

# Postgraduate Certificate

## Intestinal Microbiota and Homeostasis in Pharmacy





## Postgraduate Certificate Intestinal Microbiota and Homeostasis in Pharmacy

Course Modality: Online

Duration: 2 months.

Endorsed by: TECH Technological University

6 ECTS credits

Hours 150 hours.

Website: [www.techtute.com/pharmacy/postgraduate-certificate/postgraduate-certificate-intestinal-microbiota-homeostasis-pharmacy](http://www.techtute.com/pharmacy/postgraduate-certificate/postgraduate-certificate-intestinal-microbiota-homeostasis-pharmacy)

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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. In each of the different locations of our body we can find complex microbial ecosystems adapted to the particularities of each niche. Of all of them, the most complex and numerous is the one associated with the digestive system, as these communities have a symbiotic and mutualistic behavior with human eukaryotic cells and are essential for the proper functioning of our body. Aware of this, TECH professionals have designed this training program to focus on providing pharmacists with the necessary skills to understand the functioning of the intestinal microbiota, especially gaining greater in-depth knowledge of the homeostatic process, whose purpose is to self-regulate the intestinal flora of the patient.







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*The study of the Intestinal Microbiota opens a door to the knowledge of multiple diseases, adding great value to the Pharmacist'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.

Human Microbiota undergoes changes as a consequence of the influence of multiple factors, diet, lifestyle and pharmacological treatments generating, among others, which alter the bacterial ecosystem and may cause abnormal interaction with the organism, and it is related to certain processes: allergies, acute and chronic intestinal diseases, obesity and metabolic syndrome, neurological diseases, dermatitis and other alterations in the dermis, and even some types of cancer.

This Postgraduate Certificate in Intestinal Microbiota and Homeostasis focuses on providing Pharmacists with the necessary information on issues related to Intestinal Microbiota, paying special attention to the process of Homeostasis, which involves the body's ability to self-regulate in order to maintain a healthy intestinal flora.

Likewise, the use of Probiotics and Prebiotics, and the growing market launch of new products with very specific strains for problems and diseases of the intestinal tract, will also be addressed. All this content will make it possible for Pharmacy professionals to be prepared to offer effective solutions to patients with this type of pathology, knowing how to guide them so that they can recover and maintain their intestinal microbiota and, consequently, promote a good state of health.

Through this Postgraduate Certificate you will be able to guide the patient to recover and maintain bacterial balance to maintain a good state of health, offering drugs that help to improve intestinal well-being, and to collaborate in a positive way with the medical treatment prescribed.

This **Postgraduate Certificate in Intestinal Microbiota and Homeostasis in Pharmacy** comprises the most complete and up-to-date scientific program on the market. The most important features of the course are:

- ♦ Practical cases presented by Intestinal Microbiota experts.
- ♦ The graphic, schematic, and eminently practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional practice.
- ♦ Latest developments in Intestinal Microbiota.
- ♦ It contains practical exercises where the self-evaluation process can be carried out to improve learning.
- ♦ Special emphasis on innovative methodologies in Intestinal Microbiota.
- ♦ All of 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.



*Guide the patient to recover and maintain intestinal bacterial balance, helping to achieve a good state of health"*

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*This Postgraduate Certificate is the best investment you can make in the selection of a refresher program because it will allow you to learn from simulated environments that will prepare you for the practice in real situations"*

The program includes in its teaching staff professionals belonging to the field of Medicine and Pharmacy, who bring to this training the experience of their work, in addition to recognized specialists from prestigious reference societies and 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 training 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. For this purpose, the professional will be assisted by an innovative Interactive video system, developed by renowned and extensively experienced experts in Microbiota.

