

# Postgraduate Certificate

Nutrition in Dysfunctions  
and Pathologies along  
the Digestive Tract



## Postgraduate Certificate Nutrition in Dysfunctions and Pathologies along the Digestive Tract

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

Website: [www.techtute.com/us/nutrition/postgraduate-certificate/nutrition-dysfunctions-pathologies-digestive-tract](http://www.techtute.com/us/nutrition/postgraduate-certificate/nutrition-dysfunctions-pathologies-digestive-tract)

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# 01

# Introduction

Pathologies associated with the digestive tract can seriously affect not only the health of the patient, but also their quality of life. Diseases such as celiac disease or Crohn's disease, among others, require a specific nutritional plan that provide the person with the nutritional supplements that their organism demands, avoiding associated comorbidities. That is why the role of dietitian nutritionist in the digestive consultation should be protagonist, and for this, not only should know in detail the pathologies, but be aware of the latest scientific evidence related to the most novel and effective treatments and early diagnosis.





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*A 100% online program with which you can catch up on everything related with sensitivity to non-celiac gluten”*

The number of patients with associated pathologies along the digestive tract is increasing, especially in infant population. According to experts, the increase in cases of people with celiac disease, for example, may be due to the delay in the introduction of gluten in children's diets and to changes in dietary habits, characterized by the decrease in wheat consumption. The same happens with other diseases such as dysbiosis, chronic diarrhea, gastroesophageal reflux, etc.

That is why in today's society, the role of the nutritionist has taken on special relevance, since with their knowledge they can positively influence the quality of life of all these people. For that reason, degrees such as this Postgraduate Certificate in Nutrition in Dysfunctions and Pathologies along the Digestive Tract, are necessary for this type of professional to be updated on the new developments that have been emerging with regard to the early diagnosis and specialized treatment of digestive diseases and their comorbidities.

This is a 100% online program from which the graduate will acquire a comprehensive and updated knowledge on the subject, focusing on the main pathologies and their clinical management. For this, not only will it have the best theoretical agenda, but it will have available hours of additional material of high quality presented in different formats. In this way, you can delve into those aspects that you consider most relevant, obtaining from this academic experience a personalized performance based on your demand.

This **Postgraduate Certificate in Nutrition in Dysfunctions and Pathologies along the Digestive Tract** 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 experts in Nutrition and Endocrinology
- ◆ Graphic, schematic, and practical contents which provide scientific and practical information on the disciplines that are essential for professional practice
- ◆ Practical exercises where the self-assessment process can be carried out 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



*Starting by reviewing digestive history and previous eating habits will help you better contextualize the novelties to be developed throughout the syllabus"*

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*You will delve into the newest aspects of diseases of the stomach's mouth: mucositis, dysphagia, xerophthalmia and oral dysbiosis"*

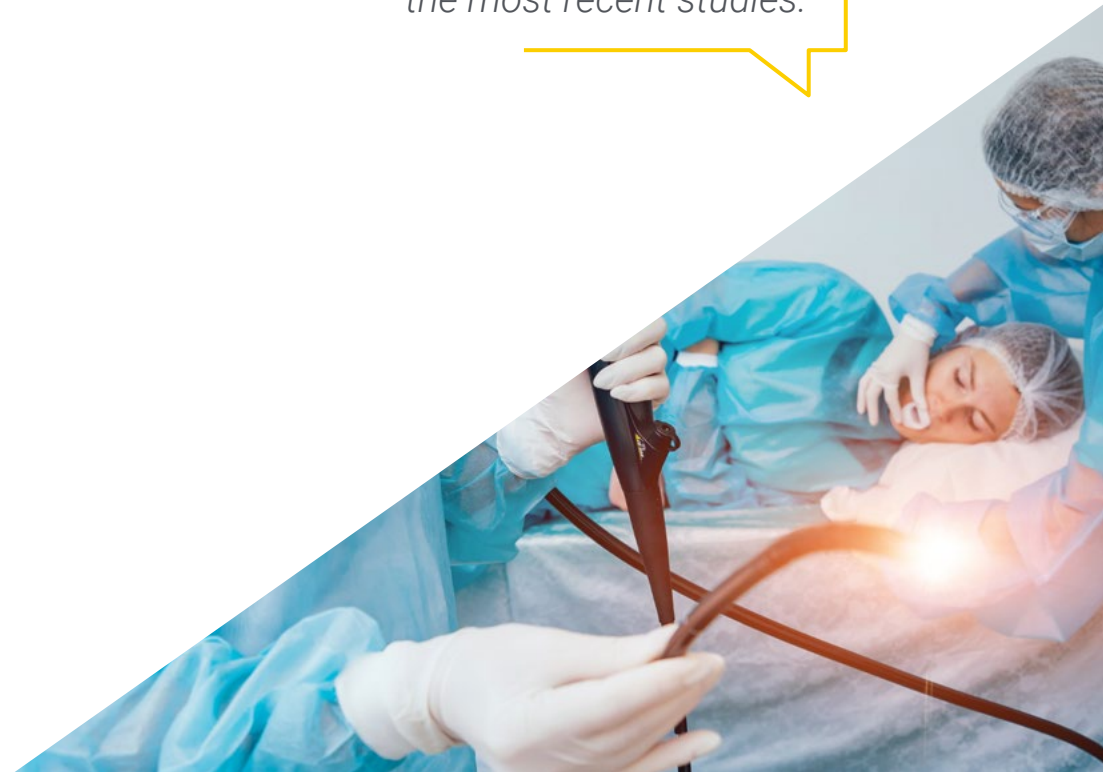
The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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 students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Through real clinical cases, you will be able to know in detail the most modern scientific evidence related to nutrition in diseases of the esophagus.*

