

# Postgraduate Certificate

## Current Trends in Nutrition for Nursing





## Postgraduate Certificate Current Trends in Nutrition for Nursing

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 8 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nursing/postgraduate-certificate/current-trends-nutrition-nursing](http://www.techtute.com/us/nursing/postgraduate-certificate/current-trends-nutrition-nursing)

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# 01

# Introduction

New trends have meant a before and after in the health sector, that is why nurses must have updated knowledge in nutrition to be able to provide quality and personalized care to their patients, taking into account the latest practices in terms of healthy diets, conscious eating, sports nutrition, among others. TECH has created the following qualification with the objective of providing the most updated information in the field through audiovisual resources, complementary readings and practical exercises developed with the Relearning methodology.





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*This Postgraduate Certificate contains the most complete and up-to-date scientific program on the market”*

Nowadays, there is greater awareness of the importance of a healthy and balanced diet, as well as of the influence of nutrition in the prevention and treatment of chronic diseases. In this context, knowledge of current trends in nutrition has become essential for nursing professionals, who have a fundamental role in the health care of people.

Therefore, this Postgraduate Certificate in Current Trends in Nutrition for Nursing responds to this current need for training and updating. In addition, it provides the knowledge and skills necessary to understand and apply the latest practices such as plant-based nutrition, personalized nutrition and the relationship between food and the intestinal microbiome. All this in order to improve health care and the quality of life of patients.

The program is developed in a 100% online format, which allows students to adapt their training to their needs and schedules, without the need to travel to an on-site center. In addition, it uses the Relearning methodology, which encourages the active participation of the student in the learning process and facilitates the assimilation of the contents through real cases and simulations.

This **Postgraduate Certificate in Current Trends in Nutrition for Nursing** 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. Its graphic, schematic and practical contents provide scientific and assistance information on those nursing disciplines that are essential for professional practice
- ◆ The latest diagnostic and therapeutic information on how to approach nutrition
- ◆ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ◆ With a special emphasis on evidence-based nursing and clinical nutrition research methodologies
- ◆ 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



*Get trained through the Postgraduate Certificate in Current Trends in Nutrition for Nursing”*

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*This Postgraduate Certificate may be the best investment you can make when selecting a refresher program, for two reasons: in addition to updating your knowledge in Current Trends in Nutrition, you will obtain a certificate from the largest online educational institution, TECH”*

The program’s teaching staff includes professionals from the field 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.

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

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



02

# Objectives

The main objective of the program is the development of theoretical and practical learning, so that the Nurse can master in a practical and rigorous way the Current Trends in Nutrition for Nursing.







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*This refresher program will generate a sense of security when practicing nursing which will help you grow both personally and professionally”*



## General Objectives

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- Update the Nurse knowledge on new trends in human nutrition, in both health and disease situations, through evidence based nursing
- 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 simulation workshops and/or specific training
- Encourage professional stimulation through continuing education and research
- Prepare the professional for research into patients with nutritional problems





## Specific Objectives

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- ◆ Describe the basics of a balanced diet in the different stages of the life cycle, as well as in exercise
- ◆ Assess and calculate nutritional requirements in health and disease at any stage of the life cycle
- ◆ Review the new dietary guidelines, nutritional objectives, and recommended dietary allowances (RDA)
- ◆ Manage food databases and composition tables
- ◆ Acquire skills in reading and understanding new food labeling methods
- ◆ Update the drug-nutrient interaction and its implication in the patients treatment
- ◆ Identify the relationship between nutrition and immune status
- ◆ Update knowledge in nutrigenetics and nutrigenomics
- ◆ Describe the possibilities of phytotherapy as an adjuvant treatment
- ◆ Describe the psychological bases and biopsychosocial factors that affect human eating behavior



*Make the most of the opportunity and take the step to get up-to-date on the latest developments in the Current Trends in Nutrition”*

03

# Course Management

Our teaching team, experts in Clinical Nutrition, are well known in the profession and are professionals with years of teaching experience who have come together to help you boost your career. To this end, they have developed this Master's Degree with the latest developments in the field that will allow you to train and increase your skills in this sector.



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*Learn from the best professionals and become a successful professional yourself”*

## Management



### Ms. Auni3n Lavar3as, Mar3a Eugenia

- ◆ Pharmacist Clinical Nutrition Expert
- ◆ Author of the reference book in the field of Clinical Nutrition *Dietary , Management of Overweight in the Pharmacy Office*" (Editorial M3dica Panamericana)
- ◆ Pharmacist with extensive experience in the public and private sector
- ◆ Head Pharmacist
- ◆ Pharmacy Assistant. Pharmacy Chain. British Health and Beauty Retailers Boots UK. Oxford Street Centro de Londres
- ◆ Bachelor 's Degree in Food Science and Technology. University of Valencia
- ◆ Course Management Pharmacy Office



04

# Structure and Content

The structure of the contents has been designed by a team of professionals who recognize the implications of training in daily praxis the field of nutrition, aware of the relevance of current training to treat patients with nutritional alterations and who are committed to quality teaching using new educational technologies.



