

# Postgraduate Certificate

Nutrition in Endocrine-Metabolic  
and Autoimmune Pathologies



## Postgraduate Certificate

### Nutrition in Endocrine-Metabolic and Autoimmune Pathologies

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

Website: [www.techtute.com/pk/nutrition/postgraduate-certificate/nutrition-endocrine-metabolic-autoimmune-pathologies](http://www.techtute.com/pk/nutrition/postgraduate-certificate/nutrition-endocrine-metabolic-autoimmune-pathologies)

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# 01

# Introduction

The role of the nutritionist goes beyond the creation of food plans, since they must also act as an educator, especially for patients suffering from endocrine-metabolic diseases such as diabetes, where food is a fundamental pillar in their treatment. That is why the professional in this field must always maintain a conciliatory attitude, which allows the person to understand the importance of self-care. To do this, the specialist must always handle the most up-to-date information, which allows them to work in a personalized manner based on the latest scientific evidence that has been made in the field of diet therapy and nutrition, aspects which it will be able to improve with this program. Through the 100% online course of this degree, the graduate will be able to update on the nutritional news related to these pathologies, as well as autoimmune diseases, through a dynamic, comprehensive agenda and designed by experts in the sector.





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*A degree designed by experts in Nutrition and aimed at professionals like you, who seek to know the latest developments related to nutrition in endocrine-metabolic and autoimmune pathologies"*

Diabetes is one of the most common endocrine-metabolic diseases and affects millions of people worldwide and of all ages. The goal of these people is to control blood glucose levels and avoid mismatches, which is achieved with exercise, treatment and, above all, with a good and adequate diet. The same happens with autoimmune diseases such as rheumatoid arthritis or psoriasis, in which the food base becomes a protagonist in its controlled maintenance.

That is why nutritionists must face every day the creation of personalized plans which are adapted to the specifications of each patient and for this they must have the most updated and comprehensive knowledge about the characteristics of each of these diseases. For this reason, TECH and its team of experts have developed this comprehensive Postgraduate Certificate in Nutrition in Endocrine-Metabolic and Autoimmune Pathologies, a program that delves into, precisely, nutritional management for disease control and prevention of secondary complications in: diabetes (1 and 2), thyroid disorders, menstrual cycles, rheumatoid arthritis, psoriasis, lupus, sarcopenia, osteopenia, osteoporosis, cystic fibrosis, COPD, OSAS, chronic fatigue, anemia and vitamin D deficiency.

To this end, it will not only have a syllabus based on the immediate current situation in the Nutrition and Diet Therapy sector, but will have available hours of additional material of high quality and presented in different formats. All the content can be downloaded on any device with internet connection and will be available from the beginning of the course, so that the graduate can organize this academic experience in a personalized manner and based on their hourly, work and personal availability.

This **Postgraduate Certificate in Nutrition in Endocrine-Metabolic and Autoimmune Pathologies** 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
- The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- Practical exercises where 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 work
- Content that is accessible from any fixed or portable device with an Internet connection



*Update yourself on the latest nutritional advances related to osteopenia and osteoporosis with this Postgraduate Certificate"*

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*You can work on food news related to lung pathologies such as cystic fibrosis, COPD or OSAS and know in detail its most important nutritional specifications”*

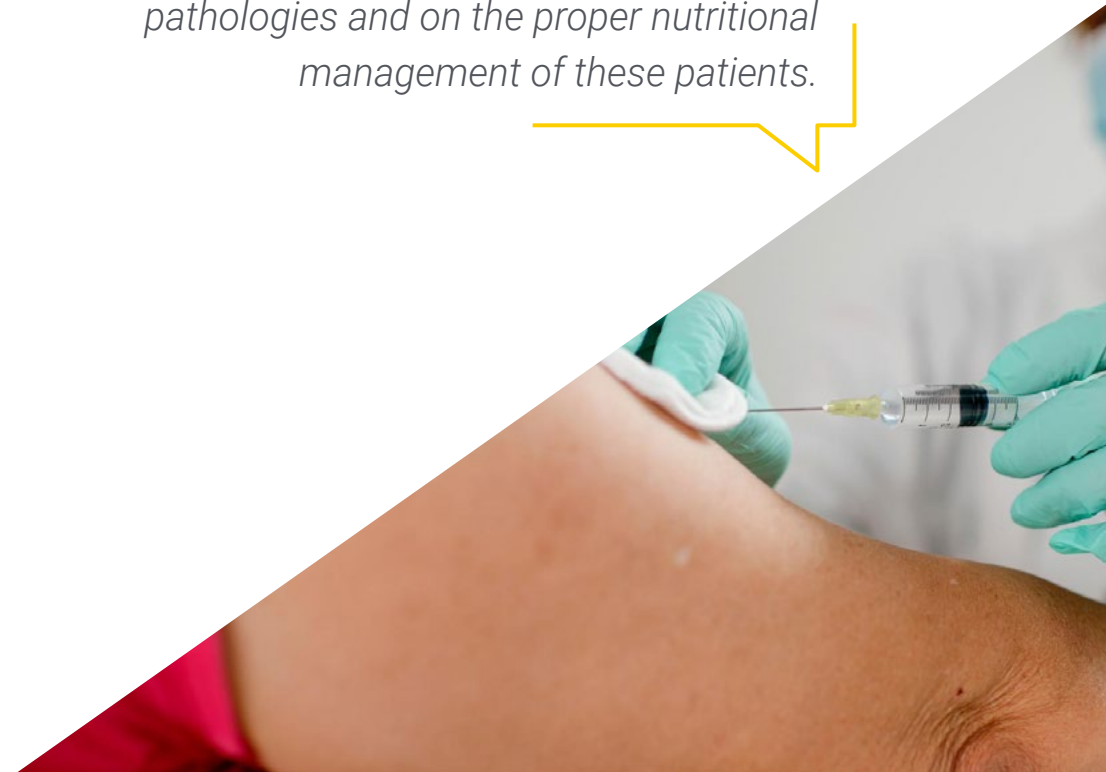
The program's teaching staff includes professionals in the sector who contribute their work experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

