

# Postgraduate Certificate

## Nutrition in Renal, Hepatic and Pancreatic Diseases



## Postgraduate Certificate Nutrition in Renal, Hepatic and Pancreatic Diseases

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

Website: [www.techtitude.com/in/physiotherapy/postgraduate-certificate/nutrition-renal-hepatic-pancreatic-diseases](http://www.techtitude.com/in/physiotherapy/postgraduate-certificate/nutrition-renal-hepatic-pancreatic-diseases)

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# 01

# Introduction

Physiotherapy can be beneficial for the patient with some type of renal, hepatic or pancreatic insufficiency, since the use of its techniques could favor the restoration of the musculoskeletal and circulatory state, making it compatible with normal life. If to this is added the nutritional management adapted to the needs caused by the pathology, the professional in this area can offer a complete and austere service that will undoubtedly be highly beneficial to the health of the person. This program is focused in such a way that you will be able to know in detail the ins and outs of dietary planning for patients with these types of diseases. All this through a 100% online program, which can be taken from anywhere thanks to its compatibility with all devices with an Internet connection.







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*A multidisciplinary and 100% online program for physiotherapy professionals to learn in detail the latest developments related to nutrition in patients with kidney, liver or pancreatic diseases"*

When a patient comes to the office, the professional always tries to offer alternatives that are in their power to try to alleviate their pain and ensure their speedy recovery. In the case of Physiotherapy, the multiple strategies that exist to treat pathologies that are not related to the bone or muscular system, make it a very versatile specialty, which, combined with the best and most innovative nutritional techniques, can have an exponential influence on the person's recovery.

That is why TECH has considered it necessary to develop this Postgraduate Certificate in Nutrition in Renal, Hepatic and Pancreatic Diseases, a program led by experts in the sector that includes the latest developments in Diet Therapy applied to these clinical conditions. It is a 100% online program, austere, exhaustive, dynamic and intensive, which the graduate will be able to use to know in detail the most recommended eating habits in these cases, the nutritional deficiencies that are usually present and the most innovative recommendations for an effective food planning.

For this, you will have 150 hours of additional material in different formats: the best theoretical syllabus, real clinical cases, detailed videos, dynamic summaries of each unit, images, research articles, self-knowledge exercises and much more! In addition, you will be able to access the Virtual Classroom whenever you want and download the entire content from the beginning of the academic experience on any device with an Internet connection.

This **Postgraduate Certificate in Nutrition in Renal, Hepatic and Pancreatic Diseases** 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 the self-assessment process can be carried out 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



*You will be able to implement the most innovative nutritional strategies in your practice as a physiotherapist, being able to offer your patients more alternatives when treating them"*

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*You will be able to access the Virtual Classroom 24 hours a day, 7 days a week from any device with an Internet connection”*

The program’s teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading 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 students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*You will have an exclusive section based on the latest scientific evidence of Diet Therapy, in which you will delve into habits, risks and comorbidities in the dietary assessment of the patient.*

*You will work on the most innovative nutritional planning strategies through a syllabus designed exclusively by professionals in the sector.*



# 02 Objectives

TECH's main objective in designing this program is for the physiotherapy professional to complete this diploma course with a perfect knowledge of the latest developments in diet therapy applied to patients with renal, hepatic and pancreatic diseases. That is why it will put at your disposal the most innovative academic tools in the university sector, as well as the most dynamic and comprehensive information on Nutrition, extracted from the main sources. In this way you will be able to complete the 150 hours having exceeded all your expectations.





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*A program designed for you to learn in detail the ins and outs of modulating the intestinal microbiota through the most innovative nutritional strategies"*



## General Objectives

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- ♦ Allow the graduate to be updated in a comprehensive manner on everything related to the nutritional planning of patients with hepatic, pancreatic and renal diseases
- ♦ Provide the professional with the most innovative and effective academic tools that will allow them to fulfill their own academic objectives in a simple, dynamic and highly beneficial way for their professional performance





## Specific Objectives

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- Update the knowledge on renal, hepatic and pancreatic functions and pathologies, and their relationship with nutrition
- Assess clinical cases, application tools in nutrition consultation
- Plan nutritional treatments based on scientific evidence and evolution assessment

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*A program designed in such a way that you will be able to exceed even your most demanding expectations through the 150-hour course of the best university program in Diet Therapy”*

# 03

# Course Management

Once again, TECH has included in another of its programs the best faculty, composed, in this case, by professionals versed in the area of Diet Therapy with a wide and extensive work experience in the clinical management of patients with renal, hepatic and pancreatic pathologies. These are active specialists who have not only invested their effort and time in creating the best and most updated syllabus, but have also designed hours of high quality additional material so that the graduate can delve into the different sections in a dynamic, exhaustive, but, above all, personalized way.





