

Postgraduate Diploma

Respiratory Microbiota and Allergies for Nutritionists





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Respiratory Microbiota and Allergies for Nutritionists

Course Modality: **Online**

Duration: **6 months.**

Certificate: **TECH Technological University**

18 ECTS Credits

Teaching Hours: **450 hours.**

Website: www.techtitute.com/us/nutrition/postgraduate-diploma/postgraduate-diploma-respiratory-microbiota-allergies-nutritionists

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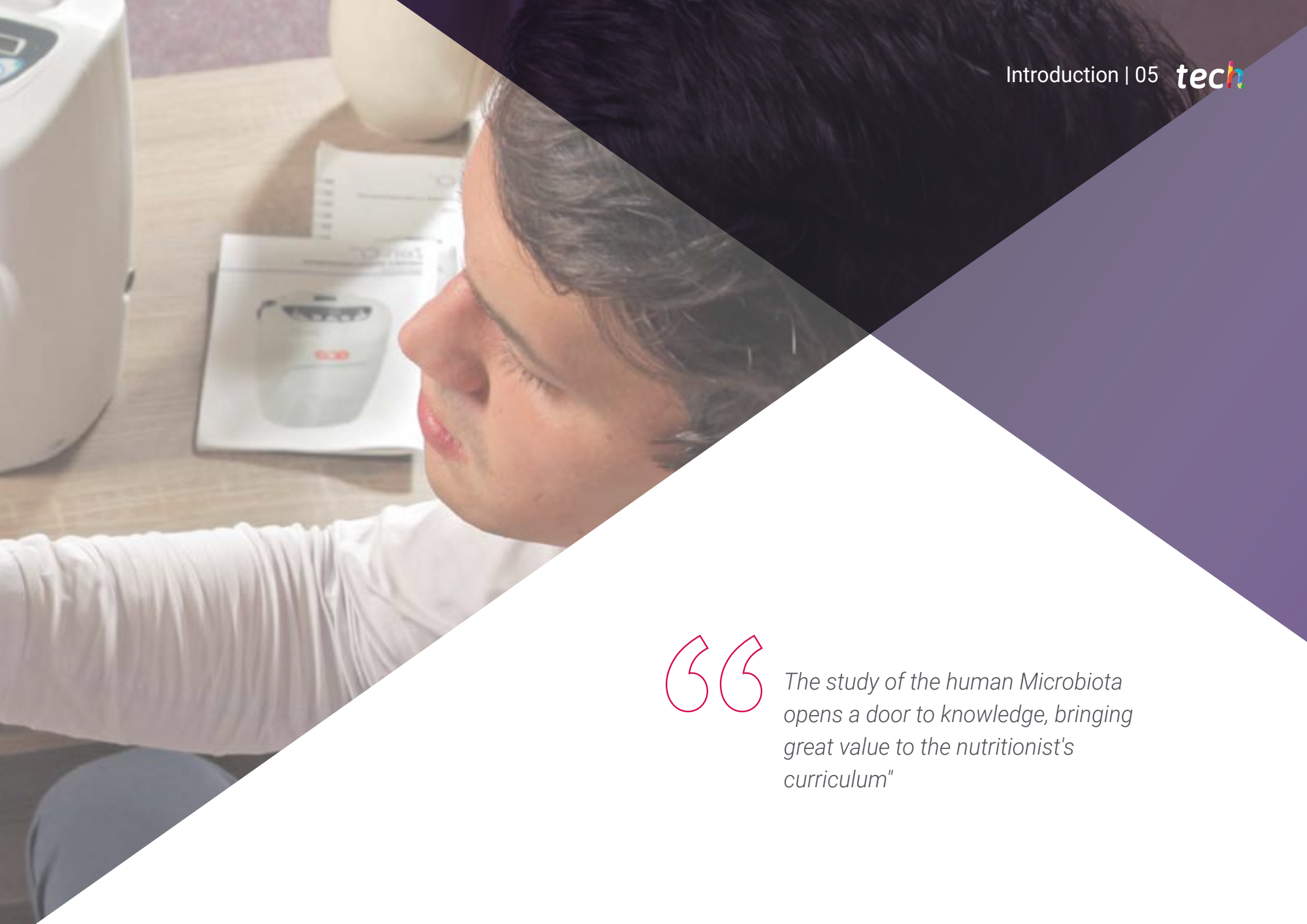
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01

Introduction

Scientific research in the field of microbiota has been booming in recent decades, aimed both at the study of its characteristics and its impact on our health. The study of human microbiota opens the door to the knowledge of multiple diseases, especially the so-called functional diseases, with the microbiome being researchers' main workhorse. Aware of this, TECH professionals have designed this Postgraduate Diploma that aims to train nutritionists to be able to understand the functioning of the respiratory microbiome and its involvement with allergic processes. All this will make them much more competent professionals, prepared to work in various fields, designing food plans with greater guarantees of success.





