

# Postgraduate Diploma

## Clinical Nutrition and Hospital Dietetics





## Postgraduate Diploma Clinical Nutrition and Hospital Dietetics

Course Modality: **Online**

Duration: **6 months**

Certificate: **TECH Technological University**

Official N° of hours: **400 h.**

Website: [www.techitute.com/us/pharmacy/postgraduate-diploma/postgraduate-diploma-clinical-nutrition-hospital-dietetics](http://www.techitute.com/us/pharmacy/postgraduate-diploma/postgraduate-diploma-clinical-nutrition-hospital-dietetics)

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01

# Introduction

Specialization in nutrition is an essential professional response to the needs of the population in terms of food, health care and prevention.. An example of this is the growing implementation of nutrition and dietetics units or services in hospitals that are directed by pharmacists.





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*Improve your knowledge through this program, where you will find the best educational material with real clinical cases. Learn here about the latest advances in the specialty to be able to perform a quality practice”*

With this specialization, students will have the opportunity to study a program that brings together the most advanced and in-depth knowledge, where a group of professors of high scientific rigor and extensive international experience offers the most complete and up-to-date information on the latest advances and techniques in Clinical Nutrition and Hospital Dietetics.

This program offers a global vision of clinical nutrition while focusing on the most important and innovative aspects such as nutrition in adults with an update on nutritional therapy in special or pathological situations; or current trends in nutrition that emphasize the Mediterranean diet as a key tool for a healthy life.

This prestigious Postgraduate Diploma allows the professional to specialize in the field of Clinical Nutrition in Pharmacy in areas of special interest such as:

- ♦ Nutrigenetics
- ♦ Nutrigenomics.
- ♦ Nutrition and obesity
- ♦ Hospital dietetics
- ♦ Nutritional Trends

This **Postgraduate Diploma in Clinical Nutrition and Hospital Dietetics** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The graphic, schematic and practical contents of the course are designed to provide all the essential information required for professional practice
- ♦ It contains exercises where the self-assessment process can be carried out to improve learning
- ♦ Algorithm-based interactive learning system for decision-making for patients with feeding problems
- ♦ 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



*Improve your skills in the approach to Clinical Nutrition and Hospital Dietetics through the Postgraduate Diploma”*



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*This Postgraduate Diploma may be the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Clinical Nutrition and Hospital Dietetics, you will obtain a qualification from TECH Technological University"*

*This Postgraduate Diploma offers training in simulated environments, which provides an immersive learning experience designed to train for real-life situations.*

*It includes real cases to bring the development of the program as close as possible to the reality of pharmacy care.*

Its teaching staff includes renowned specialists in nutrition based on clinical practice, who bring the experience of their work to this training.

Thanks to their multimedia content developed with the latest educational technology, they will allow the pharmacist to learn in a contextual and situated way, i.e. a simulated environment that will provide immersive learning programmed to train in real situations.

This program is designed around Problem-Based Learning, by means of which the pharmacist must try to solve the different situations of his professional practice that arise during the course.

For this reason, you will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of radiology with extensive teaching experience.



02

# Objectives

The main objective of the program is to provide students with theoretical and practical education, so that the pharmacist can master, in a practical and rigorous manner, the study of Clinical Nutrition and Hospital Dietetics.





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*This refresher program will generate a sense of confidence in pharmacy practice, which will help you grow both personally and professionally”*



## General Objectives

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- Update the knowledge on new trends in human nutrition, in both healthy and pathological situations
- Promote work strategies based on the practical knowledge of the new trends in nutrition and its application to adult pathologies, where nutrition plays a fundamental role in treatment
- Encourage the learning of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online workshops for simulation and/or specific specialization
- Encourage professional stimulation through continued specialization and research
- Train the professional for research into patients with nutritional problems



*Make the most of the opportunity and take the step to get up to date on the latest developments in Clinical Nutrition and Hospital Dietetics”*







## Specific Objectives

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### **Module 1. New Developments in Food**

- ◆ Describe the composition and utilities of new foods

### **Module 2. Current Trends in Nutrition**

- ◆ Analyze the different methods for assessing nutritional status
- ◆ Interpret and integrate anthropometric, clinical, biochemical, hematological, immunological, and pharmacological data in the patient's nutritional assessment and dietary-nutritional treatment
- ◆ Evaluate and monitor the supervision of nutritional support

### **Module 3. Assessment of Nutritional Status and Diet. Practical Application**

- ◆ Update knowledge of specific formulae for artificial nutrition in adults
- ◆ Early detection and assessment of quantitative and qualitative deviations from the nutritional balance due to excess or deficiency

### **Module 4. Clinical Nutrition and Hospital Dietetics**

- ◆ Explain the different techniques and products of basic and advanced nutritional support related to the nutrition of the patient
- ◆ Identify and assess obesity and know its dietary or surgical treatment

### **Module 5. Nutrition in Special Situations**

- ◆ Identify dietary and lifestyle factors involved in the genesis and treatment of osteoporosis

### **Module 6. Artificial Nutrition in Adults**

- ◆ Identify patients with nutritional risk or established malnutrition susceptible to specific support

03

# Course Management

The creation of the materials has been carried out by a team of reference professionals in the area of clinical nutrition. Additionally, other recognized specialists participate in its design and preparation, which means that the program is developed in an interdisciplinary manner.







