

# Postgraduate Certificate

## Nutrition in Endocrine-Metabolic Diseases





## Postgraduate Certificate Nutrition in Endocrine-Metabolic Diseases

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 5 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-certificate/nutrition-metabolic-diseases](http://www.techtute.com/us/medicine/postgraduate-certificate/nutrition-metabolic-diseases)

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# 01

# Introduction

Update your knowledge in Nutrition for Endocrine-Metabolic Diseases with this highly scientifically rigorous qualification designed by practicing professionals in the field.

A unique opportunity to learn the different techniques and products of basic and advanced nutritional support related to patient nutrition.



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



Specialization in nutrition is the essential response of the professional to the needs of the population in terms of food and health care and prevention. An example of this is the growing implementation in Spanish hospitals of Nutrition and Dietetics Units or Services where the figure of the Doctor takes on special relevance in the assessment of nutritional status and the planning and implementation of individual treatments for each patient.

There is a lot of interest in everything related to dietetics and human nutrition and this is justified by a series of factors, among which two stand out:

- ♦ A greater demand for quality of life in Western society, concern for the effects of nutrition on the maintenance of health and the prevention and treatment of diseases, which translates into the search for better, healthier and more balanced nutrition.
- ♦ The management of nutrition as a preventative or palliative factor for collective and personal health.

This Postgraduate Certificate is methodologically designed for distance learning in order to guarantee optimal supervision.

With this qualification you will have the opportunity to study a program that brings together the most advanced and in-depth knowledge in the field, where a group of highly regarded professors with extensive international experience provides you with the most complete and up-to-date information on the latest advances and techniques in Nutrition in Endocrine-Metabolic Diseases.

This **Postgraduate Certificate in Nutrition in Endocrine-Metabolic Diseases** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- ♦ Clinical cases presented by experts in Nutrition in Endocrine-Metabolic Diseases in Medicine
- ♦ 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.
- ♦ The latest diagnostic and therapeutic information on how to approach Nutrition in Endocrine-Metabolic Diseases
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course.
- ♦ With a special emphasis on evidence-based medicine and research methodologies in Nutrition in Endocrine-Metabolic Diseases
- ♦ 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



*Learn through the Postgraduate Certificate in Nutrition in Endocrine-Metabolic Diseases"*

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*This Postgraduate Certificate is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Nutrition in Endocrine-Metabolic Diseases in Medicine, you will obtain a qualification from TECH Global University"*

Its faculty includes health professionals belonging to the field of clinical nutrition, who contribute their work experience to this qualification, as well as renowned specialists belonging to leading scientific societies.

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 an immersive training program to train in real situations.

This program is designed around Problem-Based Learning, whereby the physician must try to solve the different professional practice situations that arise throughout the program. 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.

*This Postgraduate Certificate allows learning in simulated environments, which provide immersive learning programmed to train for real situations.*

*It includes clinical cases to bring the program as close as possible to the reality of care in medicine.*



# 02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the doctor can master in a practical and rigorous way the Nutrition in Endocrine-Metabolic Diseases.







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*This refresher program will provide the skills to generate a sense of confidence in your medical practice, which will help you grow both personally and professionally”*



## General Objectives

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- ♦ Update the physician's knowledge on the latest trends in human nutrition, both in health and in pathological situations, through evidence-based medicine
- ♦ 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 acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online workshops simulation and/or specific training
- ♦ Encourage professional stimulation through continuing education and research
- ♦ Train to conduct research on patients with nutritional issues



*Take the opportunity and take the step to get up to date on the latest developments in Nutrition in Endocrine-Metabolic Diseases"*







## Specific Objectives

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- ♦ 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
- ♦ Predict patients' nutritional risk
- ♦ Manage the different types of nutritional surveys to assess food intake
- ♦ Early detection and evaluation of quantitative and qualitative deviations from the nutritional balance due to excess or deficiency
- ♦ Review basic aspects of food microbiology, parasitology and toxicology related to food safety
- ♦ Explore the etiology, nutrigenetics and nutrigenomics of obesity
- ♦ Delve into the advances in Diabetes Mellitus and hypertension
- ♦ Know the most effective endoscopic and surgical treatments for endocrine-metabolic diseases
- ♦ Update knowledge on dieting and obesity

03

# Course Management

TECH has assembled the most qualified professionals in order to create all the educational content for the instruction of highly trained professionals. The chosen professionals have years of teaching experience and have come together to help give a boost to the graduate's professional career. To this end, they have developed this Postgraduate Certificate with recent updates in Endocrine-Metabolic Diseases in Medicine that will allow you to train and increase your skills in this sector.



