

Postgraduate Certificate

Nutrition in Childhood and Adolescence for Nursing



Postgraduate Certificate Nutrition in Childhood and Adolescence for Nursing

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

Website: www.techtute.com/us/nursing/postgraduate-certificate/nutrition-childhood-adolescence-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

Nutrition in children and adolescents is an aspect that must be taken care of conscientiously in order to avoid the appearance of diseases throughout their growth, as well as to try to reduce the number of children with obesity. In this case, the nurse has a leading role, not only in establishing dietary plans adapted to each case, but also as an educator and awareness-raiser of reality, both towards the child and their families. This and other aspects will be covered in this intensive program designed by specialists in Endocrinology and Dietetics with the aim of bringing the graduate up to date on the most relevant aspects of this subject. All this through a 100% online program with which you will be able, in just 180 hours, to master the latest developments in Nutrition in Childhood and Adolescence for Nursing





“

TECH presents an intensive and complete program specifically adapted to the latest developments in Nutrition and Nursing and compacted in a comfortable and accessible 100% online format”

One of the main concerns of Nutrition specialists is childhood obesity related to poor diet and reduced physical activity. These types of situations not only affect the child's health in the present, also preventing them from leading a normal life in accordance with their age, but can seriously interfere with the development of different types of comorbidities in the future: cardiac, respiratory, bone, etc.

That is why the nursing specialist who is dedicated to this field of nutrition must know in detail the latest developments related to the dietary management of these patients, in order to intervene in their condition and try to alleviate the situation as soon as possible. For this purpose, TECH and its team of experts in Endocrinology and Dietetics, have developed this Postgraduate Certificate, with the aim that the graduate who accesses it can be updated on the advances that have been made in this field applicable to the child or adolescent.

It is a 100% online program that includes 180 hours of high-quality theoretical, practical and additional syllabus. In addition, all content will be available from the beginning of the degree and can be downloaded on any device with an internet connection, whether PC, tablet or mobile. In this way, the specialist will be able to update their knowledge and perfect their skills with a completely personalized schedule based on their absolute availability.

This **Postgraduate Certificate in Nutrition in Childhood and Adolescence for Nursing** 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 work
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



You will be able to update yourself on the latest developments related to the causes and interrelated factors of childhood obesity in order to intervene in its prevention"

“

A program that will involve you in the obesogenic environment in childhood, so that you can know and understand the individual, family and socio-economic problems that it represents today”

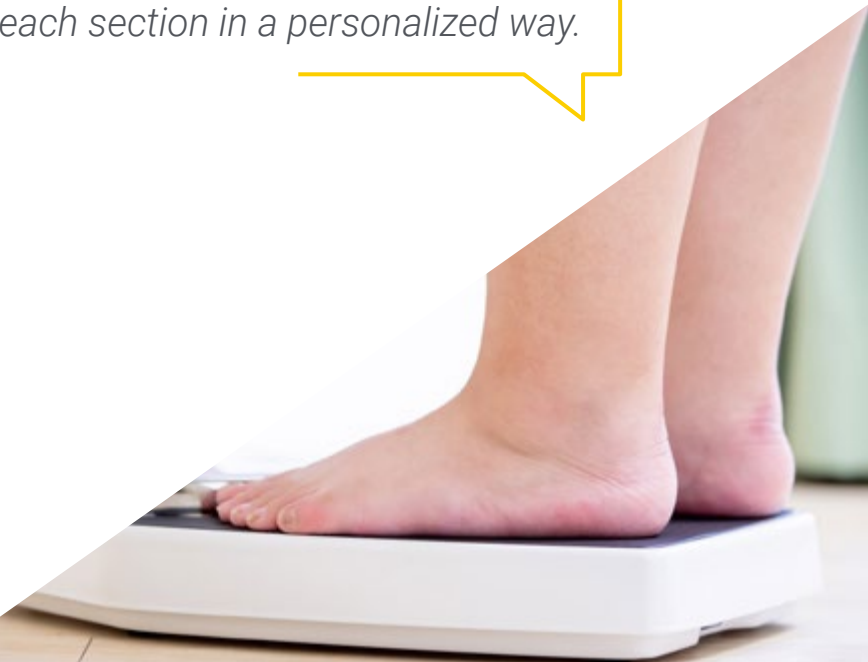
The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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 students must try to solve the different professional practice situations that arise throughout the program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

You will update your knowledge about the risks of childhood obesity and work on the latest developments related to diet therapy adapted to these patients.

