

Postgraduate Diploma

Nutritional Counseling Services in Community Pharmacies

Endorsed by:





Postgraduate Diploma Nutritional Counseling Services in Community Pharmacies

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

Website: www.techtute.com/us/pharmacy/postgraduate-diploma/postgraduate-diploma-nutritional-counseling-services-community-pharmacies

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01

Introduction

Currently, in most of the developed countries in our environment, community pharmacy is evolving towards the provision of pharmaceutical services, as the pharmaceutical profession has evolved in recent years towards a more patient-centered care profession.



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Improve your knowledge in Nutritional Counseling Services in Community Pharmacies through this programme, where you will find the best didactic material with real clinical cases. Find out about the latest advances in the speciality here, in order to be able to carry out quality clinical practice”

Undoubtedly, this interspecialization is a consequence of the adaptation of community pharmacy to a changing society, where public health has reached high levels of control and safety, facing new challenges for which both the pharmacist as a health agent and the community pharmacy are close and accessible resources for the user.

One of these services is related to the field of Nutrition and to developing dietary recommendations. Today there is ample evidence on the importance of proper nutrition for the prevention and/or treatment of chronic diseases, such as cardiovascular diseases, type 2 diabetes mellitus and cancer, among others. With more nutritional supplements becoming available to users, it is of vital importance that community pharmacists have the necessary training to dispense and advise on these products in an appropriate way, to give good nutritional advice and, when necessary, know when to make a referral to the appropriate professional. Although traditionally several subjects related to bromatology, nutrition, food and food hygiene have been taught in the pharmacy diploma, there is a need for a more specific specialization that allows the user to receive advice on the food products that are dispensed in the pharmacy, as well as on their interaction with medicines.

For this reason, it is necessary to design and teach a scientific and professional theoretical and practical specialization in nutrition under the auspices of the university.

This Postgraduate Diploma works on various current concepts in nutrition, not only susceptible to be used in the daily work of a community pharmacist, but also prepares them to be able to implement a nutritional counseling service in their pharmacy and enables them to carry out nutritional campaigns in other areas of population education.

This **Postgraduate Diploma in Nutritional Counseling Services in Community Pharmacies** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Development of more than 75 clinical cases presented by experts in Nutritional Counseling Services in Community Pharmacy
- ♦ Its graphic, schematic and eminently practical contents, with which they are conceived, gather a scientific and assistance specialization on those disciplines essential for professional practice
- ♦ Diagnostic and therapeutic novelties on evaluation, diagnosis and intervention in Nutritional Counseling Services in Community Pharmacy
- ♦ It contains practical exercises where the self-assessment process can be carried out to improve learning
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ With special emphasis on evidence-based medicine and research methodologies in Nutritional Counseling Services in Community Pharmacy
- ♦ 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 knowledge through the program “Nutritional Counseling Services in Community Pharmacy”

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This Postgraduate Diploma may be the best investment you can make in the selection of a professional program for two reasons: in addition to upgrading your knowledge in Nutritional Counseling Services in Community Pharmacy, you will obtain through TECH Technological University”

It includes in its teaching staff professionals belonging to the field of Nutritional Counseling Services in Community Pharmacy who pour into this program the experience of their work, in addition to recognized specialists belonging to scientific societies of reference.

Thanks to its multimedia content developed with the latest educational technology, they will allow the professional a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to prepare in real situations.

The design of this program is based on problem-based learning, by means of which the health professional must try to solve the different professional practice situations that arise throughout the course. To this end, the professional will be assisted by an innovative interactive video system created by recognized experts in the field of community pharmacies.

Increase your decision-making confidence by updating your knowledge with this University Expert course.

Take the opportunity to learn about the latest advances in the Services in Nutritional Counseling in Community Pharmacy and improve your customer service.



02

Objectives

This Postgraduate Diploma in Nutritional Counseling Services in Community Pharmacy is oriented to offer a complete, detailed and up-to-date vision of pharmaceutical nutritional counseling as a key element in customer care and follow-up.