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The study of the human Microbiota opens a door to knowledge, bringing great value to the nutritionist's curriculum"

Numerous pieces of scientific evidence have implicated the intestinal microbiome and its metabolic potential in various pathological conditions in recent years, giving rise to new therapeutic strategies to control and regulate this ecosystem. The study of this ecosystem is a field that is rapidly advancing scientifically, and it is universally accepted that to achieve an adequate state of health it is also necessary to have a "healthy" Microbiota.

Our microbiota undergoes changes as a consequence of the influence of multiple factors, diet, lifestyle, pharmacological treatments.... generating alterations in this bacterial ecosystem and the abnormal interaction that the organism could have with it, is related to certain processes: allergic, acute and chronic intestinal diseases, obesity and metabolic syndrome, neurological diseases, dermatitis and other alterations in the dermis, and even some types of cancer.

In this sense, this Postgraduate Diploma in Respiratory Microbiota and Allergies for Nutritionists gives the ease of access to the inessentialization and the interest that awoken among professionals the topics related to the Microbiota, its Eubiosis and Dysbiosis and the problems related to them.

Also, during the Postgraduate Diploma, the use of Probiotics and Prebiotics will be discussed in depth, as well as the growing market launch of new products with very specific strains for very specific problems and diseases related to the respiratory system.

This will allow nutrition professionals to be up to date with all the scientific advances in this regard, to offer the patient a more accurate specialization on the subject, guiding them to recover and maintain the bacterial Eubiosis through food to achieve a good state of health, in addition to collaborating positively with the recommended medical treatment.

This **Postgraduate Diploma in Respiratory Microbiota and Allergies for Nutritionists** contains the most complete and up-to-date scientific program on the market. The most important features of the program include:

- Development of practical cases presented by experts in Respiratory Microbiota and Allergology.
- Its graphic, schematic and eminently practical contents, with which they are conceived, gather a scientific and practical inessentialization on those disciplines that are indispensable for professional practice.
- New developments on Respiratory Microbiota.
- It contains practical exercises where the self-evaluation process can be carried out to improve learning.
- With special emphasis on innovative methodologies in Microbiota in Respiratory and Allergology.
- All this will be complemented by 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.



Improve your knowledge in Respiratory Microbiota through this program, where you will find the best didactic material with real cases"

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This Postgraduate Diploma is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Respiratory Microbiotics, you will obtain a certificate from one of the most reputable educational institutions: TECH”

