

# Postgraduate Certificate Hospital Dietetics for Nursing





## Postgraduate Certificate Hospital Dietetics for Nursing

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

Website: [www.techtute.com/in/nursing/postgraduate-certificate/hospital-dietetics-nursing](http://www.techtute.com/in/nursing/postgraduate-certificate/hospital-dietetics-nursing)

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# 01

# Introduction

Hospital dietetics is a crucial element in the care of hospitalized patients, since good nutrition is essential for their recovery. In this sense, the role of the nurse is of utmost importance, since they are the professionals in charge of controlling the food intake of patients and ensuring that they receive adequate nutrition. Therefore, it is necessary for field staff to be trained in this area. To meet this need, TECH has designed a specialized program that addresses the most important aspects of the sector, offering a complete update in the area of dietetics and hospital nutrition to provide nurses with the necessary tools to ensure proper care.







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*Acquire the necessary skills and competencies to work in nursing in the area of Clinical Nutrition with a high intensity training course”*

Nowadays, hospital dietetics plays a fundamental role in the care of hospitalized patients, since proper nutrition can have a positive influence on their recovery and reduce their hospital stay. Nurses have an important role in monitoring and controlling the nutrition of patients, so it is necessary that they have the necessary knowledge to provide quality care in this area.

The Postgraduate Certificate in Hospital Dietetics for Nurses responds to the current need to train health professionals in this area. The program is designed to provide the knowledge and tools necessary to plan, manage and evaluate the nutrition of patients, adapting the diet to their nutritional needs and pathologies.

In addition, the program is developed in a 100% online format, which allows students to adapt their learning to their pace and availability. In this way, they will not have to meet schedules or move to an on-site center. It also has high-impact audiovisual resources, complementary readings and practical exercises, based on the Relearning learning model.

This **Postgraduate Certificate in Hospital Dietetics 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. 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 Hospital Dietetics in Medicine
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ Special emphasis on test-based medicine and research methodologies in Clinical Nutrition
- ♦ 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

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*With this Course you will be able to combine high intensity training with your personal and professional life, achieving your goals in a simple and real way”*

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*Our innovative telepractice concept will give you the opportunity to learn through an immersive experience, which will provide you with a faster integration and a much more realistic view of the contents: “learning from an expert”*

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.

*The learning in this Course is developed through the most performed didactic methods in online teaching to guarantee that your efforts produce the best results possible.*

*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 Hospital dietetics in a practical and rigorous way.







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



## General Objectives

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- ♦ Update the nursing professionals 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 child and 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

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





## Specific Objectives

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- ◆ To 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
- ◆ Manage the different types of nutritional surveys to assess food intake
- ◆ Understand, detect early on and evaluate the quantitative and qualitative deviations from the nutritional balance due to excess or deficiency
- ◆ To identify and classify foods, food products, and food ingredients
- ◆ Review the chemical composition of foods, their physicochemical properties, their nutritional value, their bioavailability, their organoleptic properties, and the changes they undergo as a result of technological and culinary processes
- ◆ Learn the composition and utilities of new foods
- ◆ Review basic aspects of food microbiology, parasitology, and toxicology related to food safety
- ◆ To evaluate and maintain adequate hygiene and food safety practices, applying current legislation



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 knowledgeable about the implications of training in daily Nurse practice in nutrition, aware of the relevance of the current training to be able to act before the patient with specific nutritional needs, with quality teaching through new educational technologies.







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*This course 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. Clinical Nutrition and Hospital Dietetics

- 2.1. Role of the Nursing Professional in the Multidisciplinary Team of the Nutrition Units
- 2.2. Management of Hospital Nutrition Units
  - 2.2.1. Nutrition in the Hospital Setting
  - 2.2.2. Food Safety in Hospitals
  - 2.2.3. Hospital Kitchen Organization
  - 2.2.4. Planning and Managing Hospital Diets. Dietary Code
- 2.3. Hospital Basal Diets
  - 2.3.1. Basal Diet in Adults
  - 2.3.2. Pediatric Basal Diet
  - 2.3.3. Ovo-Lacto-Vegetarian and Vegan Diet
  - 2.3.4. Diet Adapted to Cultural
- 2.4. Therapeutic Hospital Diets
  - 2.4.1. Unification of Diets and Personalized Menus
- 2.5. Bidirectional Drug-Nutrient Interaction



*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. 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, 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 Hospital Dietetics for Nursing 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 Hospital Dietetics for Nursing** 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 Hospital Dietetics for Nursing**

Official N° of Hours: **125 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 language  
classroom

**tech** technological  
university

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