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*Learn from leading professionals, the latest  
advances in Nutrition in Endocrine-Metabolic  
Diseases"*



## International Guest Director

Dr. Sumantra Ray is an internationally recognized specialist in **Nutrition** and his main areas of interest are **Nutrition Education in Health Systems** and **Cardiovascular Disease Prevention**. With his outstanding experience in this health field, he has served as a consultant on special assignment for the **Nutrition Management** of the **World Health Organization** Headquarters in Geneva. He has also worked as **Director of Research** in Food Security, Health and Society in the Faculty of Humanities and Social Sciences at the University of Cambridge.

For his constant commitment to the dissemination of **healthy eating habits**, he has received the **Josephine Lansdell Award** from the British Medical Association. Specifically, this recognition highlighted his contributions related to nutrition and **Cardiovascular Prevention**. Also, as an international expert, he has participated in a work program on **Food, Nutrition and Education** in India, led by the University of Cambridge and funded by the UK Global Challenges Research Fund.

Dr. Sumantra Ray's studies are worldwide references, focusing on **global food security**, as it is a fundamental aspect for the development of societies. In addition, he has demonstrated his leadership skills as a **Senior Clinical Scientist** at the **Medical Research Council**, focusing on **Nutrition and Vascular Health** studies. In this position, he directed an experimental medicine facility dedicated to Human **Nutrition** studies.

Throughout his career he has authored more than **200 scientific publications** and has written the **Oxford Handbook of Clinical and Health Research**, aimed at strengthening the basic research skills of health care workers around the world. In this sense, he has shared his scientific findings in numerous presentations and congresses, in which he has participated in different countries.



## Dr. Ray, Sumantra

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- Executive Director and Founder, NNEdPro Global Nutrition and Health Centre, Cambridge, UK
- Director of Research in Food Security, Health and Society in the Faculty of Humanities and Social Sciences, University of Cambridge
- Co-Founder and President of the BMJ Scientific Journal Nutrition, Prevention and Health
- Presidential Advisor at the School of Advanced Studies on Food and Nutrition, University of Parma
- Vice President of the Conference of Medical Academic Representatives of the BMA
- Consultant on special assignment for the Nutrition Directorate of the World Health Organization Headquarters in Geneva
- Honorary International Dean of the Cordia Colleges in India
- Senior Clinical Scientist with the Medical Research Council
- Bachelor's Degree in Medicine

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Management



### Ms. Aunió 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 the program in daily medical practice in nutrition, aware of the current relevance of the qualification to be able to care for patients with endocrine-metabolic pathology with quality teaching through new educational technologies.







*This Postgraduate Certificate in Nutrition in Endocrine-Metabolic Diseases, contains the most complete and up-to-date scientific program on the market"*

### Module 1. Assessment of Nutritional Status and Diet. Practical Application

- 1.1. Bioenergy and Nutrition
  - 1.1.1. Energy Needs
  - 1.1.2. Methods of Assessing Energy Expenditure
- 1.2. Assessment of Nutritional Status
  - 1.2.1. Body Composition Analysis
  - 1.2.2. Clinical Diagnosis. Symptoms and Signs
  - 1.2.3. Biochemical, Hematological and Immunological Methods
- 1.3. Intake Assessment
  - 1.3.1. Methods for Analyzing Food and Nutrient Intake
  - 1.3.2. Direct and Indirect Methods
- 1.4. Update on Nutritional Requirements and Recommended Intakes
- 1.5. Nutrition in a Healthy Adult. Objectives and Guidelines. Mediterranean Diet
- 1.6. Nutrition in Menopause
- 1.7. Nutrition in the Elderly

### Module 2. Nutrition in Endocrine-Metabolic Diseases

- 2.1. Dyslipidemia and Atherosclerosis
- 2.2. Diabetes Mellitus
- 2.3. Hypertension and Cardiovascular Disease
- 2.4. Obesity
- 2.5. Dietary and Pharmacological Treatment
- 2.6. Psychological and Surgical Treatment
- 2.7. Physical Activity in Obesity





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*A unique, key and decisive  
training 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.