In addition to the syllabus a program that includes you will find detailed videos, research articles and complementary readings so that you knowledge in on each section in a personalized way.



02 Objectives

According to data from the World Health Organization, childhood obesity has skyrocketed in recent years, especially in the West. For this reason, it is essential for nursing to have a program like this to update their knowledge in this field. This Postgraduate Certificate has been developed so that you can find in it all the information that allows you to get up to date, in just 6 weeks, on the nutritional management of these patients: prevention, adapted diet therapy, nutritional education, etc.



“

Whatever your goals are, TECH will put at your disposal the most innovative academic tools to help you achieve them”



General Objectives

- Get up to date on the most relevant and innovative issues related to the nutritional management of young patients with dietary imbalances
- Improve your professional skills through the development of real clinical cases extracted from current practices



You will have access to the Virtual Classroom 24 hours a day, so you can organize this experience in a personalized way and meet all the objectives you set for yourself"





Specific Objectives

- ◆ Update knowledge on childhood and adolescent overweight and obesity, epigenetic factors and advances in multidisciplinary management and treatment with special focus in the nutritional approach
- ◆ Broaden the specific therapeutic approach to eating disorders and genetic syndromes associated with nutritional alterations
- ◆ Study new evidence on feeding models in pediatrics and medicine of the adolescent and useful tools for consultation
- ◆ Approach nutrition adapted to pediatric pathology

03

Course Management

The faculty of this Postgraduate Certificate is made up of a team of professionals from Endocrinology, Nutrition and Pediatrics. It is undoubtedly a high quality and highly competent teaching team, which is also active, so it knows in detail the latest advances related to the clinical management of children and adolescents with obesity. Thanks to this, they will be able to contribute to the program a unique, current, critical and personalized vision, based on their own experience and the cases they have had to deal with.



“

A program that gives you the opportunity to update your knowledge based on the experience of professionals versed in Endocrinology and Nutrition”

Management



Dr. Vázquez Martínez, Clotilde

- Corporate Head in the University Hospital Endocrinology and Nutrition Departments, Jiménez Díaz La Foundation
- Head of the Endocrinology and Nutrition Service at Móstoles University Hospital
- Head of the Endocrinology and Nutrition Service at Móstoles University Hospital
- President of La Society of Endocrinology, Nutrition, and Diabetes of the Community of Madrid SENDIMAD ()
- Coordinator Therapeutic Education Group Group of the Spanish Society of Diabetes
- Doctorate from the Faculty of Medicine at the Autonomous University of Madrid
- Degree in Medicine and Surgery from the Faculty of Medicine of the University of Valencia
- Specialist in Pediatric Endocrinology and Nutrition at the university Foundation Jimenez Díaz Hospital
- 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 Hospital university
- ◆ 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, Master's Degree in Obesity and comorbidities, Rey Juan Carlos University
- ◆ Professor of the Excellence Course in Obesity at the Jiménez Díaz Foundation University Hospital
- ◆ Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid
- ◆ Nutrition in the Elderly, Complutense University of Madrid
- ◆ Nutrition and Sport for Professionals, Tripartite Foundation
- ◆ Refresher course on practical type 1 and 2 diabetes for healthcare 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 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, Trisomy 21 Research Society

Professors

Dr. Núñez Sanz, Ana

- ♦ Dietician and nutritionist, expert in pregnancy, breastfeeding and infancy
- ♦ López-Nava Obesity Nutritionist
- ♦ Nutritionist at Medicadiet
- ♦ Dietitian and nutritionist freelancer
- ♦ Dietitian and nutritionist at Menudiet SL
- ♦ Contributor on food and nutrition in Castilla La Mancha Television
- ♦ Promoter of talks and workshops on healthy eating for kindergartens, schools and companies
- ♦ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ♦ Master's Degree in Nutrition and Health at the Open Official of Catalonia

Ms. Labeira Candel, Paula

- ♦ Clinical nutritionist in the Bariatric Endoscopy Unit at HM Hospitales
- ♦ Sports and clinical nutritionist at the Clinic Institute of Instituto de Sobrepeso y Obesidad
- ♦ Nutritionist Sports and Clinical at Medicadiet, Slimming & Nutrition
- ♦ Sports Nutritionist at the CF TrivalValderas de Alcorcón
- ♦ Food and water quality analyst in the Andalusian Health Service
- ♦ Diploma in Human Nutrition and Dietetics at the Pablo Olavide University of Seville
- ♦ Bachelor 's Degree in Food Science and Technology
- ♦ Diploma in Human Nutrition and Dietetics
- ♦ Master's Degree in Sports Training and Nutrition at the European University of Madrid

Dr. Prieto Moreno, Ana

- ◆ Nutritionist in the Department of Endocrinology and Nutrition at Jiménez university Foundation Hospital
- ◆ Nutritionist at the General Hospital of Villalba
- ◆ Nutritionist at the Infanta Elena University Hospital
- ◆ Nutritionist in the Superior Sports Council
- ◆ Nutritionist at WWF
- ◆ Nutritionist at Medicadiet
- ◆ Nutritionist at Sanitas Insurance Company
- ◆ Nutritionist at La Paz University Hospital
- ◆ Nutritionist at the Mapfre Foundation
- ◆ Nutritionist at Copernal Publishing
- ◆ Nutritionist at Diabetes Magazine
- ◆ Master in Obesity and its Comorbidities, Prevention Strategies, Diagnosis and Integral Treatment at the University of Alcalá
- ◆ Master in Physical Anthropology, Human Evolution and Biodiversity at the Complutense University of Madrid
- ◆ Degree in Human Nutrition and Dietetics at the Autonomous University of Madrid

Dr. Fernández Menéndez, Amanda

- ◆ Doctor Specialist in Pediatric Endocrinology and Nutrition at the university Foundation Jimenez Diaz Hospital
- ◆ Specialist in Pediatrics, Centro de Salud Doctor Castroviejo(SERMAS)
- ◆ Attending physician specializing in Pediatric Endocrinology and Nutrition at La Paz University Hospital
- ◆ International Cooperation in Health and Development in India (development of health projects in the field)
- ◆ Degree in Medicine and Surgery from the Autonomous University of Madrid
- ◆ Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ◆ Expert in Clinical Bioethics from the Complutense University