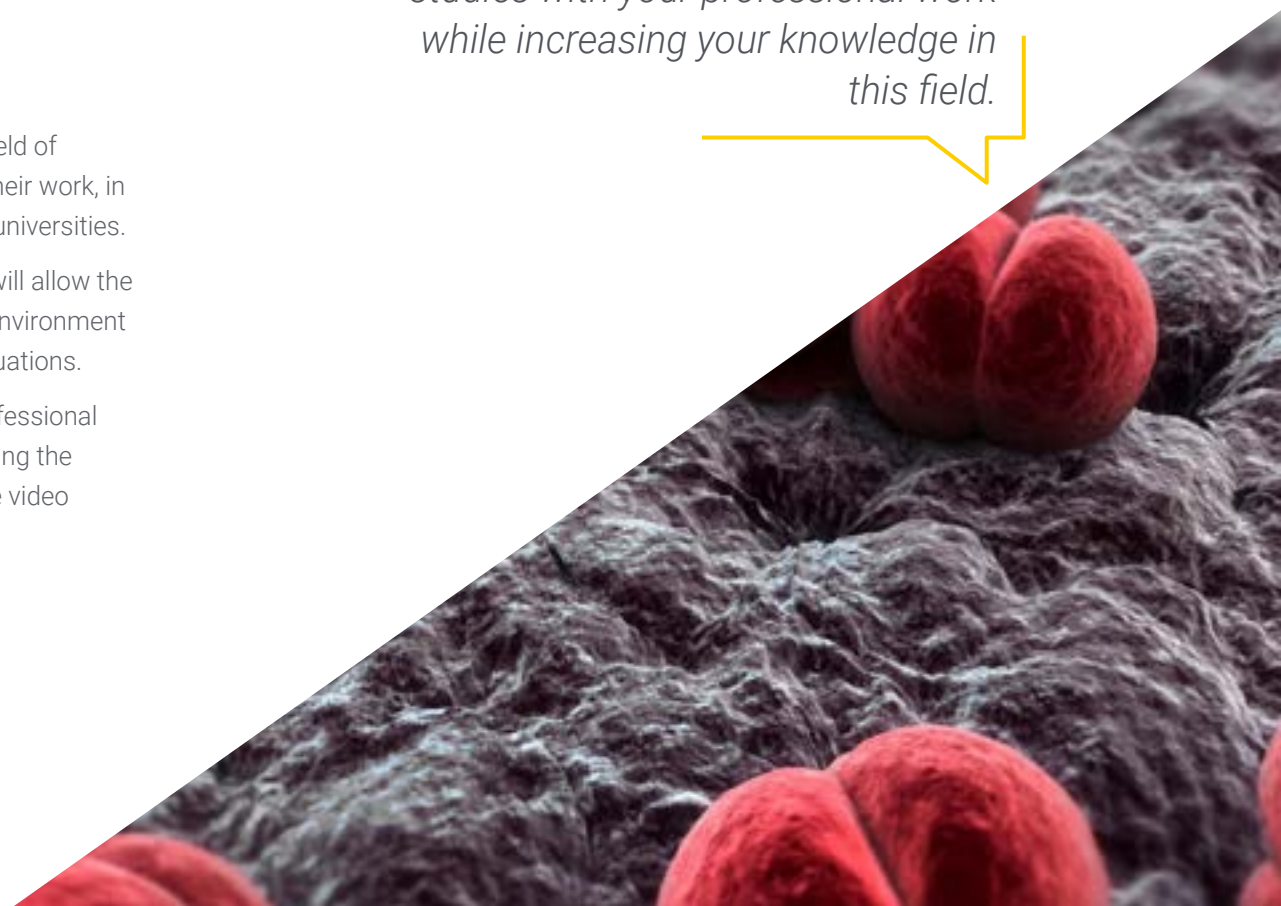
The program includes, in its teaching staff, professionals belonging to the field of medicine and nutrition, who pour into this specialization the experience of their work, in addition to recognized specialists from reference societies and prestigious universities.

Its Multimedia Content, elaborated with the latest Educational Technology, will allow the Professional a situated and contextual learning, that is to say, a Simulated Environment that will provide an immersive specialization programmed to train 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. The professional will be assisted by an innovative interactive video system created by renowned and experienced experts in sports nutrition.

The Postgraduate Diploma allows you to exercise through simulated environments, which provide immersive learning programmed to train for real situations.

This 100% online Specialist Diploma will allow you to combine your studies with your professional work while increasing your knowledge in this field.



02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the professional can master in a practical and rigorous way the study of Microbiotics in the daily practice of your profession. In this sense, The Postgraduate Diploma in Respiratory Microbiota and Allergies for Nutritionists responds to the continuous demand of professionals for a quality specialization in this area, which serves as a means to use food as a preventive or therapeutic tool in maintaining the health of their patients of all ages.



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This Postgraduate Diploma is designed for you to update your knowledge in Respiratory Microbiota and Allergies, with the use of the latest educational technology, to contribute with quality and safety to decision making in this new field"



General Objectives

- ♦ This Postgraduate Diploma fulfills a need of today's society, a quality and up-to-date specialization that allows the use of microbiological therapy as a preventive or therapeutic tool for the maintenance of health.
- ♦ Offer a comprehensive and broad view of the current state of the field of human Microbiota, in its broadest sense, the importance of the balance of this Microbiota as a direct effect on our health, with the multiple factors that influence it positively and negatively.
- ♦ Argue with scientific evidence how the Microbiota and its interaction with many non-digestive pathologies, of autoimmune nature or its relation with the deregulation of the immune system, the prevention of diseases and as a support to other medical treatments, are currently being given a privileged position.
- ♦ Promote work strategies based on the integral approach of the patient as a reference model, not only focusing on the symptomatology of the specific pathology, but also looking at its interaction with the Microbiota and how it may be influencing it.
- ♦ Encourage professional stimulation through continued specialization and research.