*The Postgraduate Certificate will open the doors to a horizon of knowledge on Intestinal Microbiota and Homeostasis, and will allow you to position yourself as a successful Pharmacist.*

*This 100% online course 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 practically and rigorously master the study of Microbiotics in daily professional practice. Consequently, the Postgraduate Certificate in Intestinal Microbiotics for Pharmacy responds to the continuous professional demand for quality training in this field, serving as a vehicle to use microbiotic therapy as a means to treat digestive tract diseases and as a tool to detect cases in which Homeostasis is not occurring correctly. All this will make it easier for Pharmacists to deal with patients and will provide them with the skills to promote good health maintenance in patients of all ages.







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*This Postgraduate Certificate, designed with the latest educational technology, will allow you to learn all the advances in Intestinal Microbiotics and Homeostasis, making you a first level Pharmacist"*



## General Objectives

- This Postgraduate Certificate fulfills a need in today's society, a quality and updated training program that allows for the use of microbiological therapy as a preventive or therapeutic tool for health maintenance.
- It offers a complete and global picture of the current situation in the area of Intestinal Microbiota, in its broadest sense, and the importance of the balance of this microbiota as a direct effect on our health, including the multiple factors that influence it positively and negatively.
- Arguments based in scientific evidence show how Microbiota and its interaction with many non-digestive pathologies of autoimmune nature, or its relation with the dysregulation of the immune system, its capacity for disease prevention and as a support to other medical treatments, are all currently being given a privileged position.
- The program will promote work strategies based on the integral approach of the user as a reference model, not only focusing on the symptomatology of the specific pathology, but also looking at its interaction with Microbiota and how the latter may be influencing it.
- Encourage professional stimulus through continuing education and research.







## Specific Objectives

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- ◆ Delve into current studies on intestinal microbiota.
- ◆ Understand the composition of intestinal microbiota.
- ◆ Delve into the physiology of the digestive tract.
- ◆ Become familiar with microbiota composition in the different parts of the digestive tract. Resident flora and transient or colonizing flora.
- ◆ Understand the functions of intestinal microbiota at the metabolic, nutritional, and trophic levels.

03

# Course Management

The program's teaching staff includes leading specialists in Human Microbiota and other related areas, who bring their years of work experience to this training program. In addition, other specialists of recognized prestige participate in its design and elaboration, completing the program in an interdisciplinary manner. All of which is carried out with the aim of providing Pharmacists with the most complete educational information and contents so that they can practice their profession with greater guarantees of success and treat patients with intestinal problems with a deeper knowledge of the functioning of their microbiota while promoting the occurrence of a correct homeostatic process.





An anatomical illustration of the human digestive system, showing the esophagus, stomach, and intestines. A magnifying glass is positioned over the large intestine, focusing on a dense population of red, rod-shaped bacteria representing the gut microbiome. The background is a mix of green and white geometric shapes.

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*Learn from leading professionals the latest advances in procedures in the field of Intestinal Microbiota and its relevance to other pathologies"*

## Management



### 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
- ◆ Specialist Degree 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.
- ♦ Full professor at the University of Oviedo.

### **Dr. López López, Aranzazu**

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

### **Dr. Méndez García, Celia**

- ♦ Doctorate 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, specialty in Gynecology.
- ♦ Deputy Medical 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 at the Central University Hospital of Asturias (HUCA).
- ♦ Researcher, Associate Professor at the University of Oviedo.

### **Dr. Suárez Rodríguez, Marta**

- ♦ Neonatologist at the Central University Hospital of Asturias (HUCA).
- ♦ Researcher and Professor in the Professional Master's Degree in Early Care and the Professional Master's Degree in Critical Care Nutrition at the University of Oviedo and other training 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 Clinical Allergology and 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 hospital centers and universities in the country, who are aware of the relevance of up-to-date educational training able to prevent, detect, and treat pathologies related to alterations in intestinal microbiota, and are committed to quality teaching through new educational technologies. All of which aimed at training Pharmacists to be much more competent and prepared to administer treatments that help and favor the intestinal and the Homeostatic process of patients.