*Thanks to the exhaustiveness with which the syllabus has been designed, you can develop personalized diets and adapted to stomach diseases based on the results of the most recent studies.*



# 02 Objectives

TECH has developed this Postgraduate Certificate based on the increase of cases in recent years of patients with diseases of the digestive tract. For this reason, the objective of the program is to provide the nutritionist with the keys that allow them not only to update on all the news related to the diagnosis and treatment of these people, but to expand their knowledge exponentially, allowing you to offer an even more personalized and specific service.







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*The purpose of this program is to get you up to date on everything related to nutrition in diseases of the digestive tract in just 6 weeks"*



## General Objectives

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- ◆ Catching up on the most relevant and novel issues related with the nutritional management of patients with pathologies in the digestive tract
- ◆ Improve their skills through the practical resolution of real clinical cases taken from the practicing professionals





## Specific Objectives

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

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*Digestive health has never been more important. Taking this program will give you the keys to the early evaluation of children and youth patients based on the latest strategies in the nutrition sector”*

# 03

# Course Management

One of the ways TECH demonstrates its commitment to graduate development is through the choice of a quality teaching body, a benchmark in its area and characterized by its human and professional quality. For this reason, the teaching team of this Postgraduate Certificate is composed of specialists in Endocrinology and Nutrition with a wide and extensive career in the clinical management of patients with diseases of the digestive tract. They are well-versed and will give the degree a realistic and critical character, aspects that the student can take advantage of to know the current context even more closely.





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*If you have any doubts, you will have the support of the teaching team to solve it"*

## Management



### Dr. Vázquez Martínez, Clotilde

- ♦ Corporate Head in the University Hospital Endocrinology and Nutrition Departments, Fundación Jiménez Díaz
- ♦ Head of the Endocrinology and Nutrition Service at Ramón y Cajal University Hospital
- ♦ Head of the Endocrinology and Nutrition Service at Severo Ochoa University Hospital
- ♦ President of The Society of Endocrinology, Nutrition, and Diabetes of the Community of Madrid SENDIMAD ()
- ♦ Coordinator Therapeutic Education Group Group of the Spanish Society of Diabetes
- ♦ Doctor of the Faculty of Medicine of the Autonomous University of Madrid
- ♦ Degree in Medicine and Surgery from the Faculty of Medicine of the University of Valencia
- ♦ Specialist in Endocrinology and Nutrition via Medical Residency by the University Hospital Fundación Jimenez Díaz
- ♦ 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. 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's Degree 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



### Dr. Sánchez Jiménez, Álvaro

- ♦ Specialist in Nutrition and Endocrinology at Jiménez Díaz Foundation University Hospital
- ♦ 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 of the Master's Degree in Obesity and Comorbidities at the Rey Juan Carlos University
- ♦ Professor at the Course of Excellence in Obesity at the University Hospital Fundación Jimenez Díaz
- ♦ Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid
- ♦ Nutrition and Food for the Elderly by the Complutense University of Madrid
- ♦ Nutrition and Sports for Professionals by the Fundación Tripartita
- ♦ Refresher Course on Practical Diabetes Type 1 and 2 for Health Professionals



## Professors

### Dr. Gutiérrez Pernia, Belén

- ◆ Obesity Nutritionist at Medicadiet
- ◆ López-Nava Obesity Nutritionist Madrid
- ◆ Dietitian and Nutritionist in Research Projects of Predimed Plus
- ◆ Grade in Human Nutrition and Dietetics from the Autonomous University of Madrid
- ◆ Master's Degree in Clinical Nutrition and Endocrinology at the Institute of Nutrition and Health Sciences