Specific Objectives

- Understand the structure of oral ecosystems.
- Know the causes of alterations of the oral microbial ecosystem, oral dysbiosis, and its relationship with different oral disease states.
- Know the structure of the respiratory tract and composition of the Microbiota and Microbiome.
- Understand why the alteration of the Microbiota of the respiratory tract occurs and its relationship with the different diseases of the respiratory tract.
- Know the correct way to carry out a therapeutic manipulation of the Microbiome of the oral cavity in prevention and treatment of diseases related to it.
- Know the correct way to carry out a therapeutic manipulation of the Microbiome of the respiratory tract in the prevention and treatment of diseases related to it.
- Delve into the current lines of research related to the Oral Microbiota and its applications in Nutrition.
- Know the physiology of the immune system.
- Understand the implication of nutrition and lifestyle and their interaction with the immune system and the Microbiota.
- Know the bidirectional relationship between Microbiota and the neuroimmunoendocrine system.
- Understand the involvement of the Microbiota in the triggering of nervous system diseases such as anxiety, depression, schizophrenia and others.
- Understand the functioning of the gut-brain Microbiota.
- Delve into the current lines of research on the subject.
- Know the reasons that cause changes in the Microbiota in patients with food exclusion diets: Eosinophilic Esophagitis (EoE)
- Delve into the alteration and recovery of the intestinal Microbiota in patients with gluten intolerance and celiac disease.
- Know the role of probiotics in this regard.
- Delve into the current lines of research.

03

Course Management

The program includes in its teaching staff reference specialists in Human Microbiota and other related areas, who pour into this specialization the experience of their work. In addition, other specialists of recognized prestige participate in its design and elaboration, completing the program in an interdisciplinary manner. All of this, with the aim of providing nutritionists with the most complete in specialization and contents of the educational panorama so that they can practice their profession with greater guarantees of success and design diets for patients with respiratory problems having a deeper knowledge of the functioning of their Microbiota.





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Learn from reference professionals, the latest advances in procedures in the field of Respiratory Microbiotics and its implication with Allergies”

Management



Dr. Fernández Montalvo, Mª Ángeles

- Degree in Biochemistry from the University of Valencia.
- Specialist Degree in Nutrition, Dietetics and Diet Therapy.
- Expert in Microbiological Food Analysis.
- Expert in Nutrition, Food, and Cancer. Prevention and Treatment.
- Expert in Vegetarian, Clinical and Sports Nutrition.
- Specialist in food intolerances and the study of the intestinal Microbiota.
- Numerous courses on Intestinal Microbiota, methods of analysis and applications.
- Diploma in Natural and Orthomolecular Medicine.
- Expert in the current use of Nutricosmetics and Nutraceuticals in general.
- Expert in point-of-sale management in Pharmacies and Parapharmacies.
- Member of the Spanish Society of Probiotics and Prebiotics (SEPyP).
- Member of the Spanish Society of Dietetics (SEDCA)
- Member of the Spanish Society of Nutrition (SEÑ).

Professors

Dr. Lombó Burgos, Felipe

- ♦ Doctor in Biology from the University of Oviedo.
- ♦ Professor at the university.

Dr. López López, Aranzazu

- ♦ Ph.D. in Biological Sciences
- ♦ Researcher in oral microbiology at FISABIO foundation.
- ♦ Public Health Research Center of Valencia.

Dr. Méndez García, Celia

- ♦ PhD in Microbiology from the University of Oviedo
- ♦ Research at Novartis Laboratories (Boston)

Dr. Gonzalez Rodríguez, Silvia P

- ♦ PhD in Medicine and Surgery from the University of Alcalá de Henares. Gynecology Specialist.
- ♦ Medical Subdirector, Research Coordinator and Clinical Chief of the Menopause and Osteoporosis Unit at the Velázquez Medical Cabinet (Madrid).

Dr. Álvarez García, Verónica

- ♦ Degree in Medicine.
- ♦ Digestive system specialist at the Central Hospital of Asturias (HUCA).