This Postgraduate Diploma is designed for you to improve your knowledge in Nutritional Counseling Services in Community Pharmacy, with the use of the latest educational technology, to contribute with quality and safety to the decision making process in the implementation of professional pharmaceutical services”



General Objectives

- ♦ Have the necessary knowledge to provide professional pharmaceutical services in the field of nutrition
- ♦ Update the community pharmacist's nutrition knowledge
- ♦ Promote nutritional Counseling strategies in community pharmacy based on patient and user approach
- ♦ Advise patients and users on foods, supplements and nutritional supplements dispensed at community pharmacies
- ♦ Encourage the acquisition of skills, through a powerful audiovisual system, and the possibility of development through online simulation workshops and/or specific skills
- ♦ Encourage professional stimulation through continuous education and research





Specific Objectives

Module 1. Basic Principles of Nutrition

- ◆ Be familiar with the basic concepts of nutrition, its contributions and interest for the community pharmacist
- ◆ Understand the concepts of servings and edible portion, in order to know how to use them
- ◆ To be familiar with the different types of diet
- ◆ Keep up to date with new nutrition concepts
- ◆ Use the different anthropometric measurements
- ◆ Manage dietary tools: 24-hour recall, food, frequency questionnaire, dietary record
- ◆ Apply the knowledge acquired in order to be able to carry out a nutritional assessment

Module 2. Food Legislation in Community Pharmacy

- ◆ Interpreting the composition of food supplements and their consumption levels
- ◆ Be aware of the scientific evidence of such supplements
- ◆ Differentiate between food, medicine, dietetic products, food supplements, health products, bio-ecological products and organic products
- ◆ Be familiar with the different interactions between supplements and pharmacological treatments
- ◆ Be aware of the different legislation in force at European, national and Autonomous Community levels
- ◆ Analyze the necessary requirements for the authorization of substances in foodstuffs
- ◆ Learn how to read labels, how they are presented and how they are published
- ◆ Be clear about the safety standards for nutritional supplements
- ◆ Familiarize yourself with the health alert network
- ◆ Understand the reporting standards for dietary supplements

Module 3. Implementation of a Nutritional Counseling Service in Community Pharmacies

- ◆ Identify and analyze service demand
- ◆ Qualify the team involved in the service
- ◆ Design a standardized work protocol
- ◆ Assess the need to plan and design community pharmacy nutrition education campaigns
- ◆ Be familiar with the VAT rate applicable to these products, as well as to this service
- ◆ Compare the different autonomic legislations affecting community pharmacy when carrying out nutritional counseling services and dietetic counseling services, in order to avoid conflicts with other professionals
- ◆ Develop service marketing strategies to promote and implement the service
- ◆ As a complement to the service, participate in nutrition education campaigns already designed by other groups for the population



Take advantage of the opportunity and take the step to get up to date on the latest developments in Nutritional Counseling Services in Community Pharmacy”

03

Course Management

The program's teaching staff includes leading specialists in community pharmacy, who bring the experience of their work to this specialization. Additionally, other recognized specialists participate in its design and preparation, which means that the program is developed in an interdisciplinary manner.





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Learn from leading professionals, the latest advances in the field of Nutritional Counseling Services in Community Pharmacy”

Management



Ms. Rodríguez Sampedro, Ana

- ♦ Community Pharmacist
- ♦ Coordinator of the SEFAC nutrition and digestive group
- ♦ Master's Degree in Nutrition and Dietetics
- ♦ Degree in Pharmacy
- ♦ Postgraduate Degree in Nutrition, Dietetics and Diet Therapy
- ♦ University ExperT in Education and Promotion of Health
- ♦ Co-author of "Guidelines and consensus documents Probiotics and prebiotics in community pharmacy SEFAC-SEPP"

Professors

Dr. Abellan-García Sánchez, Fernando

- ♦ Director of Asesore Health Law Firm
- ♦ Legal Advisor of the Spanish Society of Clinical, Family and Community Pharmacy
- ♦ Doctor in Legal and Forensic Medicine, Complutense University of Madrid

Ms. Anca Candoncía, Eva

- ♦ Clinical Nutritionist. Pharmacist expert in Natural Health. Eva Anca Nutritional Consulting
- ♦ Technical and commercial director. El Baobab Natural Health
- ♦ Member of the Nutrition and Digestive Working Group. SEFAC, Spanish Society of Community Pharmacy
- ♦ Member of SEED Spanish Society for the Study of Diabetes
- ♦ Member of the SEFAC Scientific Committee
- ♦ Degree in Pharmacy, University of Santiago de Compostela
- ♦ Postgraduate degree in Nutrition, Dietetics and Diet Therapy, University of Navarra
- ♦ Expert in Nutrition and Dietetics in Natural Medicine. University of Santiago de Compostela