### 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

### Ms. López Escudero, Leticia

- ◆ Nutritionist at Diet Clinic
- ◆ Dietician and clinical nutritionist at the Jiménez Díaz Foundation University Hospital
- ◆ Dietician and Clinical Nutritionist at the University Hospital Infanta Elena
- ◆ Professor in graduate studies Degree in Human Nutrition and Dietetics
- ◆ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ◆ Master's Degree 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)

# 04

# Structure and Content

TECH is committed every year to the launch of quality degrees through the use of the most cutting-edge and effective pedagogical methodology, the use of the best academic tools and the most complete and current programs in the university sector. All this compacted in a comfortable 100% online format that allows graduates to catch up on everything related to their area from the comfort of their home and with a fully customizable schedule depending on their work and personal availability.





“ In the Virtual Classroom you will find videos detail and summaries of each unit, so you can get the most out of this Postgraduate Certificate”

## Module 1. Nutrition in Dysfunctions and Pathologies along the Digestive Tract

- 1.1. Digestive History, and Assessment of Variables, Symptomatology and Previous Eating Habits
- 1.2. Mouth: Nutrition in Mucositis, Xerophthalmia, Dysphagia, and Oral Dysbiosis
- 1.3. Esophagus: Nutrition in Gastroesophageal Reflux Disease and Barret's Esophagus
- 1.4. Stomach: Nutrition in Gastritis, Hiatus Hernia, Dyspepsia, Helicobacter Pylori Infection
- 1.5. Constipation and Symptomatology
  - 1.5.1. Associated Pathologies
- 1.6. Acute and Chronic Diarrhea
- 1.7. Inflammatory Bowel Diseases
- 1.8. Differentiation between Malabsorption, Intolerances and Allergies
  - 1.8.1. Enzyme Deficiency and Immune System
  - 1.8.2. Diet Low in Histamine and DAO Deficiency
- 1.9. Dysbiosis, Bacterial Overgrowth and Nutrient Malabsorption
- 1.10. Celiac Disease and Non-Celiac Gluten Sensitivity (NCGS)