Dr. Solís Sánchez, Gonzalo

- ♦ Neonatologist of the Central University Hospital of Asturias (HUCA).
- ♦ Researcher, Associate Professor of the University of Oviedo.

Dr. Suárez Rodríguez, Marta

- ♦ Neonatologist of the Central University Hospital of Asturias (HUCA).
- ♦ Researcher and Professor of the Master's Degree in Early Care and the Master's Degree in Critical Care Nutrition at the University of Oviedo and other specialization courses.

Dr. Díaz Martín, Juan José

- ♦ Pediatric gastroenterologist at the Central Hospital of Asturias (HUCA).
- ♦ Member of the Spanish Society of Pediatric Gastroenterology, Hepatology and Nutrition.
- ♦ Associate Professor of Pediatrics at the University of Oviedo

Dr. Fernández Madera, Juan José

- ♦ Degree in Medicine.
- ♦ Specialist in Allergology and Clinical Immunology.
- ♦ Specialist in Sports Medicine.

04

Structure and Content

The structure of the contents has been designed by a team of professionals from the best hospitals and universities in Spain, aware of the relevance of current specialization in order to prevent, detect and intervene in those pathologies related to alterations in the Human Microbiota, and committed to quality teaching through new educational technologies. All this, with the aim of training nutritionists much more competent and prepared to design food plans that help and support the respiratory microbiome of patients.



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This Postgraduate Diploma in Respiratory Microbiota and Allergies for Nutritionists contains the most complete and up-to-date scientific program on the market"

Module 1. Oral and Respiratory Tract Microbiota

- 1.1. Structure and Oral Ecosystems.
 - 1.1.1. Main Ecosystems that are Found in the Oral Cavity.
 - 1.1.2. Characteristics and Composition of Each of Them. Nares, Nasopharynx, and Oropharynx.
- 1.2. Alterations of the Oral Microbial Ecosystem: Oral Dysbiosis. Relationship with Different Oral Disease States.
 - 1.2.1. Cavities.
 - 1.2.2. Halitosis
 - 1.2.3. Periodontal and Gingival Diseases.
 - 1.2.4. Peri-Implant Diseases.
 - 1.2.5. Other Infectious Diseases: Candida Albicans.
- 1.3. Influence of External Agents in Oral Eubiosis and Dysbiosis. Hygiene.
- 1.4. Structure of the Respiratory Tract and Composition of the Microbiota and Microbiome.
 - 1.4.1. Upper Respiratory Tract (Nasopharynx, Middle Ear, Sinuses and Tonsils).
 - 1.4.2. Lower Respiratory Tract (Trachea, Lungs, Bronchi, Bronchioles and Alveoli).
- 1.5. Factors that Regulate the Respiratory Microbiota:
 - 1.5.1. Microbial Immigration
 - 1.5.2. Elimination of Microbes and the Reproduction Rates of its Members.
- 1.6. Alteration of the Respiratory Tract Microbiota and its Relation to the Different Respiratory Tract Diseases.
- 1.7. Therapeutic Manipulation of the Oral Cavity Microbiome in the Prevention and Treatment of Oral Cavity Related Diseases.
- 1.8. Therapeutic Manipulation of the Respiratory Tract Microbiome in the Prevention and Treatment of Respiratory Tract Related Diseases.
- 1.9. Current Lines of Research and Clinical Applications.



Module 2. Microbiota and Immune System

- 2.1. Immune System Physiology.
- 2.2. Nutrition and Lifestyle: Interaction with the Immune System and the Microbiota.
- 2.3. Functional Foods (Probiotics and Prebiotics), Nutraceuticals and Immune System.
- 2.4. Bidirectional Relationship between Microbiota and Neuroimmunoendocrine System.
- 2.5. Microbiota, Immunity and Nervous System Disorders: Anxiety, Depression, Autism, Schizophrenia, or Alzheimer's disease.
- 2.6. The Gut-Microbiota-Brain Axis.
- 2.7. Current Lines of Research.

Module 3. Relationship between Intolerances/Allergies and Microbiota

- 3.1. Microbiota Changes in Patients on Food Exclusion Diets: Eosinophilic Esophagitis (EoE).
- 3.2. Microbiota Changes in Patients on Food Exclusion Diets: Dairy intolerance (Lactose, Milk Proteins: Caseins, Albumins...).
- 3.3. Alteration and Recovery of the Intestinal Microbiota in Patients with Gluten Intolerance and Celiac Disease. Role of Probiotics.
- 3.4. Microbiota and Biogenic Amines.
- 3.5. Current Lines of Research.