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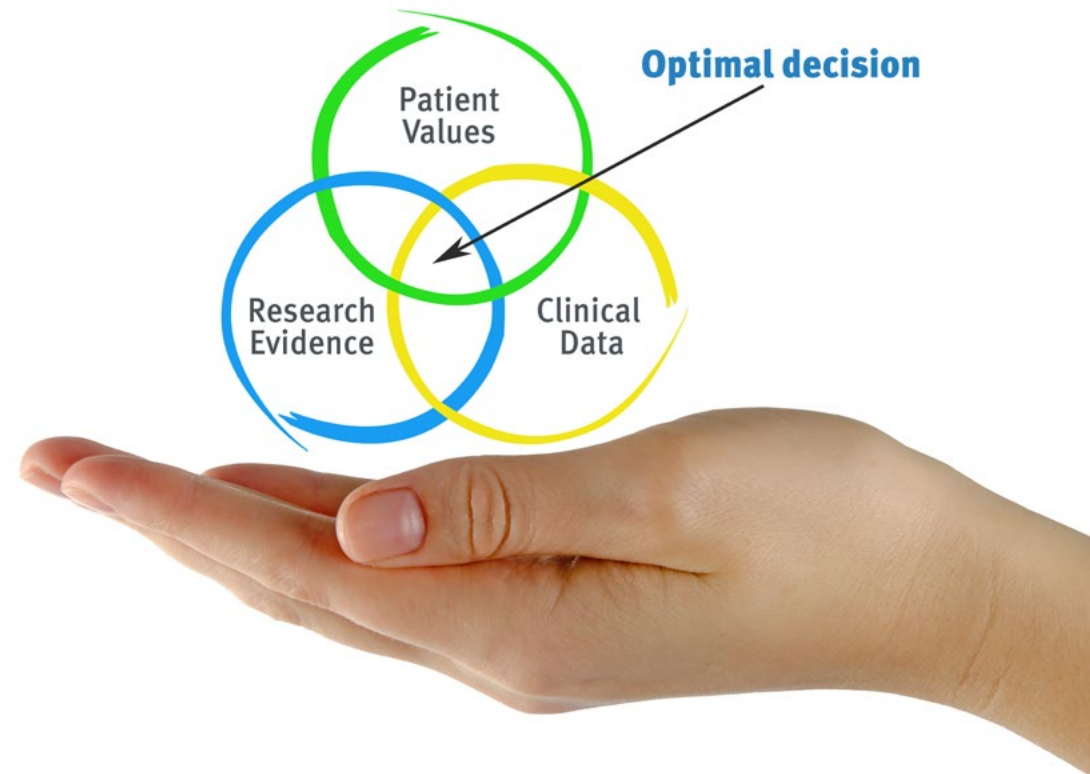
*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*



## 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. Specialists 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. 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, trying to recreate the real conditions in the physician'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. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of 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

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*Professionals will learn through real cases and by resolving 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 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. 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 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 produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then adapted in 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.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. 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 the videos as many times as you like.



#### Interactive Summaries

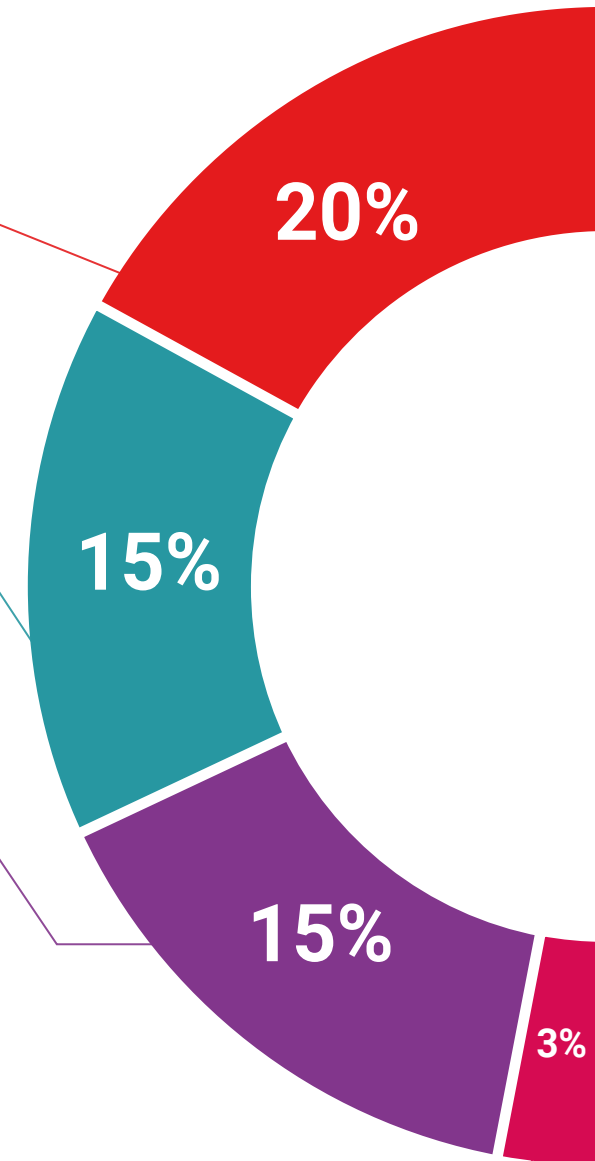
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".