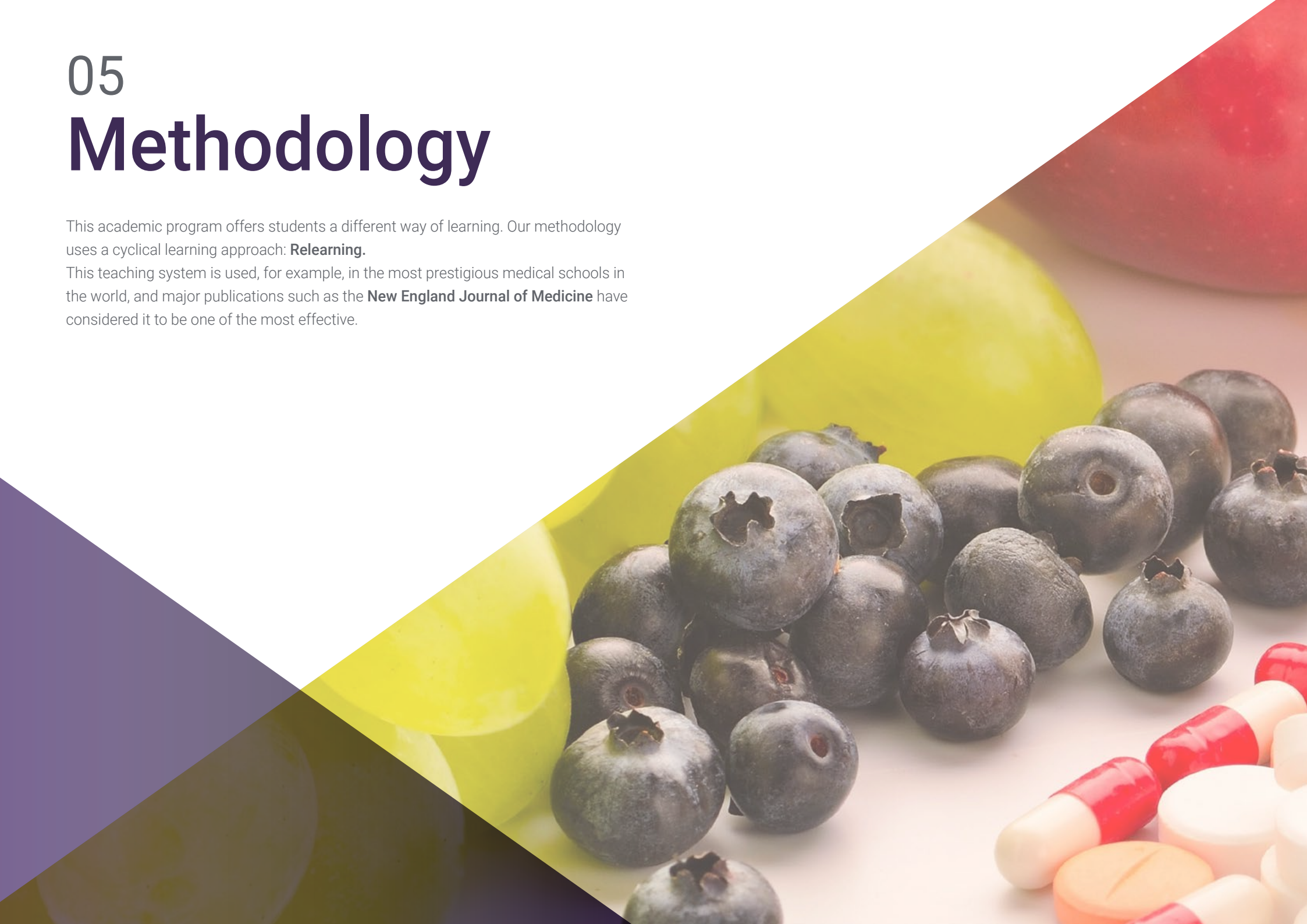


“*Catching up from the comfort of home and with the endorsement of a great university, is now possible thanks to this Postgraduate Certificate that TECH has designed exclusively for professionals like you”*

# 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 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. Specialists learn better, faster, and more sustainably over time.

*With TECH, nutritionists can experience a way of learning 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, trying to recreate the real conditions of professional nutritional 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. Nutritionists who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity through exercises to evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the nutritionist to better integrate knowledge into clinical practice.
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 the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*The nutritionist 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, more than 45,000 nutritionists have been trained with unprecedented success in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

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



#### Nutrition Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current nutritional counselling techniques and procedures. 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 the videos as many times as you like.



#### 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 Certificate in Nutrition in Dysfunctions and Pathologies along the Digestive Tract guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate 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”*

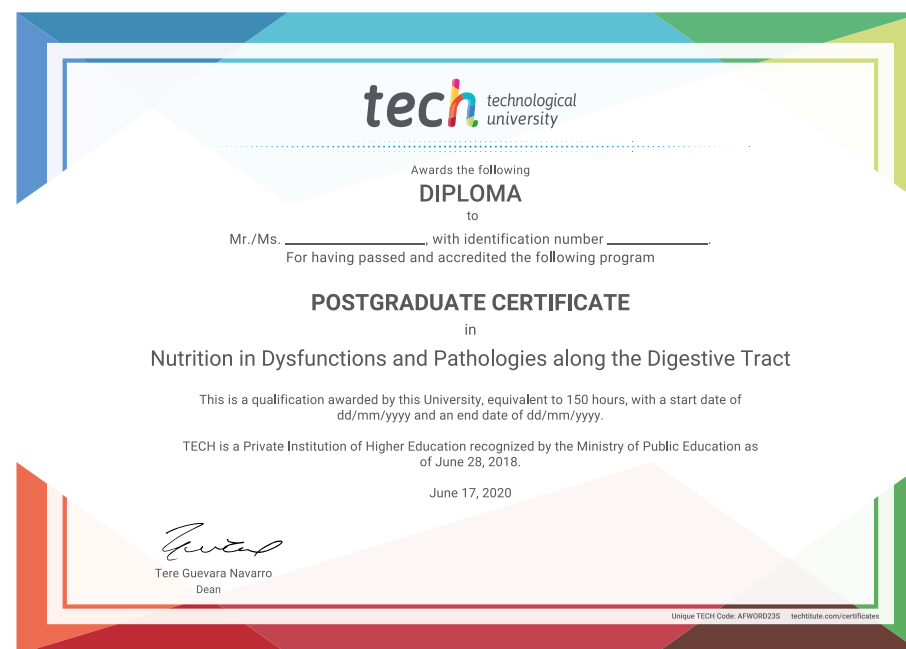
This **Postgraduate Certificate in Nutrition in Dysfunctions and Pathologies along the Digestive Tract** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Nutrition in Dysfunctions and Pathologies along the Digestive Tract**

Official N° of Hours: **150 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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health confidence people  
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community commitment  
personalized service innovation  
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development languages  
virtual classroom



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