

Postgraduate Certificate

New Advances in Nutrition for Nursing



Postgraduate Certificate New Advances in Nutrition for Nursing

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

Website: www.techtute.com/us/nursing/postgraduate-certificate/new-advances-nutrition-nursing

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Course Management

p. 12

04

Structure and Content

p. 18

05

Methodology

p. 22

06

Certificate

p. 30

01

Introduction

Specialization in Nutrition is the essential response of the Professional to the care and preventive needs of the population in matters of food and health. In pediatric pathology, nutrition intervenes as an etiological factor and as a complication of other diseases. Therefore, there is a growing interest in the study of food and nutrition in the genesis, treatment and support of a large number of pathologies in children as future healthy adults.



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Improve your knowledge in New Advances in Nutrition for Nursing through this program, where you will find the best didactic material with real clinical cases”

Given the limited training that health care professionals acquire in their academic training on this subject, it is not surprising that they are interested in expanding their knowledge of child nutrition in order to meet the needs of their patients.

Specializing in nutrition is essential for professionals in order to address the care and preventive needs of the population in matters of food and health.

This program offers the student the possibility of expanding and updating knowledge, using the latest educational technology. This training offers a global vision of Artificial Nutrition and Child Malnutrition while focusing on the most important and innovative aspects of pediatric nutrition and dietetics.

This program allows professionals to specialize in the field of child nutrition in areas of special interest such as nutrition trends, transgenic foods, food safety and phytotherapy and nutrition.

This **Postgraduate Certificate in New Advances in Nutrition for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features of the program include:

- ♦ Clinical cases presented by experts in new advances in nutrition
- ♦ The graphic, schematic, and eminently practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ Special emphasis on the research methodology used in new advances in nutrition
- ♦ 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



This Postgraduate Certificate in New Advances in Nutrition for Nursing will help you keep up to date in order to provide comprehensive quality care to your patients”

“

This Postgraduate Certificate is the best investment you can make when choosing a refresher program for two reasons: in addition to updating your knowledge in New Advances in Nutrition for Nursing, you will obtain a qualification from TECH Global University”

Increase your decision-making confidence by updating your knowledge through this Postgraduate Certificate.

Take the opportunity to learn about the latest advances in this field and apply it to your daily practice.

Its teaching staff includes professionals from the field of pediatric nutrition, who contribute their work experience to this training, as well as renowned specialists from reference 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 an immersive training experience designed to train for real-life situations.

This program is designed around Problem Based Learning, where the nurse must try to solve the different professional practice situations that arise during the course. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts in New Advances in Nutrition.



02 Objectives

The main objective of the program is to develop theoretical and practical learning, so that nurses can master the new advances in nutrition in a practical and rigorous way.



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This Postgraduate Certificate will allow you to update your knowledge in New Advances in Nutrition for Nursing with the use of the latest educational technology, to contribute with quality and confidence to decision making"



General Objectives

- Update the nurse's knowledge on new trends in child nutrition, in both healthy and pathological situations
- Promote work strategies based on the practical knowledge of the new trends in nutrition and its application to child 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
- Train the professional for research into patients with nutritional problems





