

# Postgraduate Certificate

## Nutrition in Nervous System Pathologies



## Postgraduate Certificate Nutrition in Nervous System Pathologies

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

Website: [www.techtute.com/us/pharmacy/postgraduate-certificate/nutrition-nervous-system-pathologies](http://www.techtute.com/us/pharmacy/postgraduate-certificate/nutrition-nervous-system-pathologies)

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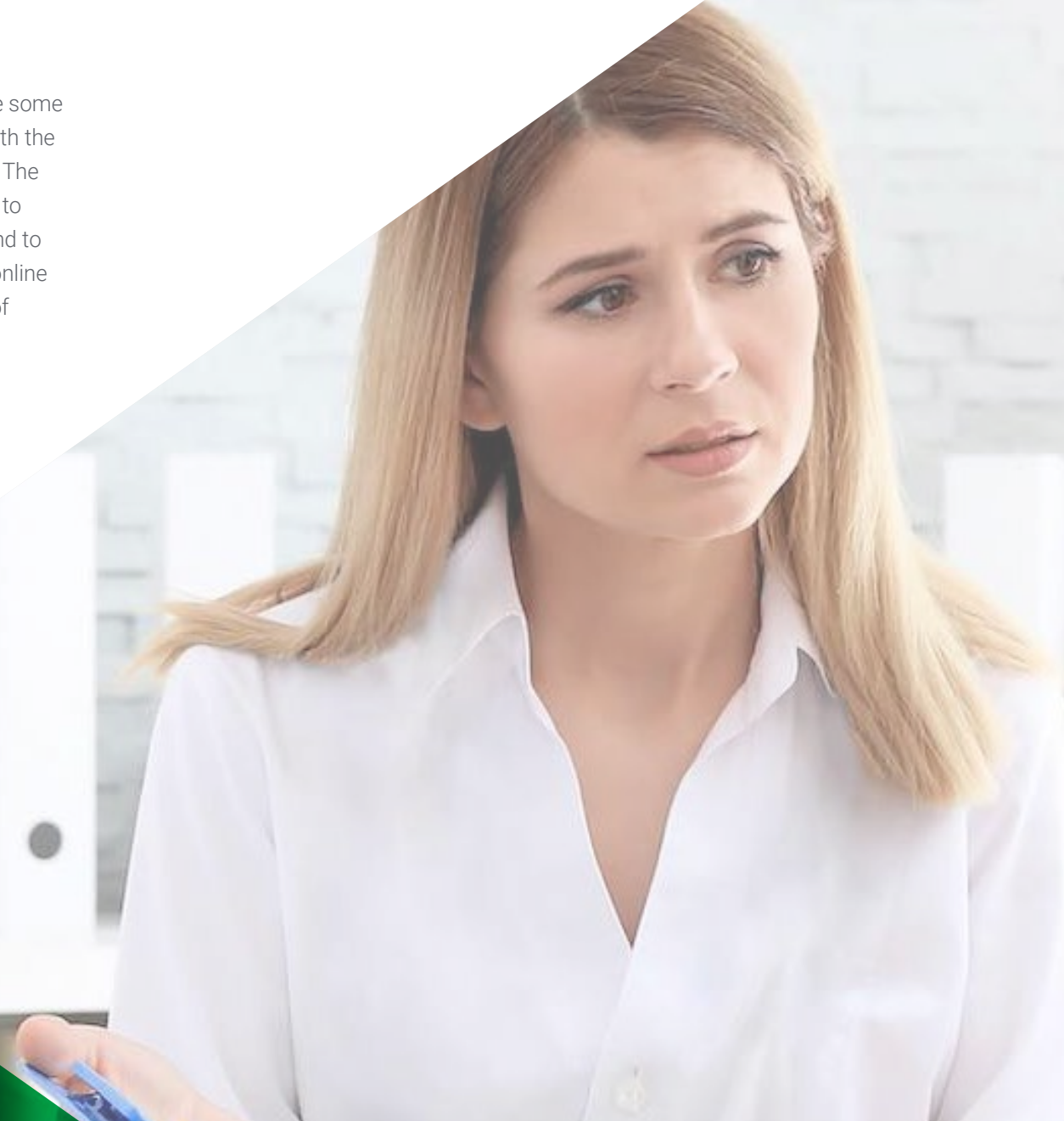
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# 01

# Introduction

Malnutrition or malnutrition associated with pathologies in which there may be some type of alteration related to the cognitive system or engine must be avoided with the daily energy intake that each person needs depending on their characteristics. The advances made in recent years in treatments in treatments make it necessary to update our knowledge on food adaptation both to drug-nutrient interactions and to the patient's conditions. Moreover, this program was created, delivered 100% online by a team of specialized experts and with a wide range of sectors in the area of Nutrition and Endocrinology.





