

# Postgraduate Certificate

## Nutrition in Renal, Hepatic and Pancreatic Diseases





## Postgraduate Certificate

### Nutrition in Renal, Hepatic and Pancreatic Diseases

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nutrition/postgraduate-certificate/nutrition-renal-hepatic-pancreatic-diseases](http://www.techtute.com/us/nutrition/postgraduate-certificate/nutrition-renal-hepatic-pancreatic-diseases)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 18*

05

Methodology

---

*p. 22*

06

Certificate

---

*p.30*

# 01

# Introduction

Preventive nutrition in patients with chronic renal, hepatic and pancreatic diseases must be a priority, since, in general, these are pathologies that worsen when an adequate and specific diet based on the nutritional requirements of each one of them is not carried out. For this reason, the dietetic professional must always handle the most updated information related to the elaboration of specific food plans, something that you will find in this complete program. This is a 100% online Postgraduate Certificate developed by experts that covers the most innovative aspects of personalized nutritional planning based on the latest scientific evidence in the Endocrinology sector.



“

*Through a personalized diet based on the most innovative aspects of Endocrinology, you will be able to positively influence the quality of life of dialysis patients"*

Proper nutrition is one of the main pillars of health, especially in people suffering from chronic kidney, liver or pancreatic diseases. In this case, dietary planning based on the requirements of each of the pathologies is essential, not only to improve the quality of life of the patients, but also to avoid possible comorbidities pathologies is essential, not only to improve the quality of life of patients, but also to avoid possible comorbidities that could worsen the health status of each of them.

In addition, the educational role of the nutritionist in teaching self-care through food is also an indispensable foundation that the professional must take into account when facing the management of clinical cases of this type, and it is on this topic that TECH has based the Postgraduate Certificate in Nutrition in Renal, Hepatic and Pancreatic Diseases. It is a qualification that aims to serve as a basis for up to date on new developments that have emerged in relation to the planning and dietary modulation of people suffering from this type of pathology.

Thanks to the use of the most avant-garde pedagogical methodology and the best academic technology, it is possible to offer this complete program 100% online, so that the specialist can update from wherever they want and with a totally personalized schedule. In addition, in the Virtual Classroom you will find hours of high quality additional material with which you can not only contextualize the different modules of the syllabus, but also go deeper into each one of them as you consider necessary.

This **Postgraduate Certificate in Nutrition in Renal, Hepatic and Pancreatic Diseases** 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 assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*A program that addresses in an up to date way the analysis and understanding of patients with hepatic, renal and pancreatic pathologies and individualized nutritional adaptations"*



“

*You will be able to access the Virtual Classroom 24 hours a day throughout the week, so you can customize the academic calendar based on your work and personal availability"*