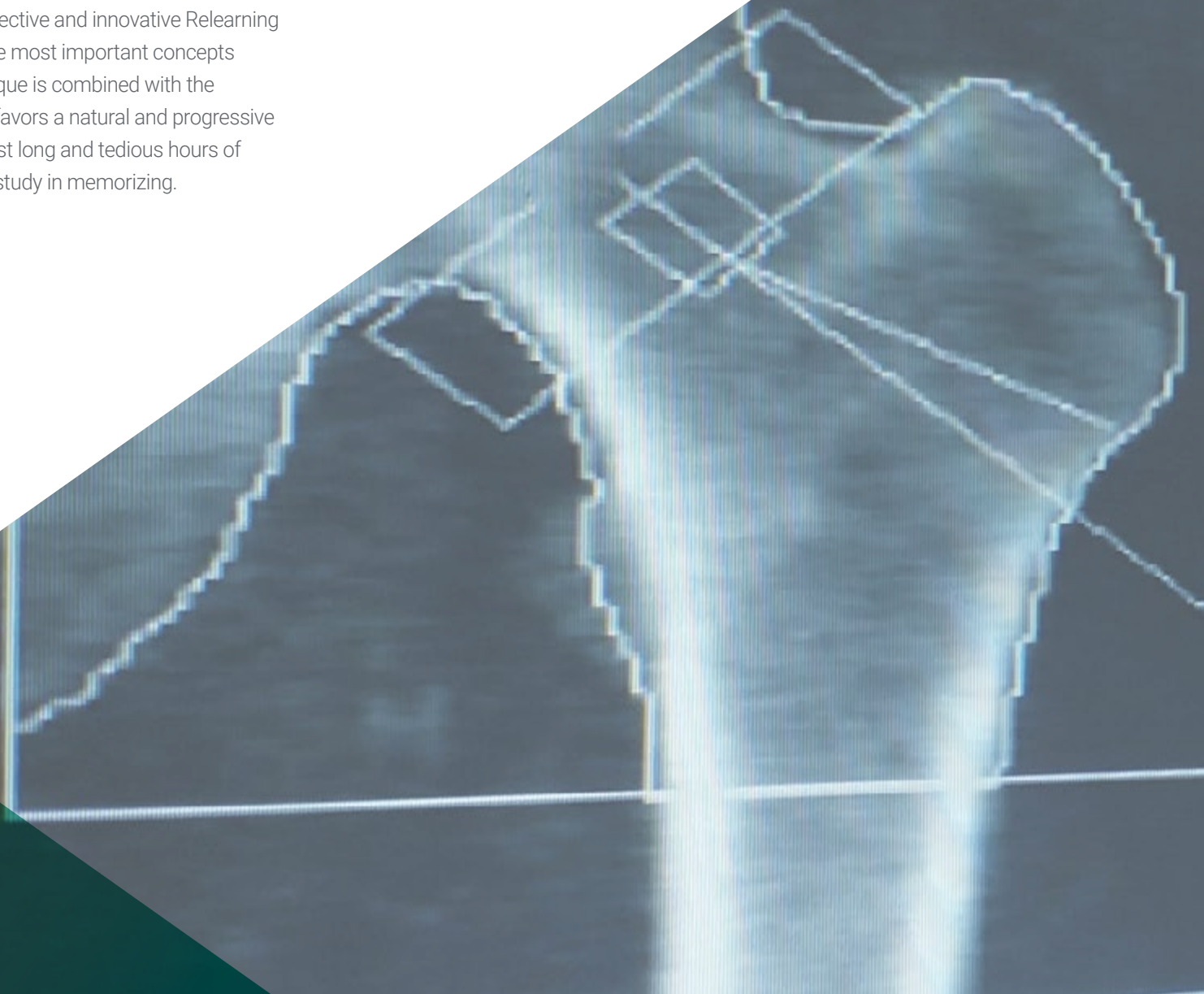


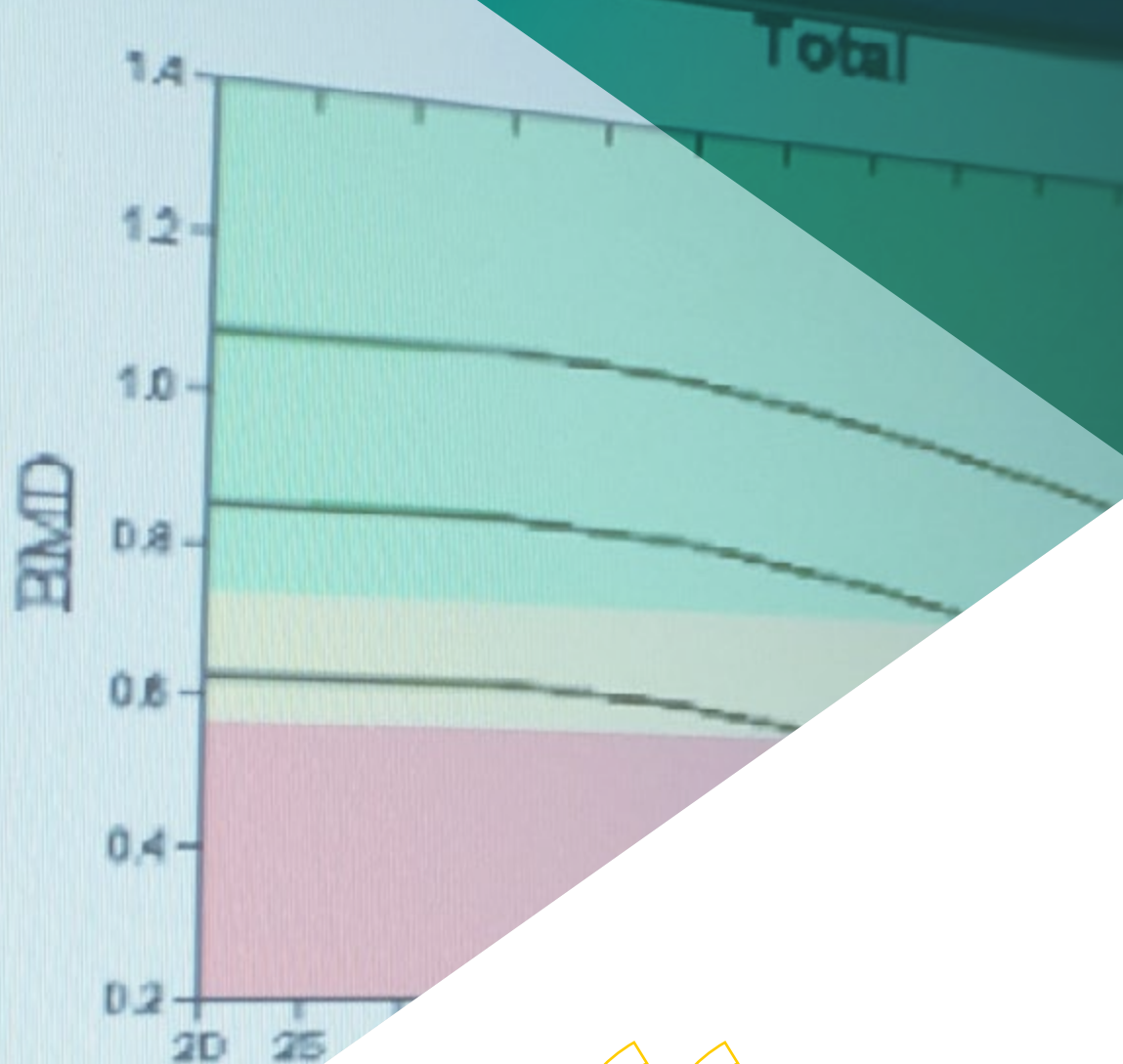
Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"