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 students must try to solve the different professional practice situations that arise throughout the program. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*A Postgraduate Certificate 100% online with which you can perfect your professional skills in the field of Nutrition from anywhere and with a fully personalized schedule.*

*Chronic fatigue, anemia, and vitamin D deficiency. You will also work on the most novel and relevant aspects of these pathologies and on the proper nutritional management of these patients.*



# 02

# Objectives

Since the role of the nutritionist in the management of patients with endocrine-metabolic and autoimmune diseases must be protagonist, the purpose of this diploma is to provide you with all the information that allows you to know and be up-to-date on the latest developments related to the field of food adapted to this type of people. To meet this objective, TECH will make available the most sophisticated academic tools and the most comprehensive agenda, so that you can overcome this academic experience successfully.





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*The Diploma includes a specific module dedicated to nutrition in the physiological menstrual cycle and its alterations, so you can expand your knowledge in this field in a dynamic and comprehensive way”*



## General Objectives

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- Provide the graduate with a general and updated knowledge on nutrition in endocrine-metabolic and autoimmune pathologies
- Equip you with all the best academic tools that allow you to catch up in a simple, complete and comprehensive way



*The quantity, variety, and quality of the content of this Postgraduate Certificate will make you exceed your expectations in less than 6 weeks"*





## Specific Objectives

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- Individualize nutritional planning for patients with insulin-dependent DM1 and DM2 and insulin resistance
- Explore adapted nutritional recommendations based on scientific evidence in autoimmune, endocrine and respiratory pathologies
- Delve into the prevention and treatment of sarcopenia and osteopenia. Update The knowledge of renal, hepatic and pancreatic functions and pathologies, and their relationship with nutrition
- Assess clinical cases, application tools in nutrition consultation
- Plan the nutritional treatments based on scientific evidence and assessment of evolution

03

# Course Management

TECH is aware that having a knowledgeable teaching team in the area is a fundamental support for the graduate. Precisely for this reason, it has selected for this program a team of experts in the area of Nutrition and Endocrinology from the medical and dietetic sector who have a long career in the management of patients with different pathologies. This is a group of professionals who will be at the disposal of the graduate to resolve any doubts and to guide them through the course of this academic experience





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*In the Virtual Classroom you will find a discussion forum in which you can raise questions and give opinions on the different topics presented by your peers and the teaching team”*

## 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. 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



### 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

## Professors

### Dr. Martínez Martínez, Alberto

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

### Dr. Gutiérrez Pernia, Belén

- ♦ 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. Miguélez González, María**

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

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*Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice”*



# 04

# Structure and Content

The design of the structure and the development of the content from this Postgraduate Course has been completed by the teaching team. To do this, they have used the latest information related to the area of nutrition specialized in the management of patients with endocrine-metabolic and autoimmune pathologies. In addition to a varied and dynamic agenda, they have also developed and selected additional material in different formats, with the aim that the graduate can contextualize each section and delve into those aspects that he considers most relevant to his professional performance.





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*You will work on the nutritional aspects to consider in thyroid disorders such as hypo and hyperthyroidism, so you can offer your patients an even more personalized and adapted treatment”*

## Module 1. Nutrition in Endocrine-Metabolic and Autoimmune Pathologies

- 1.1. Type 1 Diabetes
  - 1.1.1. Nutrition in Insulin-Dependent Patients
- 1.2. Insulin Resistance and Type 2 Diabetes
- 1.3. Nutrition in Thyroid Disorders
  - 1.3.1. Hypothyroidism
  - 1.3.2. Hyperthyroidism
- 1.4. Nutrition and Circadian Rhythms: Chronobiology
- 1.5. Nutrition in the Physiological Menstrual Cycle and its Alterations
  - 1.5.1. Amenorrhea
  - 1.5.2. Polycystic Ovarian Syndrome
  - 1.5.3. Endometriosis
- 1.6. Nutrition in Autoimmune Pathology
  - 1.6.1. Rheumatoid Arthritis
  - 1.6.2. Psoriasis
  - 1.6.3. Lupus
- 1.7. Muscle
  - 1.7.1. Sarcopenia
- 1.8. Bone Health
  - 1.8.1. Osteopenia
  - 1.8.2. Osteoporosis
- 1.9. Nutrition in Pulmonary Pathologies
  - 1.9.1. Cystic Fibrosis
  - 1.9.2. COPD
  - 1.9.3. Obstructive Sleep Apnea Syndrome (OSAS)
- 1.10. Chronic Fatigue, Anemia and Vitamin D Deficiency