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*A program that includes the most current studies on nutrition and treatments in patients with pathologies such as Schizophrenia, bipolar disorders or muscular dystrophies”*

Scientific investigations carried out in the last few decades have demonstrated the vital importance of correct nutrition and nutritional intake in people to prevent illnesses that affect the nervous system, such as dementia or Alzheimer's. Thanks to these studies, planned and personalized food intake, correct levels of vitamins and folic acid can be achieved, which will act as preventive measures against these pathologies.

The population is increasingly aware of the benefits of correct nutrition and goes to pharmacies in order to obtain supplements or vitamin supplements that provide the necessary supply. However, there is a great lack of knowledge in the population, which the professional pharmacist must master and keep up to date in order to carry out his work correctly.

This Postgraduate Certificate offers the professional this renewal of knowledge that will continue throughout the six weeks of this program. During this time, the student will delve deeper into recent studies that evaluate nutrition as a preventive measure in cognitive deterioration, in psycho-affective pathologies, in pathologies with altered eating behaviors or in degenerative pathologies. Similarly, this program will dedicate space to eating disorders, epilepsy and nutrition in neuralgia.

Everything, in a 100% online title that the professional pharmacist can access conveniently whenever they want. You only need a device with an internet connection to access the most up-to-date multimedia content from the first day. Furthermore, consider the possibility of downloading the theme and viewing it whenever you want. A quality education modality, which allows the student to reconcile their professional responsibilities with a knowledge renewal program, which is at the academic forefront.

This **Postgraduate Certificate in Nutrition in Nervous System 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 self-assessment can be used 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.



*Delve into the relationship between toxicants, bioactive compounds and pathologies of the nervous system"*



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*The library of multimedia resources and the Relearning system will favor a renewal of agile and natural knowledge”*

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

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Access news related to nutrition and pathologies such as Parkinson's or Huntington's disease through an advanced program.*

*The real cases contributed by the teaching team will have great direct application in your professional performance with patients suffering from psycho-affective pathologies.*



# 02 Objectives

The Postgraduate Certificate in Nutrition in Nervous System Pathologies provides the most recent knowledge to professional pharmacists in relation to dietary planning in patients with this type of illness. Moreover, during the 150 academic hours, the student will achieve a renewal of knowledge in this area, allowing him to evaluate the needs and difficulties of each person, the evaluation of his nutritional status and the treatments he receives in order to maintain a good state of health. The didactic resources provided by the specialized teaching team, including real case studies, will have a great direct application for the professional.







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*The didactic resources contributed by the specialized teaching team, among which are found, real practical cases, will have a great direct application for the professional”*



## General Objectives

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- ◆ Develop a broad, specialized and updated knowledge on nutrition in patients with nervous system pathologies. in patients suffering from pathologies of the nervous system
- ◆ Improve management skills for this type of patients based on the latest scientific evidence in the Nutrition and Dietetics sector

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*In this Postgraduate Certificate you will learn about new advances in nutritional treatments for patients with ALS or Multiple Sclerosis or Multiple Sclerosis”*





## Specific Objectives

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- ◆ Update on the scientific evidence of the relationship between nervous system pathologies and nutrition
- ◆ Assess the patient's needs and difficulties, in addition to an adequate assessment of the nutritional status
- ◆ Learn the main psychological aspects of patients with alterations of behavioral disorders

03

# Course Management

With the commitment to offer students an elite education within everyone's reach. TECH rigorously selects all the professors who teach its programs. For this reason, it has been included in this university teaching to a team of professionals with a long professional career in the field of Nutrition and Endocrinology. Their close experience with patients who suffer from pathologies in the nervous system will allow students to acquire the most current knowledge in this field. Likewise, the closeness and human quality of the teaching staff, they are a plus in this program.