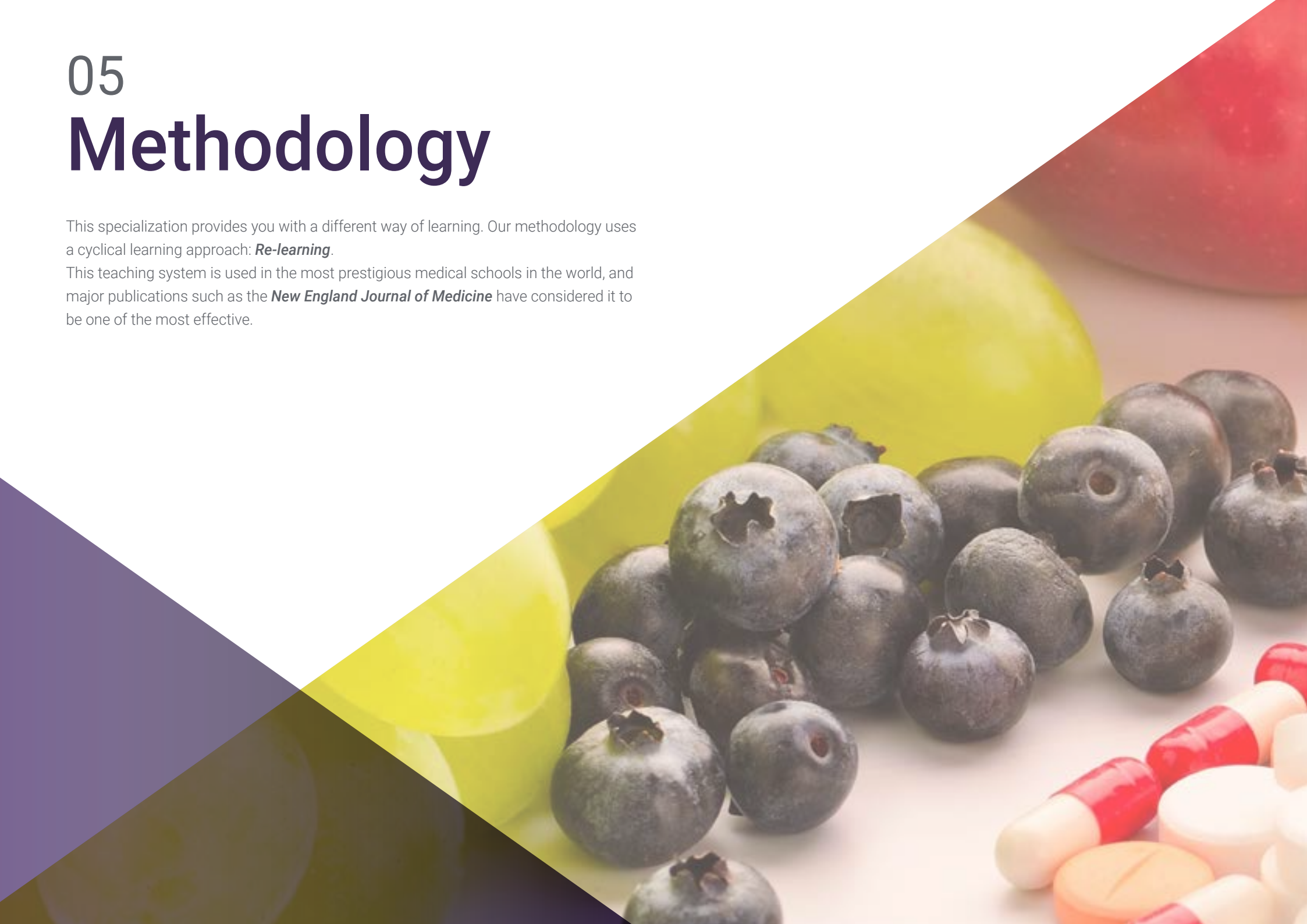
A unique, key and decisive training experience to boost your professional development"



05 Methodology

This specialization provides you with a different way of learning. Our methodology uses a cyclical learning approach: *Re-learning*.

