program will generate a sense of security when practicing nursing, which will help you grow both personally and professionally”*



## General Objectives

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- Update the nursing professional's knowledge of new trends in human nutrition, both in health and pathological situations through evidence-based nursing
- Promote work strategies based on the practical knowledge of the new trends in nutrition and its application to child and adult 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 education
- Encourage professional stimulation through continuous education and research
- Prepare the professional for research into patients with nutritional problems



*Make the most of the opportunity and take the step to get up-to-date on the latest developments in Pediatric Nutrition for Nursing”*





## Specific Objectives

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- ♦ Update the basics of a balanced diet in the different stages of life cycle as well as in exercise
- ♦ Assess and calculate nutritional requirements in health and disease at any stage of the life cycle
- ♦ Review the new dietary guidelines, nutritional objectives, and recommended dietary allowances (RDA)
- ♦ Manage food databases and composition tables
- ♦ Acquire skills in reading and understanding new food labeling methods
- ♦ Apply Food Science and Nutrition to the practice of pediatric dietetics
- ♦ Update the different educational methods of application in health sciences, as well as communication techniques applicable to food and human nutrition with a special focus on children and adolescents
- ♦ Reflect on the usefulness of the school cafeteria as an educational vehicle
- ♦ Review the relation between physiology and nutrition in the different stages of infant development
- ♦ Understand the implications of nutrition in the growth process and in the prevention and treatment of different pathologies in childhood.
- ♦ Identify the repercussion that a pregnant and lactating mother's nutrition has on the intrauterine growth and evolution of new-borns and infants
- ♦ Describe the nutritional requirements in the different periods of childhood
- ♦ Apply the knowledge acquired on nutritional assessment in Pediatrics
- ♦ Evaluate and prescribe physical activity as a factor involved in nutritional status
- ♦ Calculate child and adolescent athlete dietary needs and risks
- ♦ Review current trends in premature infant nutrition
- ♦ Describe current trends in feeding of the intrauterine delayed infant and the implication of feeding on metabolic diseases
- ♦ Reflect on the role of human milk as a functional food
- ♦ Review the physiology of breastfeeding
- ♦ Explain how milk banks work
- ♦ Update knowledge on 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
- ♦ Describe the pathophysiological aspects of pediatric diseases

# 03

# Course Management

This program includes highly regarded health professionals in the field of pediatric nutrition and hospital dietetics in its teaching staff, who bring the experience of their work to this training. In addition, renowned specialists, members of prestigious national and international scientific communities, are involved in designing and preparing the program.





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*Learn about the latest advances in  
Emergencies Nutrition for Nursing  
from leading professionals”*

## Management



### Dr. Auni3n Lavar3as, Mar3a Eugenia

- Pharmacist Clinical Nutrition Expert
- Author of the reference book in the field of Clinical Nutrition Dietary , Management of Overweight in the Pharmacy Office"
- Pharmacist with extensive experience in the public and private sector.
- Head Pharmacist
- Pharmacy Assistant. Pharmacy Chain. British Health and Beauty Retailers Boots UK. Oxford Street Centro de Londres
- Bachelor 's Degree in Food Science and Technology. University 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 training in daily Nurse practice, aware of the relevance of the current relevance of training in Nutrition pediatric and and committed to quality teaching through new educational technologies.





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*This Postgraduate Diploma in Pediatric Nutrition for Nursing 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 Symbiotics
  - 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 Childhood Nutrition
- 2.18. Prevention of Childhood Nutritional Diseases. Objectives and Guidelines

### Module 3. Artificial Nutrition in Pediatrics

- 3.1. Concept of Nutritional Therapy
  - 3.1.1. Evaluation of Patients in Need of Nutritional Support
  - 3.1.2. Indications
- 3.2. General Information about Enteral and Parenteral Nutrition
- 3.3. Dietary Products Used for Sick Children or Children with Special Needs
- 3.4. Implementing and Monitoring Patients with Nutritional Support
  - 3.4.1. Critical Patients
  - 3.4.2. Patients with Neurological Pathologies
- 3.5. Artificial Nutrition at Home
- 3.6. Nutritional Supplements to Support the Conventional Diet
- 3.7. Probiotics and Prebiotics in Infant Feeding



*A unique, key, and decisive educational experience to boost 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.



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

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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 case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



*The nurse will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



### Nursing Techniques and Procedures on Video

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



### Interactive Summaries

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

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

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

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



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06

# Certificate

The Postgraduate Diploma in Pediatric Nutrition for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.



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

This **Postgraduate Diploma in Pediatric Nutrition 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 Pediatric Nutrition for Nursing**

Official N° of Hours: **400 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



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