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*An expert teaching team with extensive experience will provide you with the most current knowledge in treatments and nutrition in patients with Alzheimer's"*



## 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
- ♦ Doctorate from the Faculty of Medicine at the Autonomous University of Madrid
- ♦ Degree in Medicine and Surgery from the Faculty of Medicine of the University of Valencia
- ♦ Specialist in Pediatric Endocrinology and Nutrition at the university Foundation Jimenez Díaz Hospital
- ♦ 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, Master's Degree in Obesity and comorbidities, Rey Juan Carlos University
- ◆ Professor of the Course of Excellence in Obesity at the Fundación Jiménez Díaz University Hospital
- ◆ Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid
- ◆ Nutrition in the elderly, Complutense University of Madrid
- ◆ Nutrition and Sport for Professionals, Tripartite Foundation
- ◆ Refresher course on practical type 1 and 2 diabetes for healthcare 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 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, Trisomy 21 , Research Society

## Professors

### Ms. López Escudero, Leticia

- ♦ Nutritionist at Diet La Clinic
- ♦ Clinical Dietician and Nutritionist at La Hospital university Fundación Jiménez Díaz
- ♦ Dietician and Clinical Nutritionist at the University Hospital Infanta Elena
- ♦ Lecturer in graduate studies Degree in Human Nutrition and Dietetics
- ♦ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ♦ Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ♦ Master's Degree in Nutrition in Physical Activity and Sport, Open University of Catalunya (UOC)

### Ms. Labeira Candel, Paula

- ♦ Clinical nutritionist in the Bariatric Endoscopy Unit at HM Hospitales
- ♦ Sports and clinical nutritionist at the Clinic Institute of Instituto de Sobrepeso y Obesidad
- ♦ Nutritionist Sports and Clinical at Medicadiet, Slimming & Nutrition
- ♦ Sports Nutritionist at the CF TrivalValderas de Alcorcón
- ♦ Food and water quality analyst in the Andalusian Health Service
- ♦ Diploma in Human Nutrition and Dietetics at the Pablo Olavide University of Seville
- ♦ Bachelor 's Degree in Food Science and Technology
- ♦ Diploma in Human Nutrition and Dietetics
- ♦ Master's Degree in Sports Training and Nutrition at the European University of Madrid



**Dr. Prieto Moreno, Ana**

- ◆ Nutritionist in the Department of Endocrinology and Nutrition at Hospital University Foundation Jimenez
- ◆ Nutritionist at the General Hospital of Villalba
- ◆ Nutritionist at the Infanta Elena University Hospital
- ◆ Nutritionist in the Superior Sports Council
- ◆ Nutritionist at WWF
- ◆ Nutritionist at Medicadiet
- ◆ Nutritionist at Sanitas Insurance Company
- ◆ Nutritionist at La Paz University Hospital
- ◆ Nutritionist at the Mapfre Foundation
- ◆ Nutritionist at Copernal Publishing
- ◆ Nutritionist at Diabetes Magazine
- ◆ Master in Obesity and its Comorbidities, Prevention Strategies, Diagnosis and Integral Treatment at the University of Alcalá
- ◆ Master in Physical Anthropology, Human Evolution and Biodiversity at the Complutense University of Madrid
- ◆ Degree in Human Nutrition and Dietetics at the Autonomous University of Madrid

**Dr. Modroño Móstoles, Naiara**

- ◆ 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

This Postgraduate Certificate has been developed exclusively by the teaching team, taking into account the recent advances produced in the Nutrition sector and the demanding quality guidelines imposed by TECH. Thanks to this, the students have with an intensive and dynamic syllabus with which you can update your knowledge in the management of patients with pathologies of the nervous system. The video summaries on each topic and specialized readings, which you will find in the extensive library multimedia resources complement this advanced university teaching.