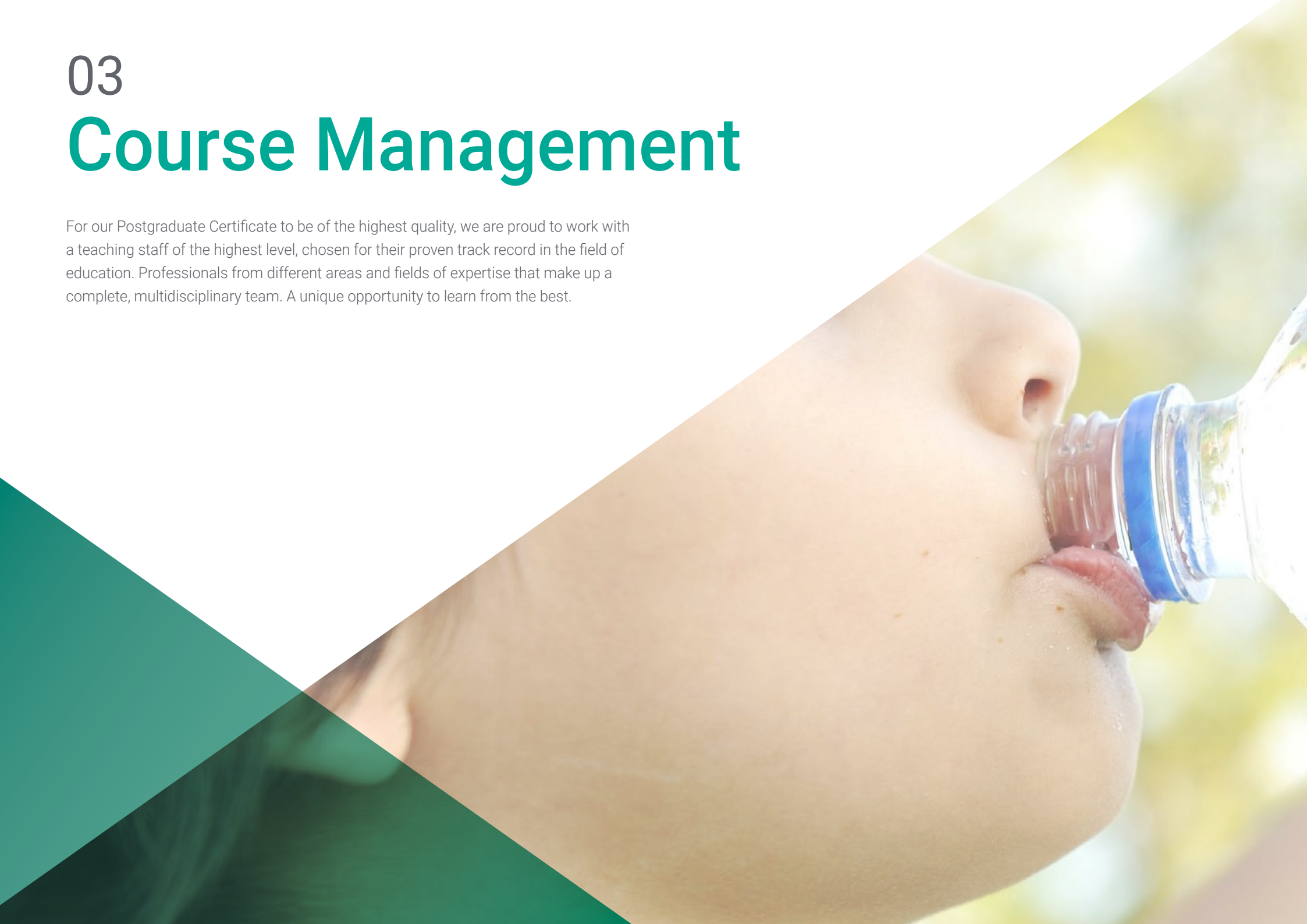
Specific Objectives

- ◆ Review 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
- ◆ Explain the proper reading of new food labeling
- ◆ Update the drug-nutrient interaction and its implication in the patient's treatment
- ◆ Identify the relationship between nutrition and immune status
- ◆ Incorporate phytotherapy as a coadjuvant treatment in clinical practice

03

Course Management

For our Postgraduate Certificate to be of the highest quality, we are proud to work with a teaching staff of the highest level, chosen for their proven track record in the field of education. Professionals from different areas and fields of expertise that make up a complete, multidisciplinary team. A unique opportunity to learn from the best.





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Our teachers will put their experience and teaching skills at your disposal to offer you a stimulating and creative training process”

International Guest Director

Lara Al-Dandachi is one of the few **registered dietitians** in California, and the rest of the United States, to hold a **triple certification** in Diabetes Care **specialty CDES**, **Advanced Diabetes Management BC-ADM** and in **Obesity** with Subspecialty Weight Management (CSOWM). Her work as a **clinical nutritionist** has led her to lead projects such as UCLA Health's Gonda Diabetes Prevention Program, which has received **special recognition** from the **Center for Disease Control and Prevention (CDC)** and has allowed her to work with multiple cohorts.

In addition, she coordinates the **Obesity Reduction Program (PRO)** as **Director of Nutrition**. From that group, she is in charge of developing and updating the professional curriculum for **overweight education in adults and adolescents**, as well as training new dietitians. In all of these settings, she counsels her patients on how to improve their lifestyle by incorporating **healthy eating** habits, **increased physical activity** and the fundamentals of **Integrative Medicine**.

At the same time, Al-Dandachi continually seeks to stay at the forefront of **clinical research** in Nutrition. She has attended the **Harvard Blackburn Course in Obesity Medicine** twice. In those participations, she has received the Certificate of Training in Pediatric and Adult Obesity through the **Commission on Dietetic Registration (CDR)**, the accrediting agency of the **American Academy of Nutrition and Dietetics**.