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*The best contents are at the best University. Don't miss the opportunity to learn Intestinal Microbiota with greater guarantees of success"*

## Module 1. Intestinal Microbiota I. Intestinal homeostasis

- 1.1. Intestinal Microbiota Studies.
  - 1.1.1. METAHIT, META-BIOME, MyNewGut, HUMAN MICROBIOME PROJECTS.
- 1.2. Microbiota Composition:
  - 1.2.1. Protective Microbiota (Lactobacillus, Bifidobacterium, Bacteroides).
  - 1.2.2. Immunomodulation Microbiota (Enterococcus faecalis y Escherichia coli).
  - 1.2.3. Mucoprotective or Muconutritive Microbiota (Faecalibacterium prausnitzii and Akkermansia muciniphila).
  - 1.2.4. Microbiota with Proteolytic or Proinflammatory Activities (E. coli Biovare, Clostridium, Proteus, Pseudomonas, Enterobacter, Citrobacter, Klebsiella, Desulfovibrio, Bilophila).
  - 1.2.5. Fungal Microbiota (Candida, Geotrichum).
- 1.3. Digestive System Physiology. Composition of the Microbiota in the Different Parts of the Digestive Tract. Resident flora and transient or colonizing flora. Sterile Areas in the Digestive Tract.
  - 1.3.1. Esophageal Microbiota.
    - 1.3.1.1. Healthy Individuals.
    - 1.3.1.2. Patients (Gastric Reflux, Barrett's Esophagus, etc.).
  - 1.3.2. Gastric Microbiota.
    - 1.3.2.1. Healthy Individuals.
    - 1.3.2.2. Patients (Gastric Ulcer, Gastric Cancer, MALT, etc).
  - 1.3.3. Gallbladder Microbiota.
    - 1.3.3.1. Healthy Individuals.
    - 1.3.3.2. Patients (Cholecystitis, Cholelithiasis, etc).
  - 1.3.4. Small Intestine Microbiota.
    - 1.3.4.1. Healthy Individuals.
    - 1.3.4.2. Patients (Inflammatory Bowel Disease, Irritable Bowel Syndrome, etc).
  - 1.3.5. Colon Microbiota.
    - 1.3.5.1. Healthy Individuals. Enterotypes.
    - 1.3.5.2. Patients (Inflammatory Bowel Disease, Crohn's Disease, Colon Carcinoma, Appendicitis, etc).





- 1.4. Intestinal Microbiota Functions: Metabolic. Nutritional and Trophic. Protective and Barrier. Immunological.
  1. 4.1. Interrelationships between the Intestinal Microbiota and Distant Organs (Brain, Lung, Heart, Liver, Pancreas, etc.).
- 1.5. Intestinal Mucosa and Mucosal Immune System.
  1. 5.1. Anatomy, Characteristics, and Functions (MALT, GALT, and BALT System).
- 1.6. What is Intestinal Homeostasis. Role of Bacteria in Intestinal Homeostasis.
  1. 6.1. Effects on Digestion and Nutrition.
  - 1.6.2. Defense Stimulation, Hindering Colonization by Pathogenic Microorganisms.
  - 1.6.3. Production of Vitamin B and K.
  - 1.6.4. Production of Short Chain Fatty Acids (Butyric, Propionic, Acetic, etc.).
  - 1.6.5. Production of Gases (Methane, Carbon Dioxide, Molecular Hydrogen), Properties and Functions.
  - 1.6.6. Lactic Acid.



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



05

# Methodology

This training 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 abundant scientific evidence on the effectiveness of the method. Pharmacists learn better, more quickly and more sustainably over time.

*With TECH you can experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gervas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching potential or because of its uniqueness or rarity. It is essential that the case is based on current professional life, attempting to recreate the actual conditions in a pharmacist's professional 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. Pharmacists who follow this method not only achieve the assimilation of concepts, but also develop their mental capacity through exercises to evaluate real situations and apply their knowledge.
2. The learning process has a clear focus on practical skills that allow the student to better integrate into the real world.
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.