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*An advanced syllabus in which you will find recent research on the prevention of cognitive deterioration”*

## Module 1. Nutrition in Nervous System Pathologies

- 1.1. Nutrition in the Prevention of Cognitive Impairment, Dementia and Alzheimer's Disease
- 1.2. Nutrition and Psychoaffective Pathologies
  - 1.2.1. Depression
  - 1.2.2. Bipolar Disorder
- 1.3. Pathologies with Altered Eating Behavior
  - 1.3.1. Schizophrenia
  - 1.3.2. Borderline Personality Disorder
- 1.4. Eating Disorders
  - 1.4.1. Anorexia
  - 1.4.2. Bulimia
  - 1.4.3. BED
- 1.5. Nutrition in Degenerative Pathologies
  - 1.5.1. Multiple Sclerosis
  - 1.5.2. Amyotrophic Lateral Sclerosis
  - 1.5.3. Muscular Dystrophies
- 1.6. Nutrition in Pathologies with Uncontrolled Movement
  - 1.6.1. Parkinson's Disease
  - 1.6.2. Huntington's Disease
- 1.7. Nutrition in Epilepsy
- 1.8. Nutrition in Neuralgias
  - 1.8.1. Chronic Pain
- 1.9. Nutrition in Severe Neurological Injuries
- 1.10. Toxics, Bioactive Compounds, Intestinal Microbiota and their Relationship to Nervous System Diseases





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*Access recent studies that address the intestinal microbiota and diseases of the nervous system*

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

What should a professional do in a given situation? Throughout the program, students will be confronted with multiple simulated clinical cases based on real patients, in which they will have to investigate, establish hypotheses and ultimately, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Pharmacists learn better, more quickly and more sustainably over time.

*With TECH you will 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 power 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 grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. Learning is solidly translated into 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.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

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 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 115,000 pharmacists have been trained with unprecedented success in all clinical specialties, regardless of the surgical load. This 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.

*Relearning 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 (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 created specifically for the course by specialist pharmacists who will be teaching the course, so that the didactic development is highly specific and accurate.

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.



### Video Techniques and Procedures

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current pharmaceutical care procedures. All of this, first hand, and explained and detailed with precision to contribute to assimilation and a better understanding. And best of all, you can watch them as many times as you want.



### 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 unique multimedia content presentation training system 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, 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 & 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 on the usefulness of learning by observing experts. The system known as 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 Nervous System Pathologies guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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

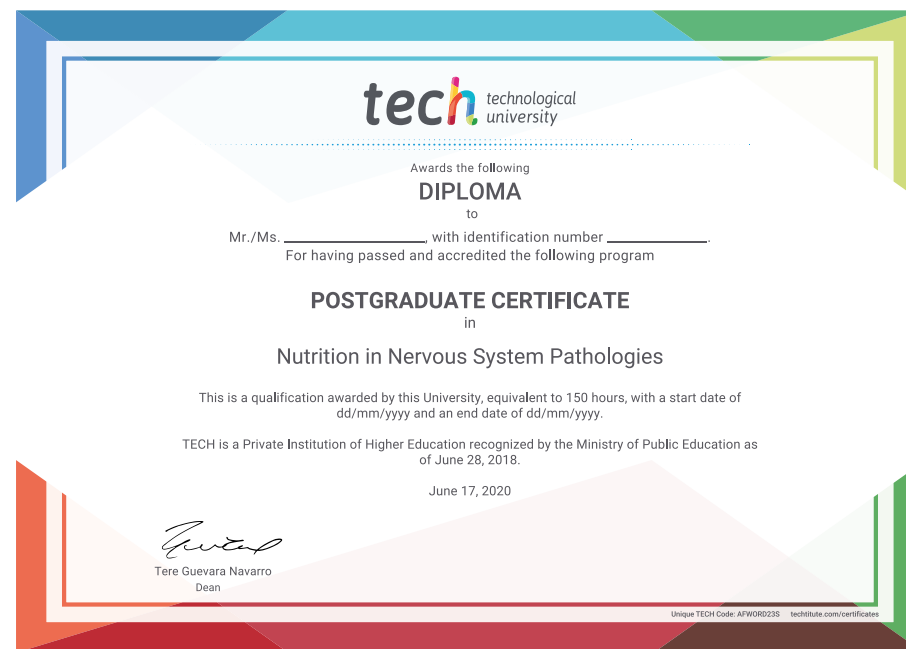
This **Postgraduate Certificate in Nutrition in Nervous System Pathologies** contains the most complete and up-to-date scientific program on the market.

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

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

Title: **Postgraduate Certificate in Nutrition in Nervous System Pathologies**

Official N° of hours: **150 h.**



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

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



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