Ms. Pérez Rivas, Miriam

- ◆ Community Pharmacist
- ◆ Product Trainer at Unifarco
- ◆ Head Pharmacist at Miriam Perez Pharmacy
- ◆ Degree in Pharmacy, University of Santiago de Compostela
- ◆ Postgraduate degree in Oenology from the University San Jorge
- ◆ Master's Degree in Innovation in Food Safety and Technology, University of Santiago de Compostela

Ms. Alonso Lovera, Patricia

- ◆ Pharmacist specializing in Nutrition and Dietetics
- ◆ Founder of Patricia Alonso Lovera's practice
- ◆ Author of numerous book chapters
- ◆ Degree in Pharmacy, University of Santiago de Compostela
- ◆ Degree in Nutrition and Dietetics from the Catholic University of Avila
- ◆ Master's Degree in Comprehensive Pharmaceutical Care, University of Barcelona
- ◆ Master in Nutrition and Dietetics, Specialty in Sports Nutrition, University of Cadiz
- ◆ Course in Advanced Sports Nutrition by the ICNS
- ◆ Course in Vegan and Vegetarian Clinical Nutrition by the ICNS
- ◆ Member of: Working Group of Nutrition and Digestive of the Spanish Society of Community Pharmacists, Working Group of Diabetes of the Spanish Society of Community Pharmacists, Spanish Society of Family and Community Pharmacy, Spanish Society of Pharmacists in Primary Care, Spanish Society of Specialists in Smoking, Spanish Society of Community Nutrition, Spanish Academy of Nutrition and Dietetics

Mr. Alba Palomo, José Enrique

- ◆ Director of TECH Business School
- ◆ Pharmacist at Proxima Portada Alta Pharmacy (Alba Pharmacy)
- ◆ Director of the Antorcha Group
- ◆ Coordinator and teacher in courses related to the world of Pharmacy
- ◆ Degree in Pharmacy from the University of Granada
- ◆ Master's Degree in Business Administration
- ◆ Master's Degree in Financial Management
- ◆ Master in Retail Marketing from the University of Malaga
- ◆ Member of the Spanish Society of Family and Community Pharmacy

Dr. Baixauli Fernández, Vicente Javier

- ◆ Community Pharmacist
- ◆ Pharmacist owner of a community pharmacy in Mislata. (Valencia)
- ◆ Vice-president of the Spanish Society of Community Pharmacy (SEFAC)
- ◆ Member of the governing board of the micof of valencia
- ◆ PhD in Pharmacy from the Cardenal Herrera University CEU
- ◆ Degree in Food Science and Technology from the E.T.S. of Agricultural Engineers of the Polytechnic University of Valencia, and university expert in pharmacotherapeutic monitoring from the University of Granada
- ◆ Experience teaching in several editions of university masters and educational courses
- ◆ Author of ACOFAR, El Farmacéutico, Offarm, Pharmaceutical Care Spain, Community Pharmacists, and co-author of more than 23 books





Ms. Busquets Casso, Anna

- ◆ Community Pharmacist in Sant Pere de Ribes
- ◆ Graduate in Pharmacy from the University of Barcelona
- ◆ Community pharmacist in Sant Pere de Ribes
- ◆ Vice-president of SEFAC Catalonia

Ms. Escuder Marcos, Carla

- ◆ Pharmacist at Escuder Pharmacy
- ◆ Dietician-Nutritionist in Vinaròs
- ◆ Teacher-collaborator of the Open University of Catalonia
- ◆ Co-founder of the Nutriestudio center
- ◆ Nutritional Coach by Nutritional Coaching Barcelona
- ◆ Graduate in Pharmacy by the University of Navarra
- ◆ Diploma in Human Nutrition and Dietetics by the University of Navarra
- ◆ Master's Degree in Welfare Pharmacy and Pharmaceutical Care at the University of Barcelona
- ◆ Postgraduate degree in Public Health from the Pompeu Fabra University
- ◆ Postgraduate degree in Sports Nutrition from Codinucat by the Official College of Dietitians and Nutritionists of Catalonia

04

Structure and Content

The structure of the contents has been designed by a team of professionals from the best research centers and universities in the country, aware of the relevance of the current relevance of specialization to use drugs safely and with a solid scientific basis based on evidence, and committed to quality teaching through new educational technologies.