*Pharmacists 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 trained more than 115,000 students with unprecedented success, in all clinical specialties, regardless of the surgical load. Our pedagogical methodology is developed in a highly demanding environment, with a university student body with a high socioeconomic profile and an average age of 43.5 years old.

*Re-learning 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 to success.*

In our program, learning is not a linear process, but rather a spiral (we learn, unlearn, forget, and re-learn). Hence, 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 created specifically for the course by specialist pharmacists who will be teaching the course, so that the didactic development is highly specific and accurate.

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.



### Video Techniques and Procedures

We bring you closer to the latest techniques, to the newest educational advances, to the forefront of current pharmaceutical care procedures. 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

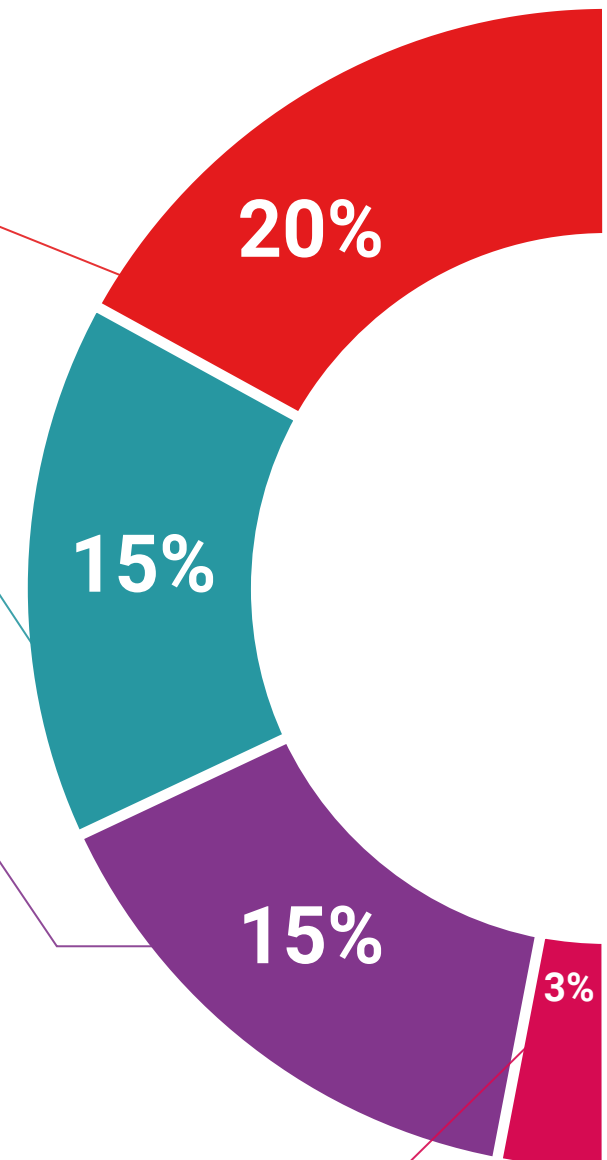
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This unique multimedia content presentation training system 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 training.





### 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 future difficult 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 Certificate in Intestinal Microbiota and Homeostasis in Pharmacy guarantees, in addition to the most rigorous and updated specialization, access to a Certificate issued by TECH Technological University.





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*Successfully complete this training and receive your diploma without the hassle of travel or paperwork.*

This Postgraduate Certificate in Intestinal Microbiota and Homeostasis in Pharmacy comprises the most complete and up-to-date scientific program on the market.

After students have passed the assessments, they will receive by certified mail their Postgraduate Certificate issued by TECH Technological University.

The certificate issued by TECH Technological University will specify the qualification obtained through the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Intestinal Microbiota and Homeostasis in Pharmacy**

ECTS: 6

Number of Hours: 150



\*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.

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



**Postgraduate Certificate**  
Intestinal Microbiota and  
Homeostasis in Pharmacy

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Endorsed by: TECH Technological University

6 ECTS credits

Hours 150 hours.



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