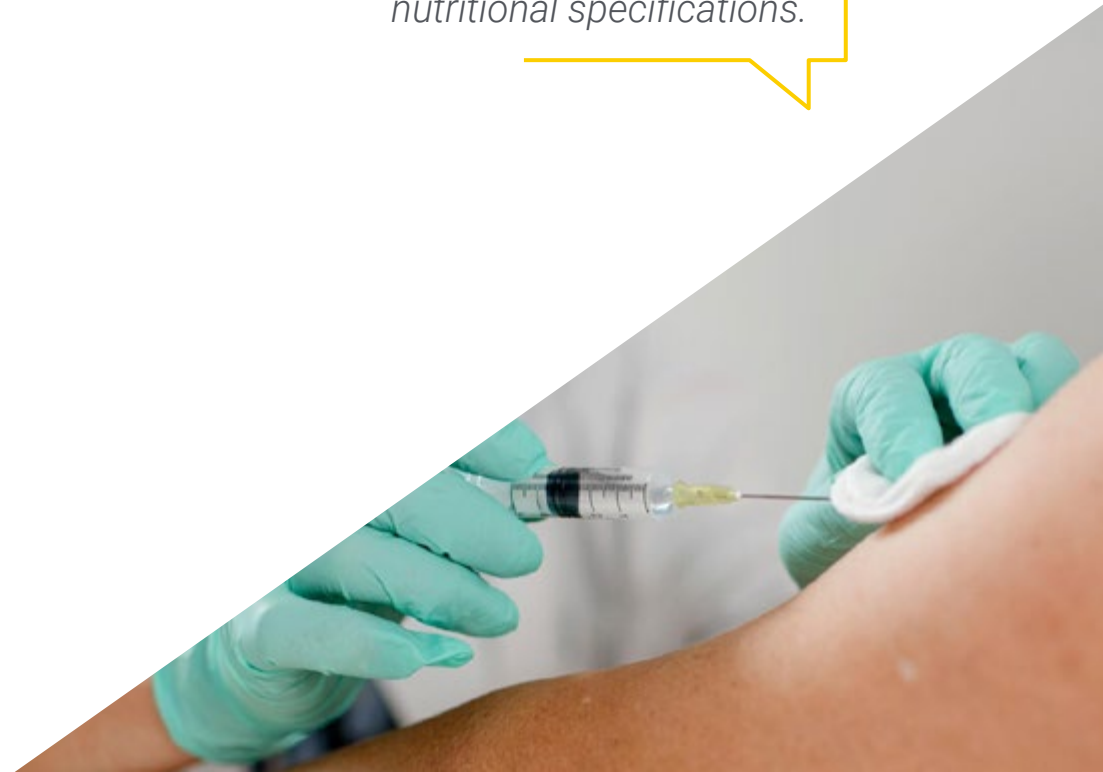
The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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

*Get up to date with the most sophisticated and innovative tools for application in nutritional consultation with this Postgraduate Certificate.*

*You will deepen in the protective measure antiproteinuric in pre-dialysis and in the prevention of renal comorbidities through complete diets adapted to the patient's nutritional specifications.*



# 02 Objectives

This Postgraduate Certificate has not been designed solely for the dietician and/or nutritionist to be able to update on the latest developments related to nutrition in patients with renal, hepatic and pancreatic diseases. But, in addition, its purpose is to guide you and provide you with the latest and most effective academic tools that will allow you to broaden your knowledge and offer individualized and even more personalized consultations for people suffering from these pathologies.





“

*Trabajarás en la importancia de los aspectos psicológicos y de calidad de vida de los pacientes a la hora de realizar una planificación dietética, para que puedas elaborar pautas 100% personalizadas”*



## General Objectives

---

- ♦ Enable the graduate to become comprehensively up to date on all aspects of nutritional planning for patients with renal, hepatic and pancreatic diseases
- ♦ To provide professionals with the most innovative and effective academic tools that will allow them to meet their own academic objectives in a simple, dynamic and highly beneficial way for their professional performance





### Specific Objectives

---

- ◆ 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

“

*TECH's goal is for you to reach your own goals. Por ese motivo, pondrá a tu disposición todas las herramientas académicas necesarias para ayudarte, no solo a conseguirlas, sino a superarlas”*

03

# Course Management

TECH has selected a team of experts in Nutrition and Endocrinology with expertise in the management of patients with pancreatic, renal or hepatic pathologies. In addition, this is a group of active professionals, so they will be able to contribute to the degree, not only their experience, but also a current and critical character of the reality of dietetic consultations.







“

*The teaching team has selected real clinical cases for this course so that you can put your skills into practice and perfect your competencies in specialized nutrition"*

## 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
- ♦ 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 Jimenez Díaz Foundation
- ♦ 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 Jimenez Díaz Foundation Hospital
- ♦ 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. 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 Díaz 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's Degree in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos

### Ms. Manso del Real, Paula

- ♦ Deputy Director of Nursing at the Íñigo Álvarez de Toledo Renal Foundation
- ♦ Nursing Supervisor of the Dialysis Unit of the Íñigo Álvarez de Toledo Renal Foundation
- ♦ Nephrology Nurse at the Nephrology Unit of the Jiménez Díaz Foundation 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 Nursing at the Complutense 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
- ◆ University Expert in Peritoneal Dialysis for Nursing at Cardenal Herrera University
- ◆ Graduate in Nursing from the Autonomous 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

04

# Structure and Content

TECH employs in the totality of its programs the effective and avant-garde Relearning methodology, which is mainly based on the reiteration of the most important concepts throughout the syllabus. In this way, a natural and progressive acquisition of knowledge is favored, which translates into a significant reduction in the number of hours of study that the graduate has to spend in order to pass the program. In addition, in order to make the course a more dynamic experience, in the Virtual Classroom you will find additional material, presented in different formats, with which you will be able to contextualize the information and deepen in a personalized way in each module.