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This Postgraduate Diploma in Nutritional Counseling Services in Community Pharmacy contains the most complete and up-to-date scientific program on the market”

Module 1. Basic Principles of Nutrition

- 1.1. Nutrients and Food
- 1.2. Nutritional Objectives
- 1.3. Vitamins, Minerals and Water
- 1.4. The Difference Between Serving and Edible Portion
- 1.5. Usefulness of Exchange Diets and Weight-based Diets
- 1.6. Anthropometric Parameters
- 1.7. Body Composition, Physical Examination and Bioimpedance
- 1.8. Dietary History
- 1.9. Psychosocial Information and Medical History

Module 2. Food Legislation in Community Pharmacy

- 2.1. Nutritional Supplements Food Supplements
- 2.2. Scientific evidence on food supplements
- 2.3. Dietary myths and legends
- 2.4. Interaction between supplement and medication
- 2.5. European Legislation
- 2.6. Spanish Legislation CC.AA
- 2.7. Food Safety

Module 3. Implementation of a Nutritional Counseling Service in Community Pharmacies

- 3.1. Training the Team Involved in the Service
- 3.2. Economic Management in the Nutritional Counseling Service: Pricing, Accounting Treatment, etc
- 3.3. Designing a Standardized Work Protocol
- 3.4. Legal Aspects, Implementation and Necessary Resources
- 3.5. Planning and Design of Nutrition Education Campaigns for the Population



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*A unique specialization experience,
key and decisive 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. 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 Diploma in Nutritional Counseling Services in Community Pharmacy guarantees students, in addition to the most rigorous 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 qualification without having to travel or fill out laborious paperwork”

This **Postgraduate Diploma in Nutritional Counseling Services in Community Pharmacy** 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*.

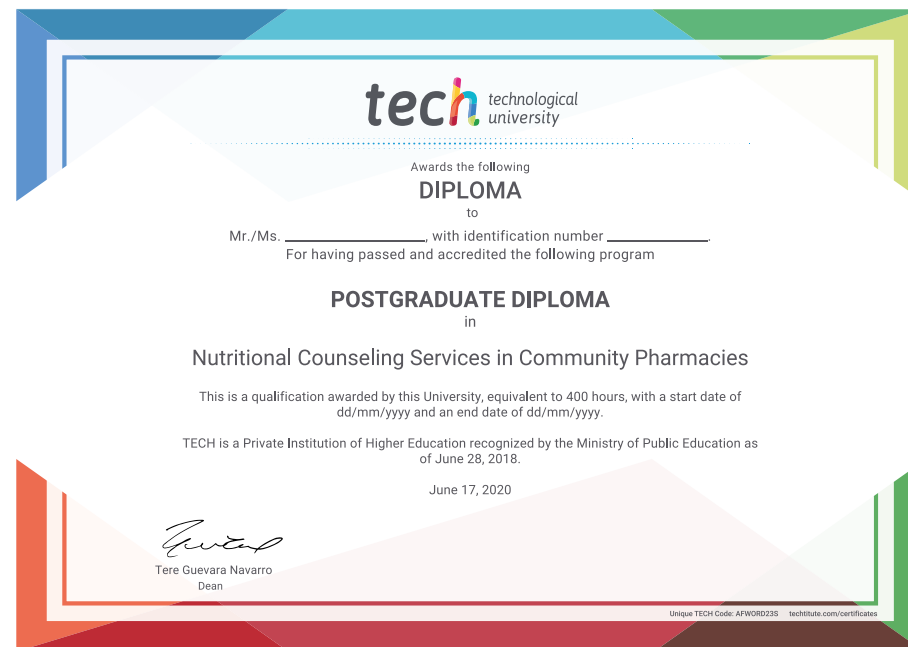
The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Nutritional Counseling Services in Community Pharmacies**

Official N° of Hours: **400 h.**

Endorsed by: SEFAC (Spanish Society of Family and Community Pharmacy)

*There will be a 30% discount for SEFAC members.



*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.



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Postgraduate Diploma

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Endorsed by:

