

# Postgraduate Certificate

Nutrition in Endocrine-  
Metabolic and Autoimmune  
Pathologies for Nursing





## Postgraduate Certificate Nutrition in Endocrine- Metabolic and Autoimmune Pathologies 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-endocrine-metabolic-autoimmune-pathologies-nursing](http://www.techtute.com/us/nursing/postgraduate-certificate/nutrition-endocrine-metabolic-autoimmune-pathologies-nursing)

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# 01

# Introduction

Nutrition in patients suffering from diseases related to immunological or endocrine-metabolic systems is essential to avoid imbalances that may lead to alterations in their health. An example of this is diabetics, whose diet must be strictly regulated in order to avoid hypo- or hyperglycemia. Advances in nutrition and diet therapy have made it possible to design food plans that are increasingly varied and adapted to individual needs. So, if what nurse is looking for is to keep updated on these new developments, this is the perfect Certificate to achieve it. It is a 100% online program that will allow you, in just 6 weeks, to update your knowledge on this subject and expand your nutritional strategies in a comprehensive and guaranteed way.







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*TECH presents this convenient program on Nutrition in Nursing to update you on latest aspects applied to patients with autoimmune and endocrine-metabolic pathologies"*

Although this is a field in continuous study and evolution, it has been demonstrated that many foods can provide phytochemicals that reduce inflammation that occurs, for example, in autoimmune diseases. Likewise, this type of patient should eliminate trans fats, transgenic food, sugar, flour and refined salt, and incorporate foods that act by restoring damaged intestinal wall and microbiota. This is also true for people suffering from diabetes or another endocrine-metabolic disease, who have to adapt their diet to specifics of their condition in order to avoid a worsening of their health.

Precisely this Postgraduate Certificate brings together all advances that have occurred in Nutrition, Diet Therapy and Endocrinology applied to Nursing practice, with intentions that specialists can update and expand their knowledge through a Certificate 100% online and in just 6 weeks.

It is a program that includes 180 hours of the best theoretical and practical content, designed by a teaching team: area experts with a broad and extensive professional experience in clinical and nutritional management of these patients. In addition, in the Virtual Classroom you will find detailed videos, dynamic summaries, research articles and complementary readings that will allow graduates to contextualize information developed in the syllabus and delve into those aspects they consider most important and relevant for their professional performance in Nursing.

This **Postgraduate Certificate in Nutrition in Endocrine-Metabolic and Autoimmune Pathologies 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 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



*A Certificate that delves into latest trends in Nutrition in insulin-dependent patients in a novel and dynamic way"*

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*You will have a specific section dedicated to insulin resistance in type 2 diabetes and current recommendations for proper nutrition”*

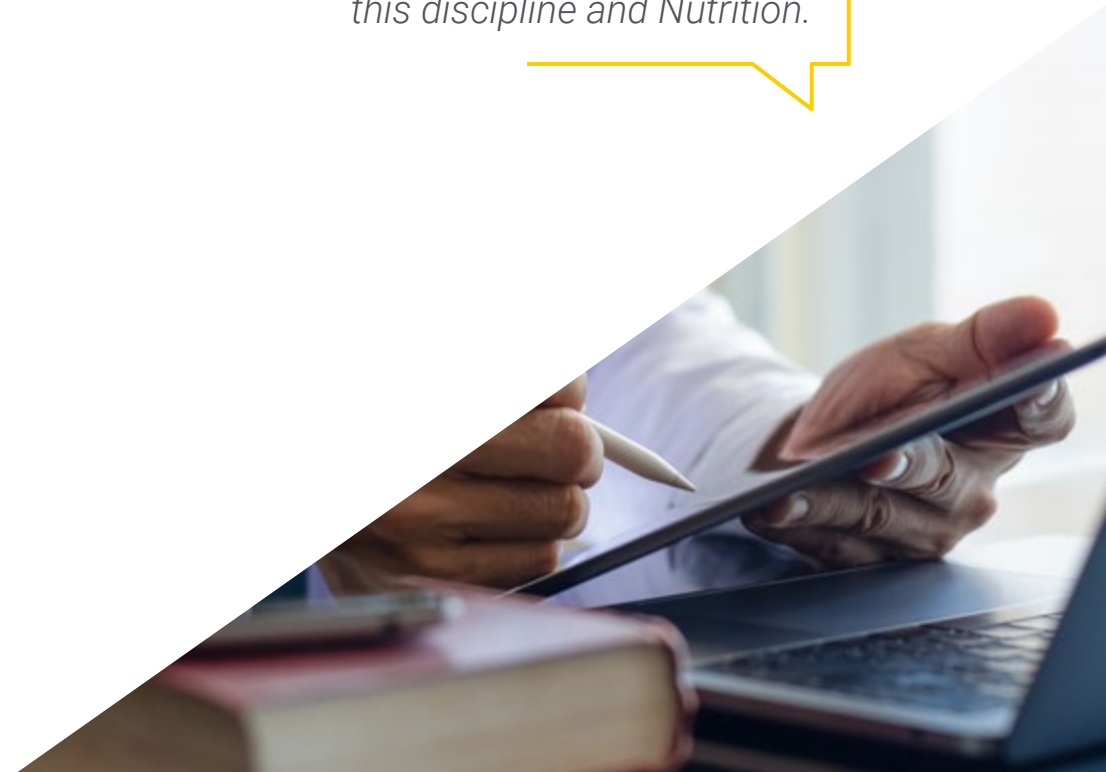
The program’s teaching staff includes professionals from sector who contribute their work experience to this program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will allow the professional a situated and contextual learning, that is, a simulated environment that will provide an immersive education programmed to prepare for real situations.

The program design focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*You will be able to delve into latest developments in nutrition in thyroid disorders and learn in detail latest nutritional advances related to hypo- and hyperthyroidism.*

*Would you like to delve into chronobiology? In addition to the syllabus, you will have hours of additional material in different formats to broaden your knowledge about this discipline and Nutrition.*



# 02

# Objectives

The importance of a good, correct and balanced nutrition in patients with endocrine-metabolic and autoimmune pathologies is what has led TECH to create this Certificate. Therefore, its objective is to gather the most updated information of Nutrition sector related to these diseases and make it available to graduates, so that they can update and expand their knowledge through the course of a single program.





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*If you are looking for a Certificate that adapts to your academic needs, this Postgraduate Certificate will help you overcome your most demanding objectives from wherever you want and with a 100% personalized schedule"*



## General Objectives

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- ♦ To provide graduates with a general and updated knowledge on nutrition in endocrine-metabolic and autoimmune pathologies
- ♦ To provide you with all the best academic tools that will allow you to get updated in a simple and exhaustive way



*Syllabus includes a section dedicated to Nutrition in patients with altered menstrual cycle, so you can get updated on nutritional specifics of amenorrhea, polycystic ovarian syndrome or endometriosis"*





## Specific Objectives

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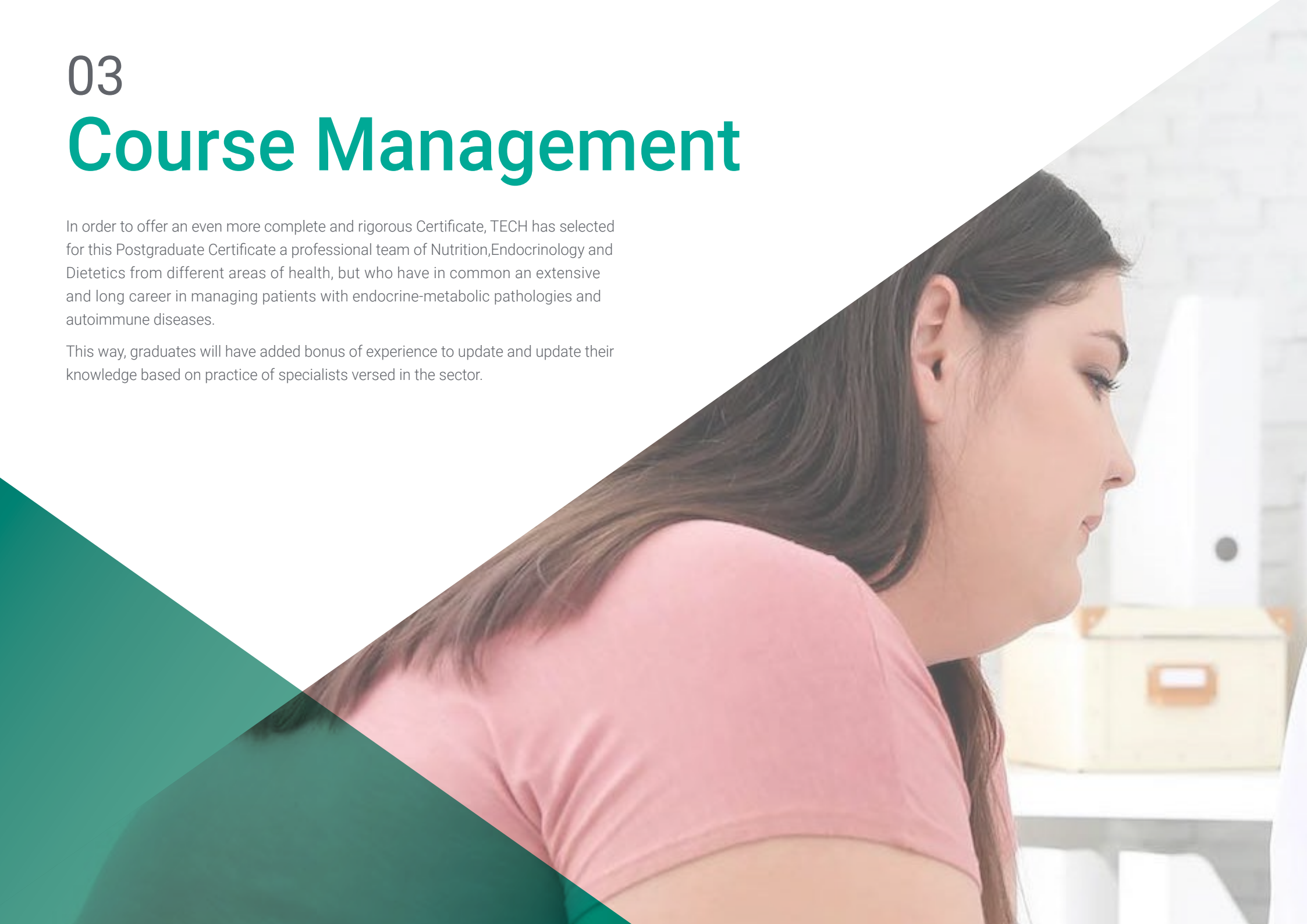
- ◆ To individualize nutritional planning for patients with insulin-dependent DM1 and DM2 and insulin resistance
- ◆ To explore adapted and evidence-based nutritional recommendations in autoimmune, endocrine and respiratory pathologies
- ◆ To delve into prevention and treatment of Sarcopenia and Osteopenia. To update knowledge on renal, hepatic and pancreatic functions and pathologies, and their relationship with nutrition
- ◆ To assess clinical cases and application tools in nutrition consultation
- ◆ To plan nutritional treatments based on scientific evidence and evolution assessment

# 03

## Course Management

In order to offer an even more complete and rigorous Certificate, TECH has selected for this Postgraduate Certificate a professional team of Nutrition, Endocrinology and Dietetics from different areas of health, but who have in common an extensive and long career in managing patients with endocrine-metabolic pathologies and autoimmune diseases.

This way, graduates will have added bonus of experience to update and update their knowledge based on practice of specialists versed in the sector.







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*You will have a forum in which new topics will be included so that you and your colleagues can discuss different strategies and techniques that can be applied”*



## Management



### Dr. Vázquez Martínez, Clotilde

- Corporate Head of the Department of Endocrinology and Nutrition at the Fundación Jiménez Díaz University Hospital
- Head of the Endocrinology and Nutrition Section at the Ramón y Cajal University Hospital
- Head of Endocrinology and Nutrition Section at Severo Ochoa University Hospital
- President of the Society of Endocrinology, Nutrition and Diabetes of the Community of Madrid (SENDIMAD)
- Coordinator of the Therapeutic Education Group (GEET) of the Spanish Diabetes Society
- Doctor of the Faculty of Medicine, Universidad Autónoma de Madrid
- Degree in Medicine and Surgery from the Faculty of Medicine, University of Valencia
- Specialist in Endocrinology and Nutrition via MIR at the Fundación Jiménez Díaz University 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 Career Achievement Award



### **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



### Dr. Sánchez Jiménez, Álvaro

- ♦ Specialist in Nutrition and Endocrinology at the Fundación Jiménez Díaz University Hospital
- ♦ Nutritionist at Medicadiet
- ♦ Clinical Nutritionist Specializing in the Prevention and Treatment of Obesity, Diabetes and its Comorbidities
- ♦ Nutritionist in the Predimed Plus Study
- ♦ Nutritionist at Eroski
- ♦ Nutritionist at Axis Clinic
- ♦ Professor of the Professional Master's Degree in Obesity and Comorbidities at the Universidad Rey Juan Carlos
- ♦ Professor of the Course of Excellence in Obesity at the Fundación Jiménez Díaz University Hospital
- ♦ Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid
- ♦ Nutrition and Nutrition in the Elderly by the Complutense University of Madrid
- ♦ Nutrition and Sports for Professionals by the Fundación Tripartita
- ♦ Refresher Course on Practical Diabetes Type 1 and 2 for Healthcare Professionals



## Professors

### Mr. Martínez Martínez, Alberto

- ◆ Clinical Nutritionist in the Endocrinology and Nutrition Service of the Infanta Elena Hospital
- ◆ Clinical Nutritionist in the Endocrinology and Nutrition Service at the Rey Juan Carlos University Hospital
- ◆ Dietitian responsible for the menu of children with food allergy. Gastronomic
- ◆ Dietician- Clinical Nutritionist at the University Hospital Antonio
- ◆ Degree in Human Nutrition and Dietetics. Fluminense Federal University
- ◆ Graduate in Human Nutrition and Dietetics at the University of Valencia
- ◆ Master's Degree in Agri-environmental and Agri-food Sciences. Autonomous University of Madrid

### Dr. Gutiérrez Pernia, Belén

- ◆ Obesity Nutritionist at Medicadiet
- ◆ López-Nava Obesity Nutritionist. Madrid
- ◆ Dietitian and Nutritionist in Research Projects of Predimed Plus
- ◆ Grade in Human Nutrition and Dietetics from the Autonomous University of Madrid
- ◆ Master in Clinical Nutrition and Endocrinology at the Institute of Nutrition and Health Sciences

### Dr. Miguélez González, María

- ◆ Assistant Physician of Endocrinology and Nutrition at the Fundación Jiménez Díaz University Hospital in Madrid
- ◆ Degree in Medicine from the University of Valladolid
- ◆ Teaching collaborator in seminars given to students at the Complutense University of Madrid
- ◆ Professor of the Professional Master's Degree in Obesity and Metabolic Complications, endorsed by SEEDO by SEEDO

# 04

## Structure and Content

Both structure and content of this Postgraduate Certificate have been designed by a teaching team considering strictest current information related to Nutrition and Endocrinology and quality criteria required by TECH in each of its programs. This way, it is possible to create modern, dynamic and innovative Certificates that allow graduates not only to update and broaden their knowledge, but also to exceed their academic expectations and to their academic expectations and improve as a nursing professional.







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*Thanks to this Postgraduate Certificate, you will be able to adapt your nutritional plans to latest developments related to cystic fibrosis, COPD and Obstructive Sleep Apnea Syndrome"*