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*You will have the backing and support of a professional and committed teaching team, who will be at your disposal to resolve any doubts that may arise during the course of the academic experience"*

## Management



### Dr. Vázquez Martínez, Clotilde

- Corporate Head in the University Hospital Endocrinology and Nutrition Departments, Fundación Jiménez Díaz
- Head of the Endocrinology and Nutrition Service at Ramón y Cajal University Hospital
- Head of the Endocrinology and Nutrition Service at Severo Ochoa University Hospital
- President of The Society of Endocrinology, Nutrition, and Diabetes of the Community of Madrid SENDIMAD
- Coordinator Therapeutic Education Group Group of the Spanish Society of Diabetes
- Doctor of the Faculty of Medicine of the Autonomous University of Madrid
- Degree in Medicine and Surgery from the Faculty of Medicine of the University of Valencia
- Specialist in Endocrinology and Nutrition via Medical Residency by the University Hospital Fundación Jimenez Díaz
- 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 of the Master's Degree in Obesity and Comorbidities at the Rey Juan Carlos University
- ♦ Professor at the Course of Excellence in Obesity at the University Hospital Fundación Jimenez Díaz
- ♦ Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid
- ♦ Nutrition and Food for the Elderly by the Complutense University of Madrid
- ♦ Nutrition and Sports for Professionals by the Fundación Tripartita
- ♦ Refresher Course on Practical Diabetes Type 1 and 2 for Health 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's Degree 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 and Trisomy 21 Research Society

## Professors

### Ms. Manso del Real, Paula

- ♦ Deputy Director of Nursing at the Íñigo Álvarez de Toledo Renal Foundation
- ♦ Nursing Supervisor of the Dialysis Unit of the Íñigo Álvarez de Toledo Renal Foundation
- ♦ Nephrology Nurse at the Nephrology Unit of the Jiménez Díaz Foundation University Hospital
- ♦ Diploma in Nursing at the Francisco de Vitoria University
- ♦ Degree in International Cooperation and Health Promotion at the Francisco de Vitoria University
- ♦ Expert in Emergencies and Emergencies at the Complutense University of Madrid Master's Degree in Hemodialysis for Nurses at the Complutense University of Madrid

### Dr. Modroño Móstoles, Naiara

- ♦ Doctor Specialist in Pediatric Endocrinology and Nutrition at the University Hospital Fundación Jimenez Diaz
- ♦ Doctor Specialist in Endocrinology the Infanta Elena University Hospital
- ♦ Doctor Specialist 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





**Dr. Sanz Martínez, Enrique**

- ◆ Clinical Nutritionist at the University Hospital General de Villalba and Rey Juan Carlos University Hospital
- ◆ Dietitian in the project PLUS researcher in the Health Research Institute of the Jiménez Díaz Foundation
- ◆ Researcher and collaborator in the NUTRICOVID study
- ◆ Researcher and collaborator in the cross-sectional prospective OBESTIGMA study
- ◆ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ◆ Master's Degree in Clinical Nutrition at the Catholic University of San Antonio in Murcia
- ◆ Master's Degree in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos

**Dr. González Toledo, Beatriz María**

- ◆ Nurse expert in Hemodialysis and Nutrition and Health
- ◆ Nephrology Nurse Unit of the Fundación Jiménez Díaz Hospital
- ◆ Nurse Director of Dialysis at the Íñigo Álvarez de Toledo Renal Foundation
- ◆ Master's Degree in Hemodialysis for Nurses at the Complutense University of Madrid
- ◆ Master's Degree in Nutrition and Health at the Open University of Catalonia
- ◆ University Expert in Peritoneal Dialysis for Nursing at Cardenal Herrera University
- ◆ Graduate in Nursing from the Autonomous University of Madrid

# 04

## Structure and Content

This Postgraduate Certificate includes 150 hours of the best theoretical, practical and additional content, selected by the teaching team following the demanding criteria of quality, timeliness and completeness that TECH imposes in each of its programs. Thanks to this, the graduate who accesses it, will find in the Virtual Classroom a multitude of material to contextualize the information and delve into the agenda in a personalized way, attending a dynamic, austere and very professional update of their knowledge.





