

# Postgraduate Certificate

Nutrition in Overweight, Obesity  
and their Comorbidities in Diet  
Therapy for Nursing





## Postgraduate Certificate Nutrition in Overweight, Obesity and their Comorbidities in Diet Therapy 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/pk/nursing/postgraduate-certificate/nutrition-overweight-obesity-comorbidities-diet-therapy-nursing](http://www.techtute.com/pk/nursing/postgraduate-certificate/nutrition-overweight-obesity-comorbidities-diet-therapy-nursing)

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# 01

# Introduction

Overweight and obesity affect millions of people around the world, negatively interfering with their quality of life. These are diseases caused, to a greater extent, by two factors: a sedentary lifestyle and poor nutrition. For this reason, the nursing specialist must know in detail the latest scientific evidence that allows him to manage this type of patient based on dietary plans adapted to their situation, in order to avoid associated comorbidities, aspects that can be obtained from this program. This is a 100% online degree that pursues the objective of serving as a guide for the graduate in updating and expanding their knowledge about nutrition for these patients.





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*A program designed by experts in Nutrition and Endocrinology with which you will be able to learn in detail the current developments related to the best models of low-calorie diets”*

The scientific advances that have been made in Nutrition are enormous and it is becoming easier and more effective to create meal plans adapted to the biological specifications of each patient. When talking about clinical cases concerning overweight or obese, the establishment of a diet adapted to their condition is essential, not only to allow it to reduce body mass, but to improve their quality of life and, above all, avoid associated comorbidities, such as respiratory or cardiac problems.

That is why the role of the nurse is fundamental, not only as a nutrition specialist, but as a guide in compliance and support in following established guidelines. In order for you to be up-to-date on the latest developments related to this topic, TECH has developed this Diploma in Nutrition in Overweight, Obesity, and its Comorbidities for Nursing, a complete and selective program that will help you know the advances in detail. scientists that have been produced in the field of Dietetics applied to Nursing, especially in the clinical management of these patients.

Through a 100% online program, the graduate will be able to update themselves on the pathophysiology of obesity and its phenotypic diagnosis, as well as on the most effective treatments and models of low-calorie diets that are highly beneficial for the patient's health. In order to do this, you will have the best syllabus, designed by experts in the sector, and with hours of high-quality additional material with which you will be able to not only contextualize the information in the content, but also go deeper into those aspects that you consider most relevant for your development as professional.

This **Postgraduate Certificate in Nutrition in the Overweight , and Obese Population and their Comorbidities for Nursing Therapy** 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 self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ 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



*Obesity affects millions of patients around the world. For this reason, taking a program with which you are up to date is the best option to be able to offer them a more personalized and higher quality service”*

“

*Nutritional nursing plays a fundamental role in the management of patients with comorbidities associated with obesity. With this Postgraduate Certificate you will be able to update yourself on how to avoid them”*

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

*The Virtual Classroom will be available 24 hours a day during the 6 weeks of the program, so you can adapt the course to your time, professional and personal availability.*

*A modern and selective program with which to update yourself on Nutrition in overweight and obese patients 100% online.*



# 02 Objectives

The prevalence of overweight and obesity throughout the world and the important role that nursing professionals play in their treatment and prevention is the reason why TECH and its team of experts have decided to develop this Postgraduate Certificate. This is a qualification that pursues the objective of serving as a guide to the specialist in its updating through a program designed, exclusively, for them and that includes the most important news, as well as the strategies more effective for the clinical management of these cases.





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*TECH has one main objective: to ensure that you achieve your academic satisfaction through the course of programs like this one”*



## General Objectives

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- Acquire extensive and updated knowledge about the current situation of the world's overweight and obese population
- Improve the professional skills and competencies necessary to carry out the management of patients of this type in accordance with the latest demonstrable scientific evidence



*You will be able to delve into the treatment objectives, knowledge in detail of the news related to the structural plans adapted in a personalized way to each patient"*





## Specific Objectives

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- ◆ Adequate La assessment of the clinical case, interpretation of causes of overweight and obesity, comorbidities and risks
- ◆ Calculate and individually prescribe the different models of hypocaloric diets
- ◆ Plan consultations and multidisciplinary team in obesity

03

# Course Management

TECH puts a lot of effort into each of its programs, especially when choosing its teaching team, since it considers that having a faculty specialized in the area in which the program is developed is not only beneficial for the quality of the same, but it represents an extra motivation for the graduate who accesses it. For this reason, both the direction and teaching of this Postgraduate Certificate are carried out by a group of Endocrinology and Nutrition professionals, versed in the clinical management of patients with obesity and overweight.





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*The teaching team has selected a multitude of clinical cases from their own consultations so that you can put the syllabus into practice and perfect your professional skills through their resolution”*

## 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 Diaz 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 Comprehensive Treatment by Universidad 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. 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. Sanz Martínez, Enrique

- ♦ Clinical Nutritionist at the University Hospital General de Villalba and Rey Juan Carlos University Hospital
- ♦ Dietitian in the project PLUS researcher in the Health Research Institute of the Jiménez Díaz Foundation
- ♦ Researcher and collaborator in the NUTRICOVID study
- ♦ Researcher and collaborator in the cross-sectional prospective OBESTIGMA study
- ♦ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ♦ Master's Degree in Clinical Nutrition at the Catholic University of San Antonio in Murcia
- ♦ Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos





**Dr. Prieto Moreno, Ana**

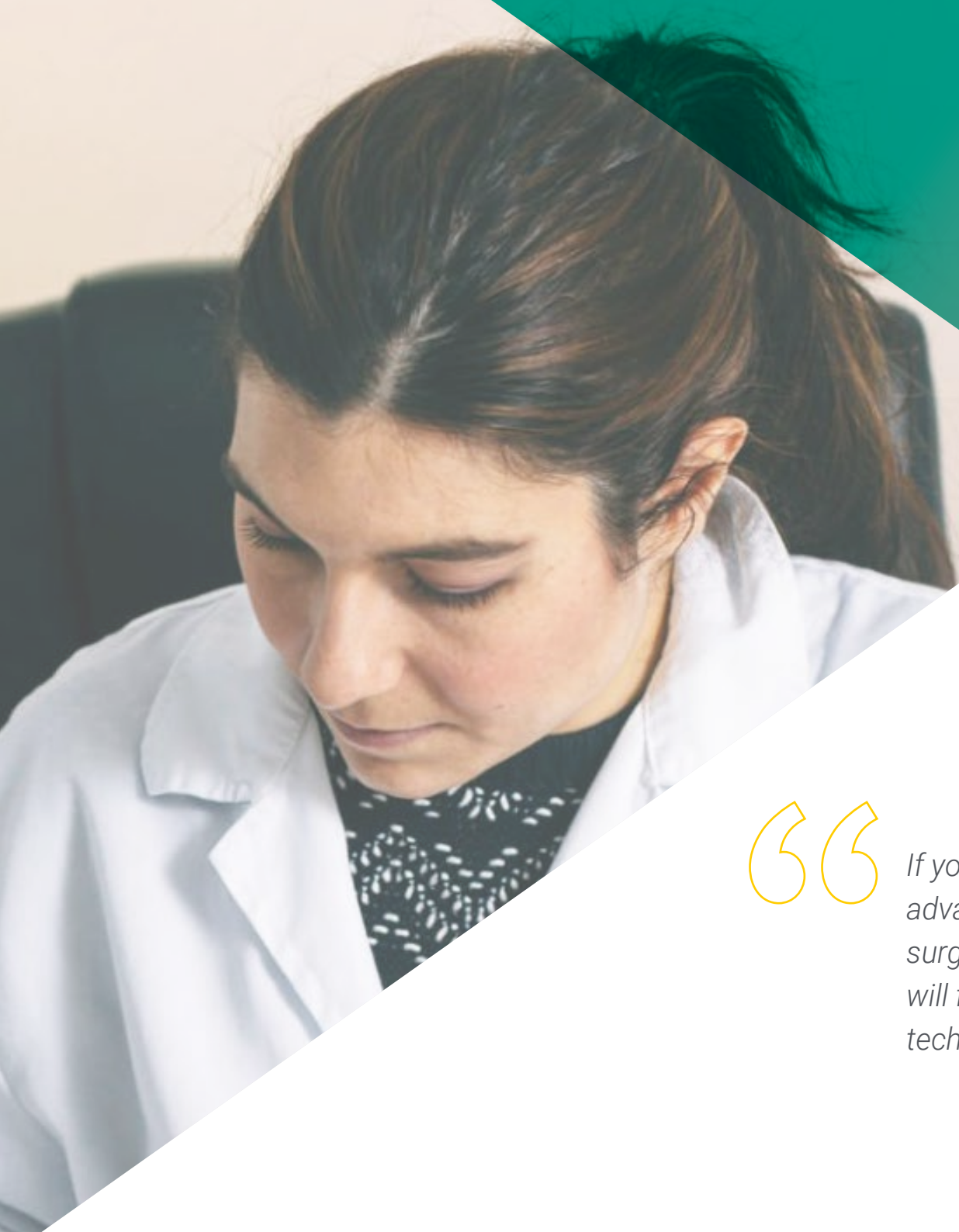
- ◆ Nutritionist in the Department of Endocrinology and Nutrition at Jiménez university Foundation Hospital
- ◆ Nutritionist at the General Hospital of Villalba
- ◆ Nutritionist at the Infanta Elena University Hospital
- ◆ Nutritionist in the Superior Sports Council
- ◆ Nutritionist at WWF
- ◆ Nutritionist 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