“

*You will approach nutrition in renal transplant patients from the ground up, so you can update your knowledge from the basics to the most complex plans"*



## 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





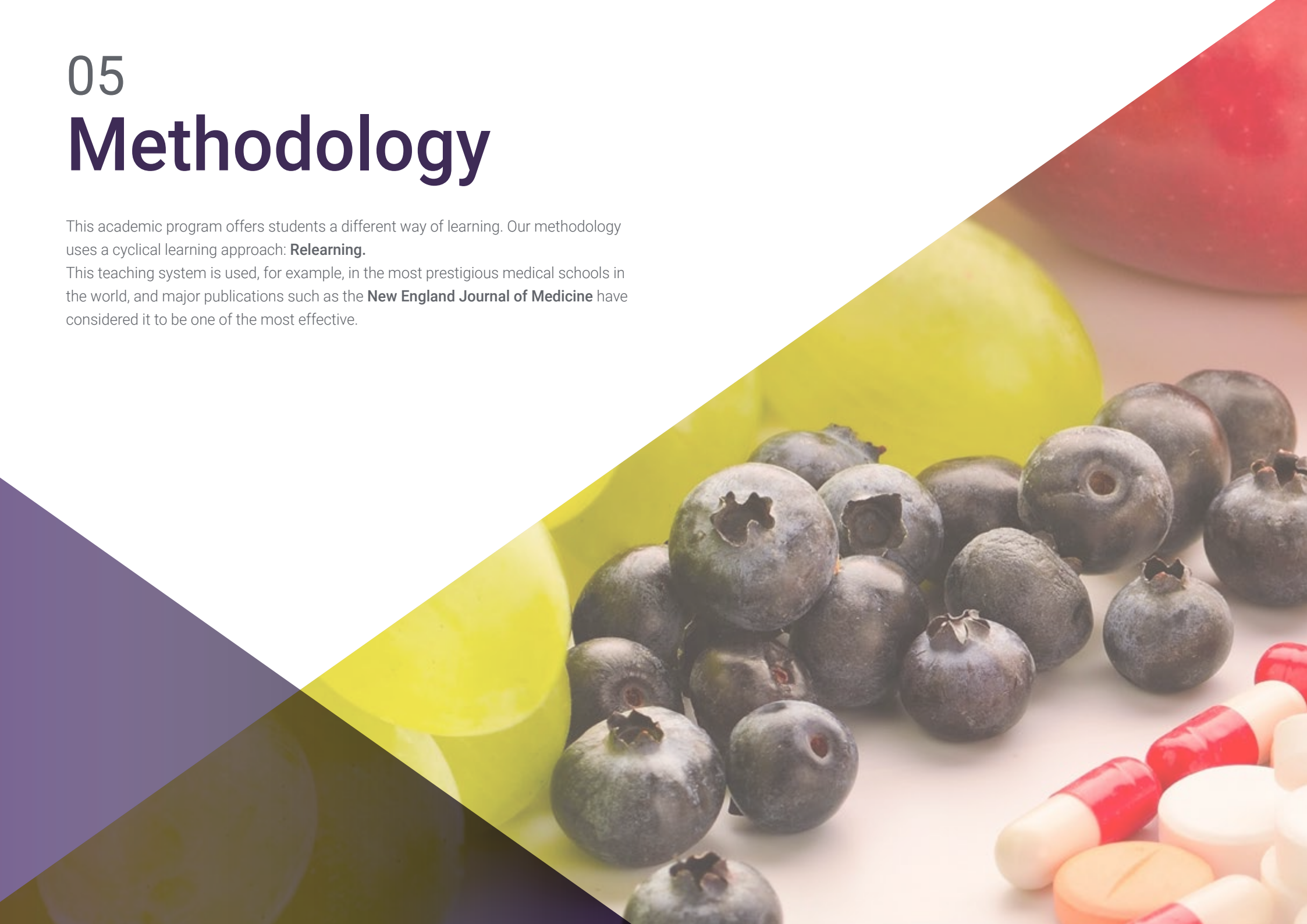


“Don't think twice and opt for a multidisciplinary and multipurpose Postgraduate Certificate that will give your professional career a plus of commitment to your patients”

# 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.





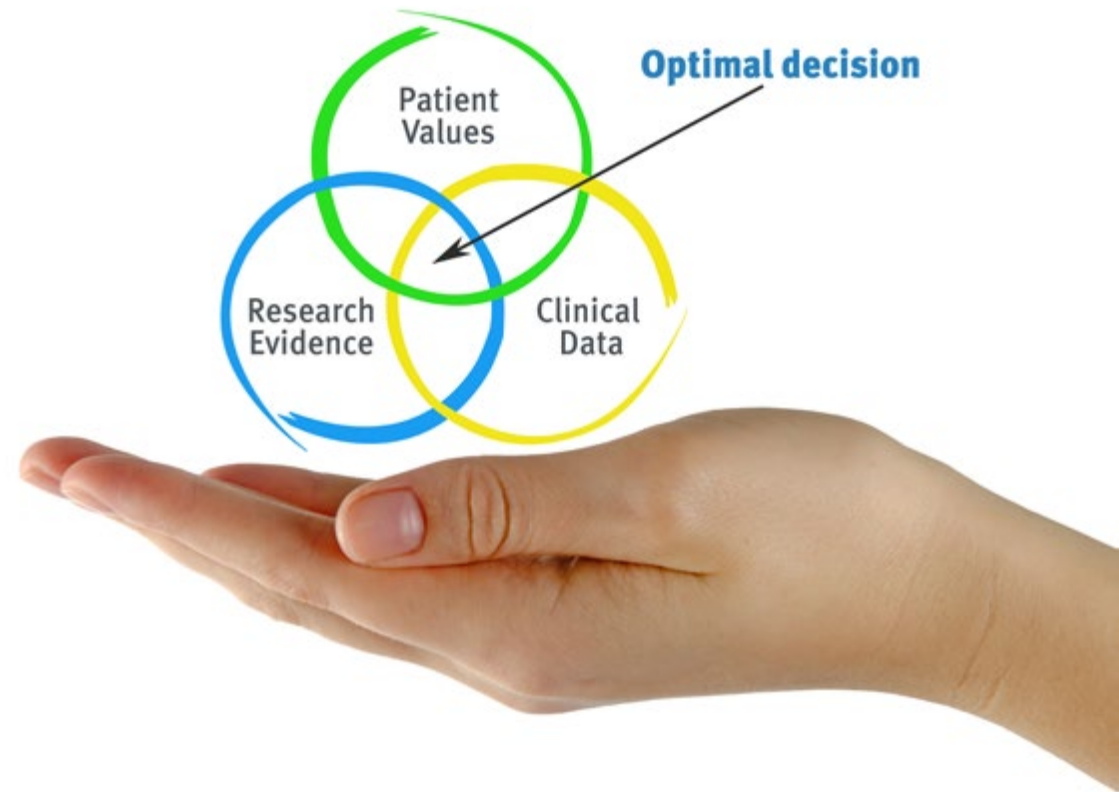
“

*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. Gérvás, 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.

“

*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

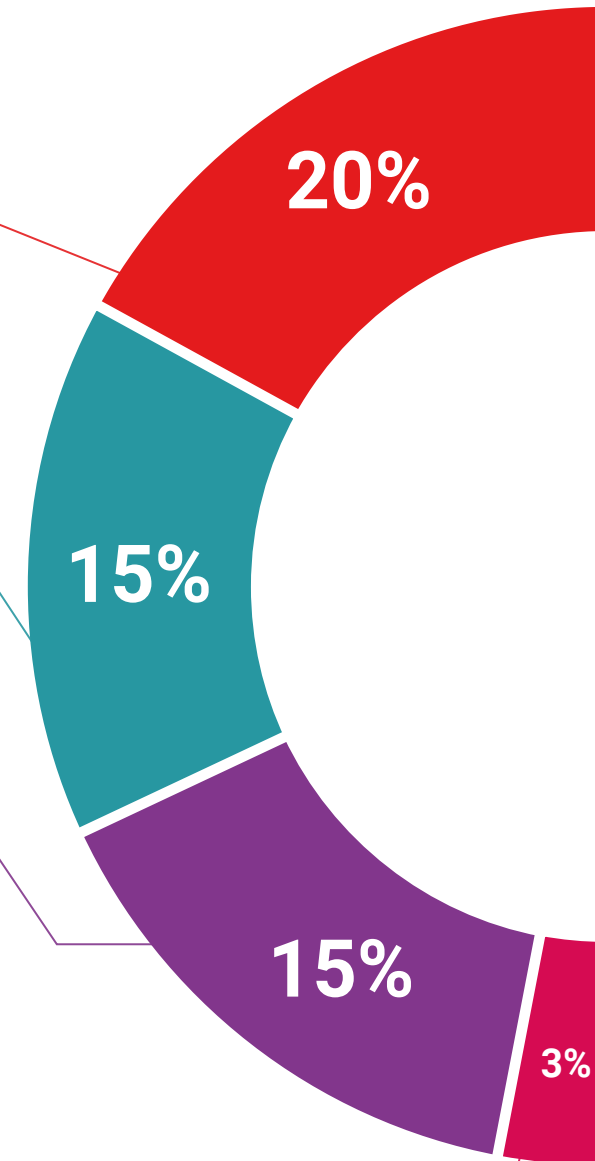
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

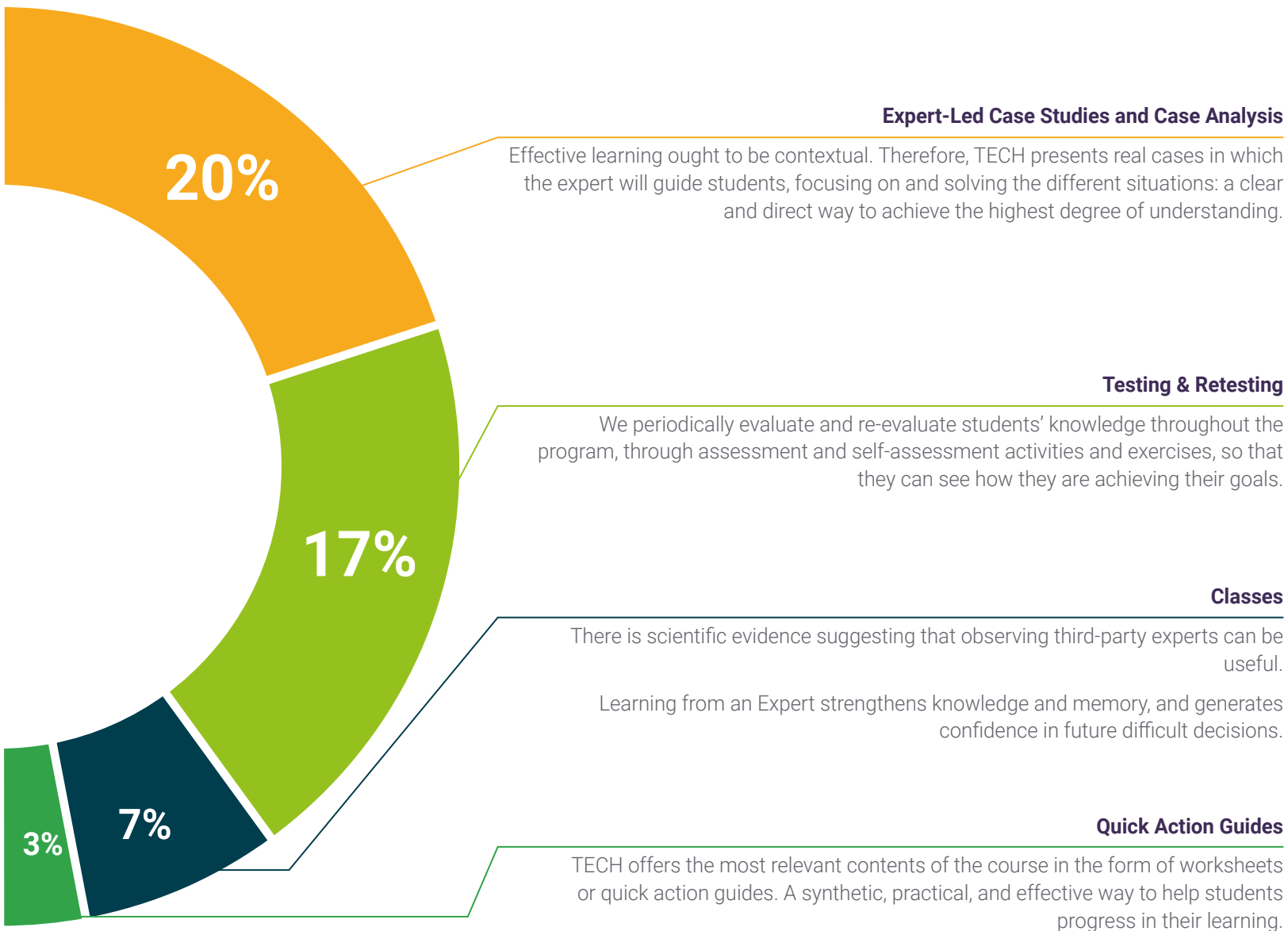
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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.





# 06 Certificate

The Postgraduate Certificate in Nutrition in Renal, Hepatic and Pancreatic Diseases guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.





“

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

This program will allow you to obtain your **Postgraduate Certificate in Nutrition in Renal, Hepatic and Pancreatic Diseases** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

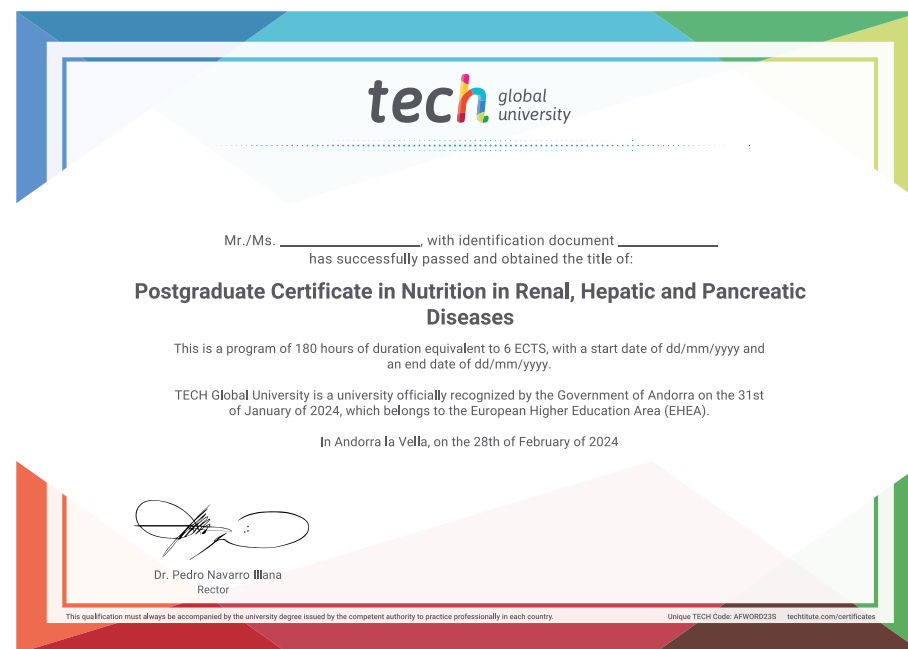
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Nutrition in Renal, Hepatic and Pancreatic Diseases**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**







## Postgraduate Certificate

Nutrition in Renal, Hepatic  
and Pancreatic Diseases

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Certificate

## Nutrition in Renal, Hepatic and Pancreatic Diseases