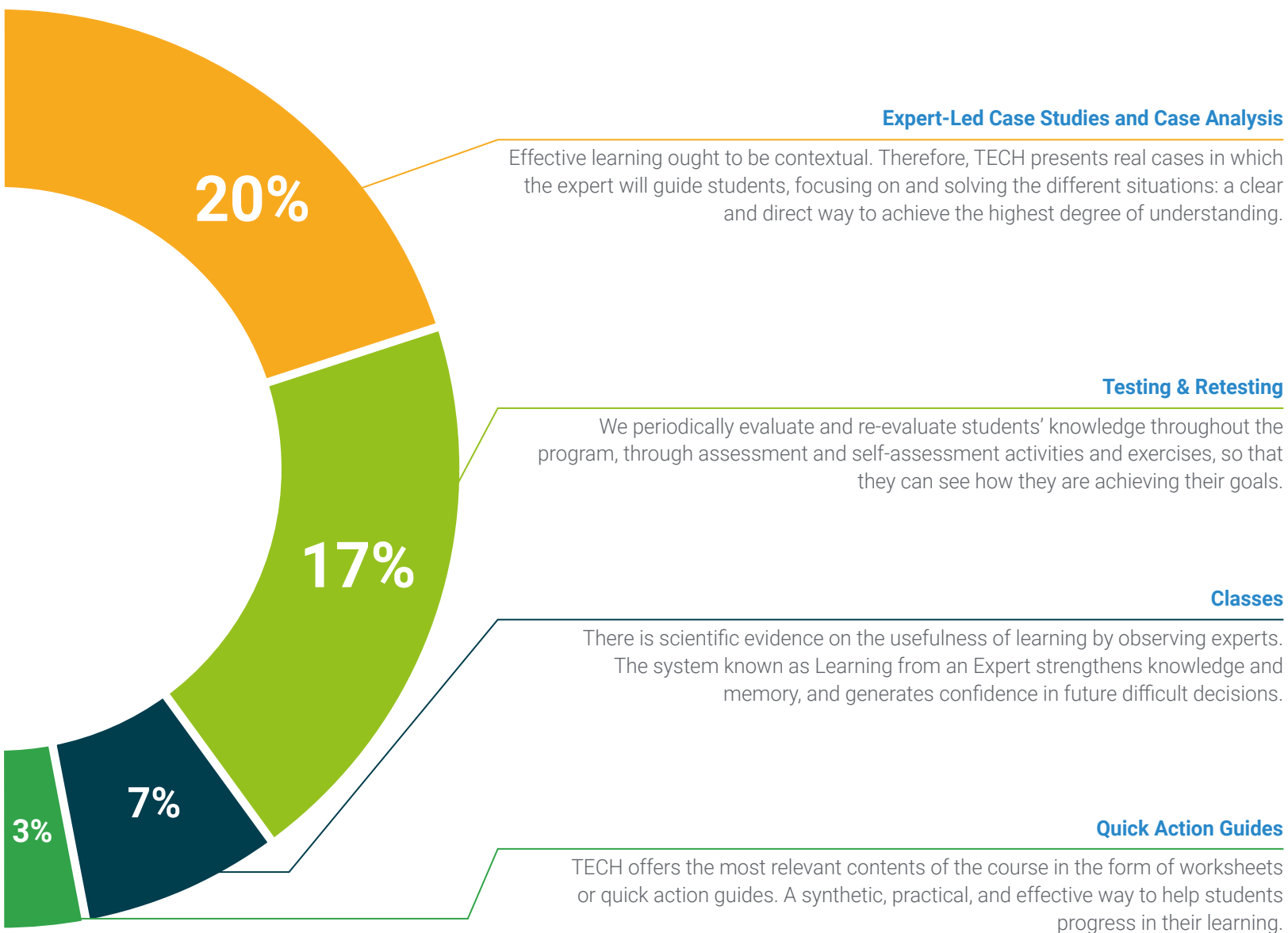


#### Additional Reading

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.







# 06 Certificate

The Postgraduate Certificate in Nutrition in Endocrine-Metabolic Diseases guarantees students, in addition to the most rigorous and up-to-date education, access to a qualification issued by TECH Global University.



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

This program will allow you to obtain your **Postgraduate Certificate in Nutrition in Endocrine-Metabolic Diseases** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Nutrition in Endocrine-Metabolic Diseases**

Modality: **online**

Duration: **6 weeks**

Accreditation: **5 ECTS**







**Postgraduate Certificate**  
Nutrition in Endocrine-Metabolic  
Diseases

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 5 ECTS
- » Schedule: at your own pace
- » Exams: online

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