04

# Structure and Content

This Postgraduate Certificate has been developed based on the latest scientific evidence from the Endocrinology and Nutrition sector applied to the field of Nursing. Thanks to this, it has been possible to create a dynamic and innovative syllabus that includes 150 hours of the best theoretical, practical and additional material presented in different formats: detailed videos, dynamic summaries of each unit, complementary readings, research articles and clinical cases. real. In this way, the nursing professionals can update themselves exhaustively and with complete guarantee of having all the tools that they need to achieve it in just 6 weeks.





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*If you are interested in learning about the latest advances related to bariatric and endoscopic surgery, in this Postgraduate Certificate you will find a section dedicated exclusively to this technique and its nutritional adaptations”*

## Module 1. Nutrition in Overweight, Obesity and their Comorbidities

- 1.1. Pathophysiology of Obesity
  - 1.1.1. Precision Diagnosis
  - 1.1.2. Analysis of Underlying Causes
- 1.2. Phenotypic Diagnosis
  - 1.2.1. Body Composition and Calorimetry and Impact on Personalized Treatment
- 1.3. Treatment Target and Hypocaloric Diet Models
- 1.4. Prescription of Physical Exercise in Overweight and Obesity
- 1.5. Psychology Associated with Slimming Nutrition: Psychonutrition
- 1.6. Comorbidities Associated with Obesity
  - 1.6.1. Nutritional Management in Metabolic Syndrome
  - 1.6.2. Insulin Resistance
  - 1.6.3. Type 2 Diabetes and Diabetes
- 1.7. Cardiovascular Risk and Nutritional Adaptations in Hypertension, Dyslipidemias and Atherosclerosis
- 1.8. Digestive Pathologies Associated with Obesity and Dysbiosis
- 1.9. Pharmacological Treatment in Obesity and Drug-Nutrient Interactions and Adaptation of the Nutritional Plan
- 1.10. Bariatric and Endoscopic Surgery
  - 1.10.1. Nutritional Adaptations





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*Enroll and don't miss the opportunity to take a program designed by and for specialists who seek perfection through degrees that elevate their knowledge to the top of the Nursing sector”*

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 Overweight, Obesity and their Comorbidities in Diet Therapy 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.





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

This **Postgraduate Certificate in Nutrition in Overweight, Obesity and their Comorbidities in Diet Therapy for Nursing** contains the most complete and up-to-date scientific program 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 Nutrition in Overweight, Obesity and their Comorbidities in Diet Therapy for Nursing**

Official N° of Hours: **150 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.





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