## Management



### Ms. Auni3n Lavarías, María Eugenia

- Pharmacist and Clinical Nutrition Expert
- “Author of the reference book in the field of Clinical Nutrition “Dietetic Management of Overweight in the Pharmacy Office”. (Panamerican Medical Publishing House)
- Pharmacist with extensive experience in the public and private sector
- Pharmacist in Valencia Pharmacy
- Pharmacy Assistant in the British pharmacy and health and beauty retail chain Boots, UK
- Degree in Pharmacy and Food Science and Technology. University of Valencia
- Director of the University Course “Dermocosmetics in the Pharmacy Office”



04

# Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of specialization in daily pharmaceutical practice, who are aware of the current relevance of specialization in Clinical Nutrition and Hospital Dietetics; and are committed to quality teaching through new educational technologies.







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*This Postgraduate Diploma in Clinical Nutrition and Hospital Dietetics contains the most complete and up-to-date scientific program on the market”*

## Module 1. New Developments in Food

- 1.1. Molecular Foundations of Nutrition
- 1.2. Update on Food Composition
- 1.3. Food Composition Tables and Nutritional Databases
- 1.4. Phytochemicals and Non-Nutritive Compounds
- 1.5. New Food
  - 1.5.1. Functional Nutrients and Bioactive Compounds
  - 1.5.2. Probiotics, Prebiotics, and Synbiotics
  - 1.5.3. Quality and Design
- 1.6. Organic food
- 1.7. Transgenic Foods
- 1.8. Water as a Nutrient
- 1.9. Food Safety
  - 1.9.1. Physical Hazards
  - 1.9.2. Chemical Hazards
  - 1.9.3. Microbiological Hazards
- 1.10. New labelling and consumer information
- 1.11. Phytotherapy Applied to Nutritional Pathologies

## Module 2. Current Trends in Nutrition

- 2.1. Nutrigenetics
- 2.2. Nutrigenomics
  - 2.2.1. Fundamentals
  - 2.2.2. Methods
- 2.3. Immunonutrition
  - 2.3.1. Nutrition-Immunity Interactions
  - 2.3.2. Antioxidants and Immune Function
- 2.4. Physiological Regulation of Feeding. Appetite and Satiety
- 2.5. Psychology and Nutrition
- 2.6. Nutrition and Sleep
- 2.7. Update on Nutritional Objectives and Recommended Intakes
- 2.8. New Evidence on the Mediterranean Diet





### Module 3. Assessment of Nutritional Status and Diet. Practical Application

- 3.1. Bioenergy and Nutrition
  - 3.1.1. Energy Needs
  - 3.1.2. Methods of Assessing Energy Expenditure
- 3.2. Assessment of Nutritional Status
  - 3.2.1. Body Composition Analysis
  - 3.2.2. Clinical Diagnosis. Symptoms and Signs
  - 3.2.3. Biochemical, Hematological and Immunological Methods
- 3.3. Intake Assessment
  - 3.3.1. Methods for Analyzing Food and Nutrient Intake
  - 3.3.2. Direct and Indirect Methods
- 3.4. Update on Nutritional Requirements and Recommended Intakes
- 3.5. Nutrition in a Healthy Adult Objectives and Guidelines The Mediterranean Diet
- 3.6. Nutrition in Menopause
- 3.7. Nutrition in the Elderly

### Module 4. Clinical Nutrition and Hospital Dietetics

- 4.1. Role of the Pediatric Professional in the Multidisciplinary Team of the Nutrition Units
- 4.2. Management of Hospital Nutrition Units
  - 4.2.1. Nutrition in the Hospital Setting
  - 4.2.2. Food Safety in Hospitals
  - 4.2.3. Planning and Managing Hospital Diets. Dietary Code
- 4.3. Hospital Basal Diets
  - 4.3.1. Pediatric Basal Diet
  - 4.3.2. Ovo-Lacto-Vegetarian and Vegan Diet
  - 4.3.3. Diet Adapted to Cultural
- 4.4. Therapeutic Hospital Diets
  - 4.4.1. Uniting Diets
  - 4.4.2. Personalised Menus
- 4.5. Bidirectional Drug-Nutrient Interaction