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*In the Virtual Classroom you will find real clinical cases, so that you can apply what has been developed in the syllabus in a practical way, perfecting your skills with total guarantee”*



## Module 1. Nutrition in Renal, Hepatic and Pancreatic Diseases

- 1.1. Nutrients
  - 1.1.1. Enzymatic Activity, Metabolism, Filtration and Diuresis
- 1.2. Habits, Risks, Previous and Causative Comorbidities, and Assessment of Feeding Habits
- 1.3. Nutrition in CKD: Predialysis
- 1.4. Nutrition in CKD: Dialysis: Renal Transplantation
- 1.5. Diabetic Nephropathy
- 1.6. Renal Lithiasis
- 1.7. Pancreatic Insufficiency
- 1.8. Non-Alcoholic Hepatic Steatosis, Fibrosis, Hepatic Cirrhosis and Vesicular Lithiasis
- 1.9. Modulation of the Intestinal Microbiota in Renal, Pancreatic and Hepatic Pathology
- 1.10. Psychological Aspects and Planning of Objectives and Consultations







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*It also includes a module in which you will be able to work on the latest scientific evidence related to the psychological aspects to take into account when carrying out a nutritional planning”*

# 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.





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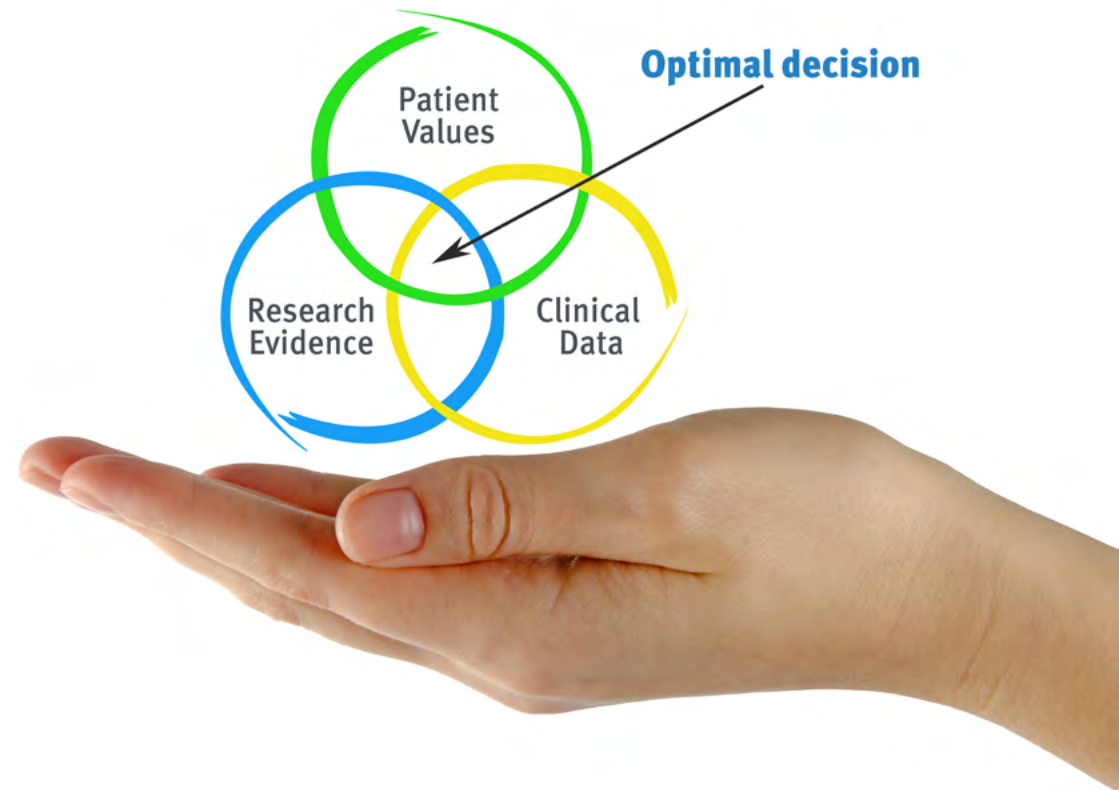
*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*



## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Physiotherapists/kinesiologists learn better, faster, 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, trying to recreate the real conditions of professional physiotherapy 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. Physiotherapists/kinesiologists who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the physiotherapist/kinesiologist 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.

This 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, a real revolution with respect to the mere study and analysis of cases.



*The physiotherapist/kinesiologist 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 we trained more than 65,000 physiotherapists/kinesiologists with unprecedented success in all clinical specialties, regardless of the workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning 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 for 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 our 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 produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

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.



#### Physiotherapy Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current Physiotherapy techniques and procedures. All of this in direct contact with students and explained in detail so as to aid their assimilation and 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, TECH presents real cases in which the expert will guide students, 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 Renal, Hepatic and Pancreatic Diseases 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 Renal, Hepatic and Pancreatic Diseases** contains the most complete and up-to-date scientific 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 certificate 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 Renal, Hepatic and Pancreatic Diseases**  
Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate 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 languages  
virtual classroom



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