This teaching system is used 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 Re-learning, 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 clinical situation, what would you do? Throughout the program you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Nutritionists 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 potential 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 grasp concepts, but also develop their mental capacity by evaluating real situations and applying their knowledge.
2. The learning is solidly focused on practical skills that allow the nutritionist to better integrate the 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.



Re-learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

Our 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, which represent a real revolution with respect to simply studying and analyzing 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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have have trained more than 45,000 nutritionists with unprecedented success, in all clinical specialties regardless of the workload. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

Re-learning 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 (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

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



In this program you will have access to the best educational material, prepared with you 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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Nutrition Techniques and Procedures on Video

We introduce you to the latest techniques, the latest educational advances, and the forefront of current nutritional procedures and techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



Interactive Summaries

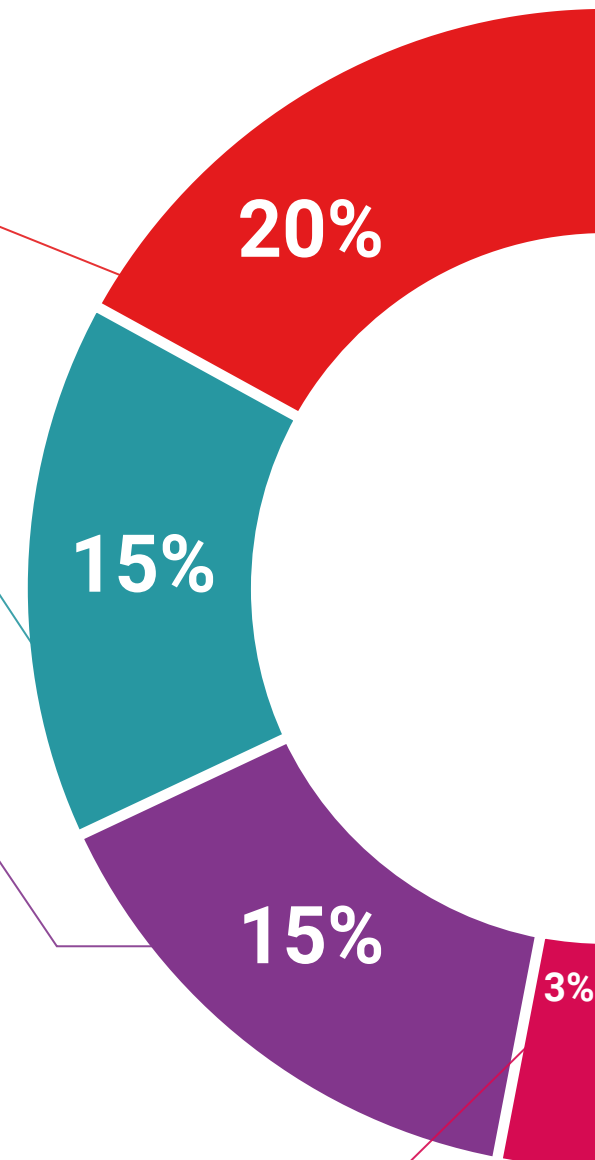
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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



Additional Reading

Recent articles, consensus documents, international guides... in our virtual library you will have access to everything you need to complete your specialization.





Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



Testing & Re-Testing

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your 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 our difficult future decisions.



Quick Action Guides

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



06

Certificate

The Postgraduate Diploma in Respiratory Microbiota and Allergies for Nutritionists guarantees, in addition to the most rigorous and up-to-date specialization, access to a certificate issued by **TECH Technological - University**.



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Successfully complete this specialisation and receive your certificate without travel or laborious paperwork”

This **Postgraduate Diploma in Respiratory Microbiota and Allergies for Nutritionists** contains the most complete and up-to-date scientific program on the market.

After the student has passed the evaluations, they will receive their corresponding certificate issued by **TECH Technological University**.

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

Title: **Postgraduate Diploma in Respiratory Microbiota and Allergies for Nutritionists**

ECTS: **18**

Official Number of Hours: **450**



*Apostille Convention. In the event that the student wishes to have their paper diploma Apostilled, TECH EDUCATION will make the necessary arrangements to obtain it at an additional cost of €140 plus shipping costs of the Apostilled diploma.

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present quality

development languages

virtual classroom

tech technological
university

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and Allergies for Nutritionists

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