04

Structure and Content

TECH employs in this and all its degrees the prestigious, effective and innovative Relearning methodology, which consists, mainly, in the reiteration of the most important concepts throughout the syllabus. In addition, it combines this technique with the resolution of real and simulated complex situations, which favors a natural and progressive updating of knowledge, without the graduate having to invest long and tedious hours of study the graduate has to invest long and tedious hours of study in memorizing.





“

You will be able to update your feeding models and nutritional recommendations based to the most modern advances in Diet Therapy”

Module 1. Nutrition in Childhood and Adolescence

- 1.1. Causes and Interrelated Factors of Childhood Obesity
 - 1.1.1. Obesogenic Environment in Childhood
 - 1.1.2. Assessment of Individual, Family and Socioeconomic Problems
- 1.2. Risks of Childhood Obesity
 - 1.2.1. Prevention and Adapted Diet Therapy
 - 1.2.2. Physical Activity and Physical Exercise
- 1.3. Nutritional Education
 - 1.3.1. Nutritional Recommendations
 - 1.3.2. Personalized Calculation of Plans for the Treatment of Childhood and Adolescent Obesity
- 1.4. Dietary Patterns and Food Recommendations
 - 1.4.1. Consultation Tools
- 1.5. Genetic Alterations and Predisposition to Obesity in Children and Adults
- 1.6. Prevention and Management of Other Eating Disorders in Children and Adolescents
- 1.7. Psychological Aspects of Childhood Obesity in Nutritional Consultation
- 1.8. Nutrition in special situations: celiac disease. Food Allergy
- 1.9. Nutrition in special situations: Diabetes and Dyslipemia
- 1.10. Nutrition and Growth Disorders
 - 1.10.1. Nutrition in Later Stages of the Preterm or SGA Patient





“

Prevention education is also vitally important. For this reason, with this program you will place special emphasis on the latest strategies to raise awareness to your patients and their families”

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.





“

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. Nursing learn better, faster, and more sustainably over time.

With TECH, nursing 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.

“

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. Nursing 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 Nursing 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 Nutrition in Childhood and Adolescence for Nursing guarantees students, in addition to the most rigorous and up-to-date education, the access to at Postgraduate Certificate issued by TECH Technological Nutrition.





“

*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 Nutrition in Childhood and Adolescence 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 Nutrition in Childhood and Adolescence for Nursing**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 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
virtual classroom



Postgraduate Certificate
Nutrition in Childhood and
Adolescence for Nursing

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

Postgraduate Certificate

Nutrition in Childhood and Adolescence for Nursing