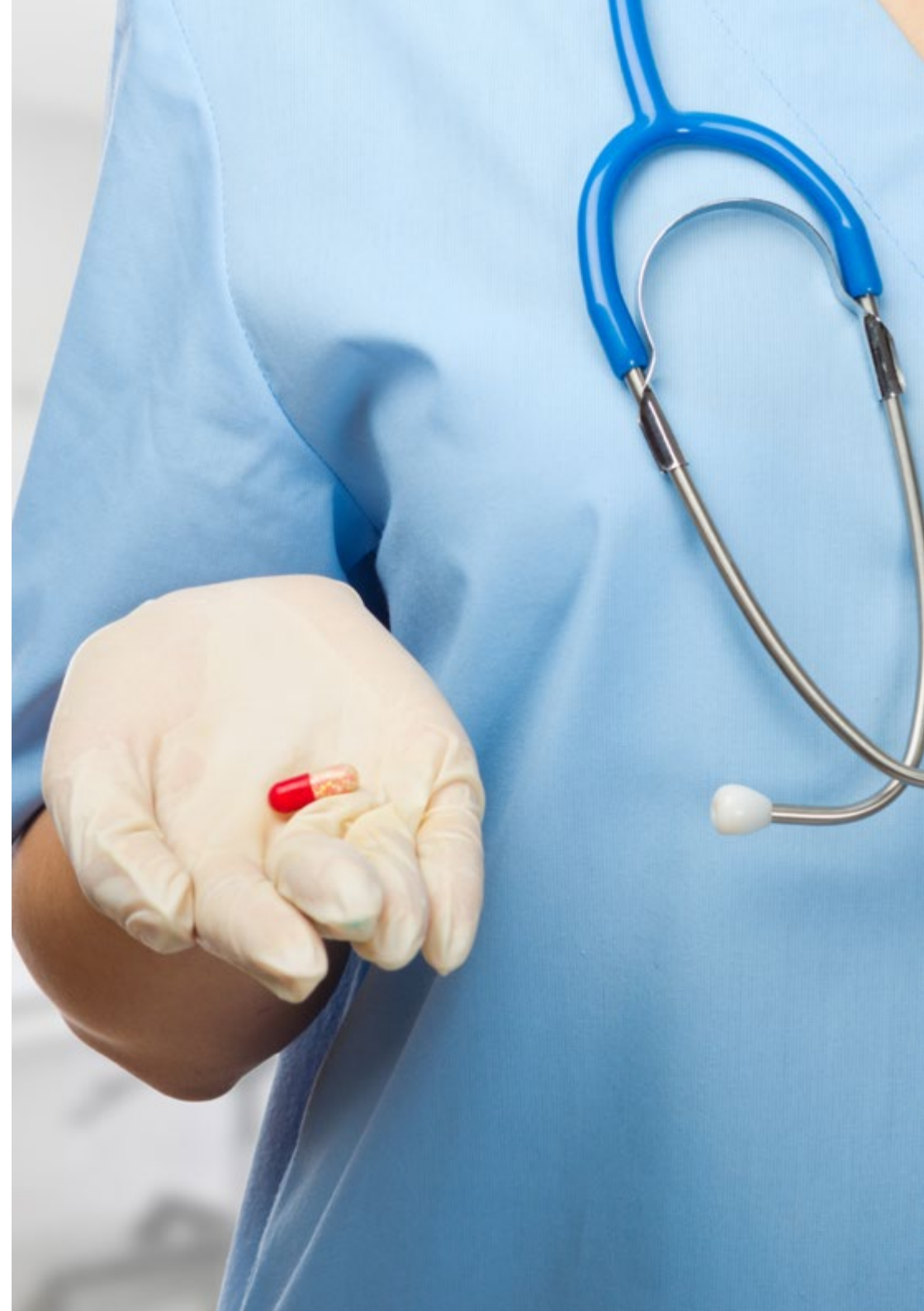


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*This Postgraduate Certificate in Current Trends in Nutrition, contains the most complete and up-to-date scientific program on the market”*

## 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 Symbiotics
  - 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, Chemical, and 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. Nutrition and the Circadian System. Timing is the Key

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*A unique, key, and decisive educational 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 Nursing School we use the Case Method

In a given situation, what should a professional do? 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. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology 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, in an attempt to recreate the real conditions in professional nursing 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. Nurses 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 nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



*The nurse 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 have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical 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 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 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.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, 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 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 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.





### 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 suggesting that observing third-party experts can be useful.  
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 Current Trends in Nutrition for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.





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

This program will allow you to obtain your **Postgraduate Certificate in Current Trends in Nutrition for Nursing** 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 Current Trends in Nutrition for Nursing**

Modality: **online**

Duration: **6 weeks**

Accreditation: **8 ECTS**



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

**tech** global  
university

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