Also, her mastery of this healthcare field allows her to provide **personalized care** to patients with rare conditions such as latent **Autoimmune Diabetes** in adulthood. She has also worked in her **Public Health** internship as a volunteer, collaborating with **underprivileged populations** in initiatives for HIV education and prevention, the Head Start program, among others.



Ms. Al-Dandachi, Lara

- Nutrition Director of the Obesity Reduction Program at UCLA Health, California, United States
- Clinical Dietitian with CareMore Health Plan
- Director of Nutrition at Hollywood Presbyterian Medical Center
- Clinical Dietitian at Sodexo Health Care Services
- Clinical Dietitian at Beverly Hospital
- Master's Degree in Public Health at Loma Linda University
- Bachelor of Science in Nutrition Science and Dietetics at the American University of Beirut

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

Management



Ms. Auni3n Lavar3as, Mar3a 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 from the best educational centers and universities in the country, aware of the current relevance of innovative training, and committed to quality teaching through new educational technologies.



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A comprehensive teaching program, structured in well-developed teaching units, oriented towards efficient and swift learning that is compatible with your personal and professional life"

Module 1. New Advances in Nutrition for Nursing

- 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 Synbiotics
 - 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 Hazards
 - 1.9.2. Chemical Hazards
 - 1.9.3. Microbiological Hazards
- 1.10. New labelling and consumer information
- 1.11. Phytotherapy Applied to Nutritional Pathologies





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A unique, key, and decisive training experience to boost your professional development”

05

Methodology

This training program offers 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 Harvard 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 high 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.

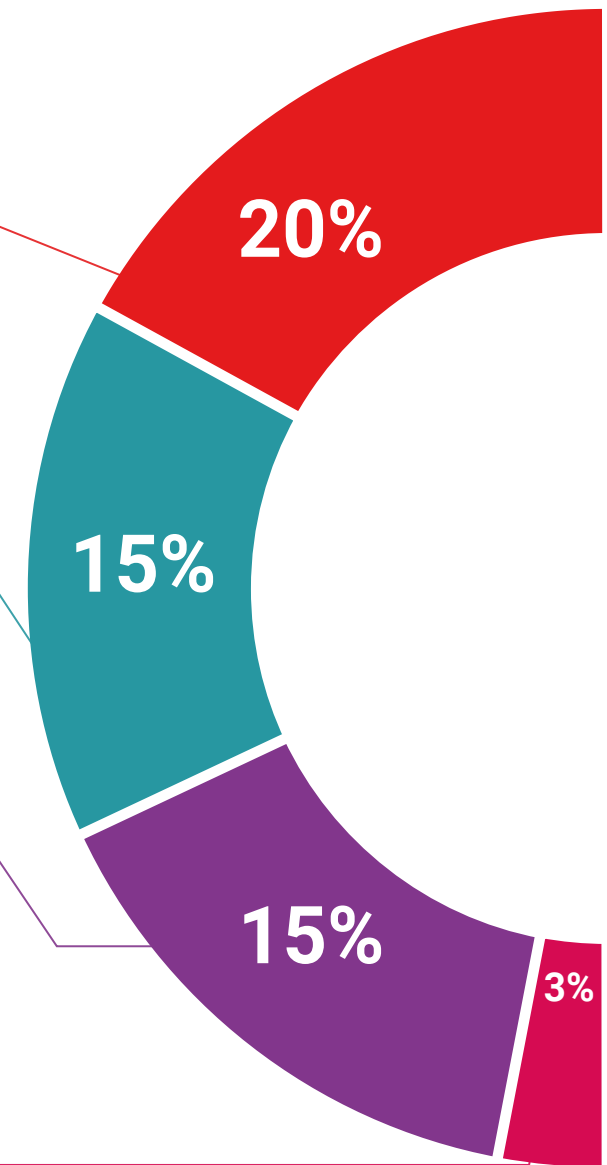
Interactive Summaries

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 multimedia content presentation training Exclusive 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

The student's knowledge is periodically assessed and re-assessed throughout the program, through evaluative and self-evaluative activities and exercises: in this way, students can check how they are doing in terms of 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 New Advances in Nutrition for Nursing guarantees, in addition to the most rigorous and update training, access to a Postgraduate Certificate 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 New Advances 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 New Advances in Nutrition for Nursing**

Modality: **online**

Duration: **6 weeks**

Accreditation: **5 ECTS**



*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University 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
classroom



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- » Modality: online
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- » Credits: 5 ECTS
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- » Exams: online

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