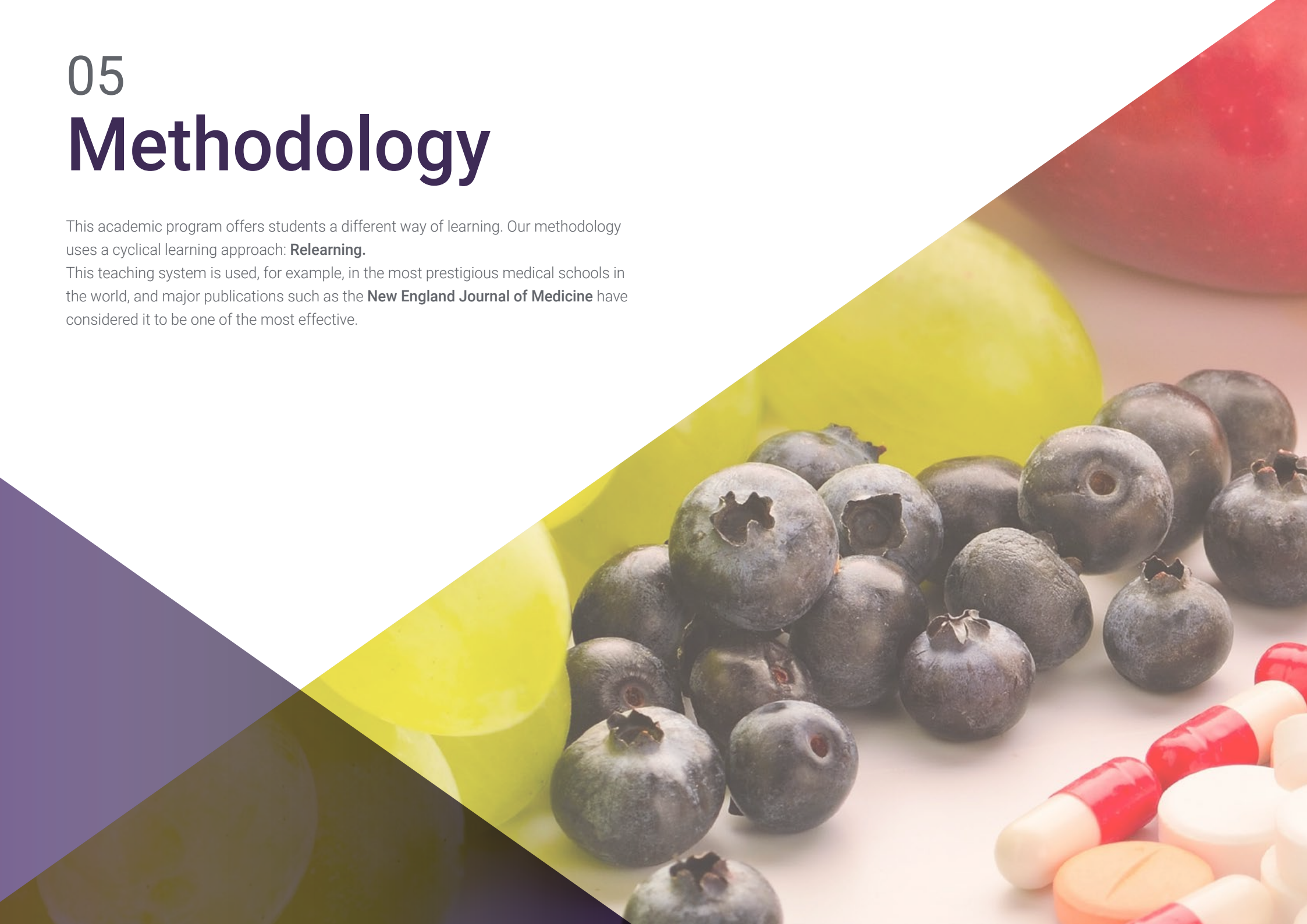
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*You will address in a practical way very prevalent situations such as anemia or vitamin D deficiency through real clinical cases extracted from the consultations of the teaching team”*

# 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 Endocrine-Metabolic and Autoimmune Pathologies guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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

This **Postgraduate Certificate in Nutrition in Endocrine-Metabolic and Autoimmune Pathologies** 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 certificate 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 Certificate in Nutrition in Endocrine-Metabolic and Autoimmune Pathologies**

Official N° of Hours: **150 h.**



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





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