## Module 1. Nutrition in Endocrine-Metabolic and Autoimmune Pathologies

- 1.1. Type 1 Diabetes
  - 1.1.1. Nutrition in Insulin-Dependent Patients
- 1.2. Insulin Resistance and Type 2 Diabetes
- 1.3. Nutrition in Thyroid Disorders
  - 1.3.1. Hypothyroidism
  - 1.3.2. Hyperthyroidism
- 1.4. Nutrition and circadian rhythms: Chronobiology
- 1.5. Nutrition in the Physiological Menstrual Cycle and its Alterations
  - 1.5.1. Amenorrhea
  - 1.5.2. Polycystic Ovarian Syndrome
  - 1.5.3. Endometriosis
- 1.6. Nutrition in Autoimmune Pathology
  - 1.6.1. Rheumatoid Arthritis
  - 1.6.2. Psoriasis
  - 1.6.3. Lupus
- 1.7. Muscle
  - 1.7.1. Sarcopenia
- 1.8. Bone Health
  - 1.8.1. Osteopenia
  - 1.8.2. Osteoporosis
- 1.9. Nutrition in Pulmonary Pathologies
  - 1.9.1. Cystic Fibrosis
  - 1.9.2. COPD
  - 1.9.3. Obstructive Sleep Apnea Syndrome (OSAS)
- 1.10. Chronic Fatigue, Anemia and Vitamin D Deficiency





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*You will have at your disposal real clinical cases to work on them in a practical way and improve your professional skills with help of the teaching team"*

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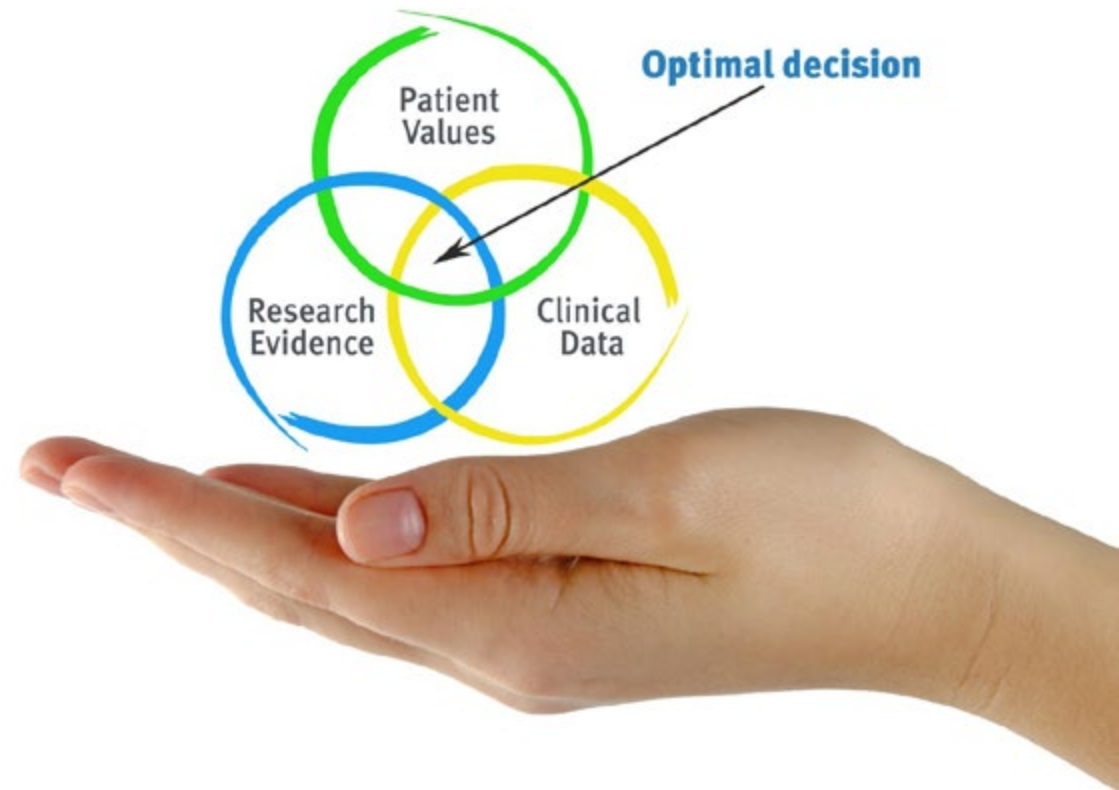
*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*



## 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 Nutrition in Endocrine-Metabolic and Autoimmune Pathologies 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 Certificate without having to travel or fill out laborious paperwork"*

This program will allow you to obtain your **Postgraduate Certificate Nutrition in Endocrine-Metabolic and Autoimmune Pathologies 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 Nutrition in Endocrine-Metabolic and Autoimmune Pathologies 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.



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