### Module 5. Nutrition in Special Situations

- 5.1. Nutrition in Metabolic Stress Situations
  - 5.1.1. Sepsis
  - 5.1.2. Polytrauma
  - 5.1.3. Burns.
  - 5.1.4. Transplant Recipient
- 5.2. Nutrition in Oncology Patients with:
  - 5.2.1. Surgical Management
  - 5.2.2. Chemotherapy Treatment
  - 5.2.3. Radiotherapy Treatment
  - 5.2.4. Bone Marrow Transplant
- 5.3. Immune Diseases
  - 5.3.1. Acquired Immunodeficiency Syndrome(AIDS)

### Module 6. Artificial Nutrition in Adults

- 6.1. Enteral Nutrition
- 6.2. Parenteral Nutrition
- 6.3. Artificial Nutrition at Home
- 6.4. Adapted Oral Nutrition



*A unique, key, and decisive master's degree experience to boost your professional development"*

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.



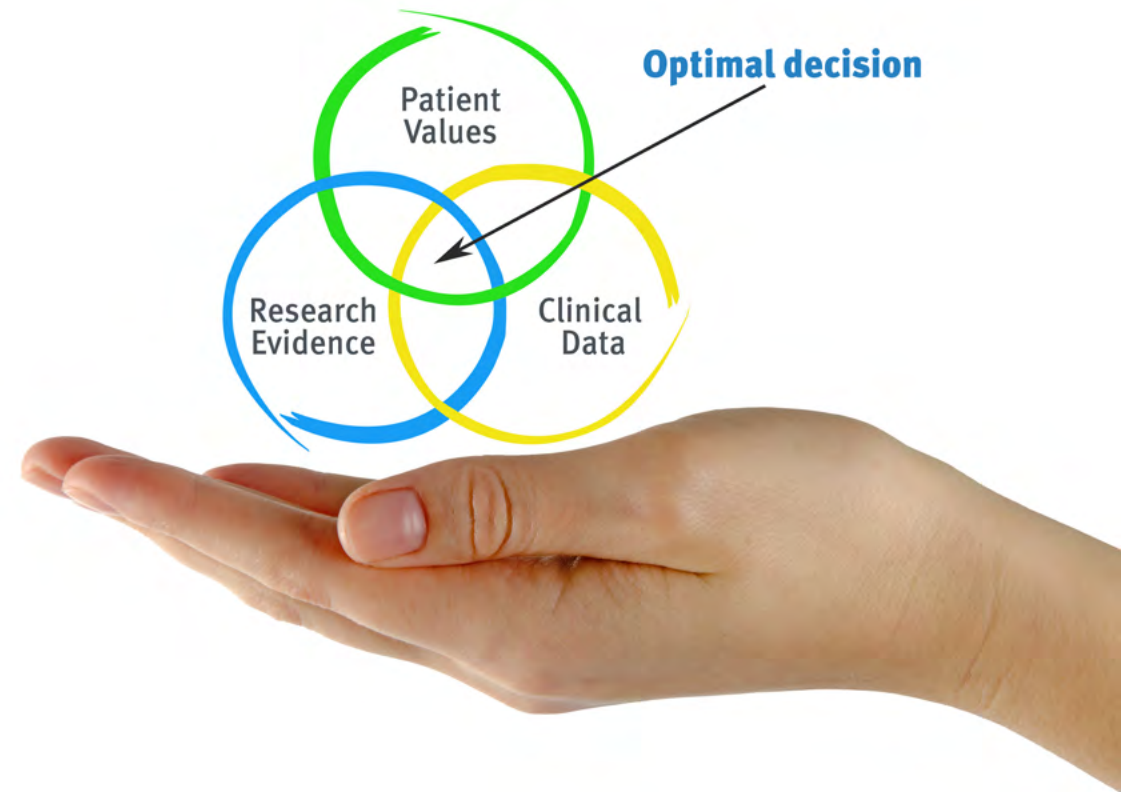


*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, 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 Diploma in Clinical Nutrition and Hospital Dietetics guarantees students, in addition to the most accurate and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.







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*Successfully complete this program  
and receive your university degree  
without travel or laborious paperwork”*

This **Postgraduate Diploma in Clinical Nutrition and Hospital Dietetics** 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 Diploma** issued by **TECH Technological University** via tracked delivery\*.

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

Title: **Postgraduate Diploma in Clinical Nutrition and Hospital Dietetics**

Official N° of hours: **400 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 quality  
online training  
development languages  
classroom

**tech** technological  
university

**Postgraduate Diploma**  
Clinical Nutrition and  
Hospital Dietetics

Course Modality: Online

Duration: 6 months.

Certificate: TECH Technological University

Official N° of hours: 400 h.

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