

# Postgraduate Certificate

## Nutrition in Pathologies of the Digestive Tract for Nursing



## Postgraduate Certificate Nutrition in Pathologies of the Digestive Tract for Nursing

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

Website: [www.techtitute.com/in/nursing/postgraduate-certificate/nutrition-pathologies-digestive-tract-nursing](http://www.techtitute.com/in/nursing/postgraduate-certificate/nutrition-pathologies-digestive-tract-nursing)

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# 01

# Introduction

Knowledge of digestive system pathologies is essential for nurses, as it allows them to provide comprehensive and effective care to patients with these types of diseases. The importance lies in the fact that these digestive disorders are very frequent and can have a great impact on the quality of life, as well as on their nutritional status. Therefore, the professional in the area must be trained to identify the symptoms and complications of these diseases, in order to provide appropriate and timely treatment. In view of this, TECH has created the following degree with the objective of providing updated and rigorous information, all through an informative conglomerate of great impact, accompanied by complementary readings and exercises proposed with the Relearning methodology.







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

Currently, pathologies of the digestive system represent a major challenge for the healthcare system. According to the World Health Organization (WHO), gastrointestinal diseases are the second leading cause of mortality worldwide, with more than 3 million deaths annually. For this reason, it is essential for nursing professionals to have a solid knowledge of nutrition and pathologies of the digestive system, since their intervention is essential in prevention, diagnosis and treatment.

The Postgraduate Certificate in Nutrition in Pathologies of the Digestive Tract for Nurses offers specialized training in this field, providing updated tools and knowledge to successfully address the challenges posed by these pathologies. This program responds to the current needs of nurses, as it provides them with the possibility of acquiring skills and abilities that allow them to improve their daily practice and provide quality care to patients with gastrointestinal diseases.

The program is developed in a 100% online format, which allows for greater flexibility and convenience, without having to comply with pre-established schedules or attend to preset schedules or to attend on-site centers. In addition, it uses the Relearning methodology, which focuses on repetition and experience on repetition and experience, confronting the professional with real cases and simulations.

This **Postgraduate Certificate in Nutrition in Pathologies of the Digestive Tract for Nursing** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- ◆ Clinical cases presented by experts in nutrition. The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ◆ The latest diagnostic and therapeutic information on how to approach Nutrition in Pathologies of the Digestive Tract in Nursing
- ◆ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ◆ Special emphasis on test-based medicine and research methodologies in Clinical Nutrition
- ◆ All of this will be complemented by theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



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

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

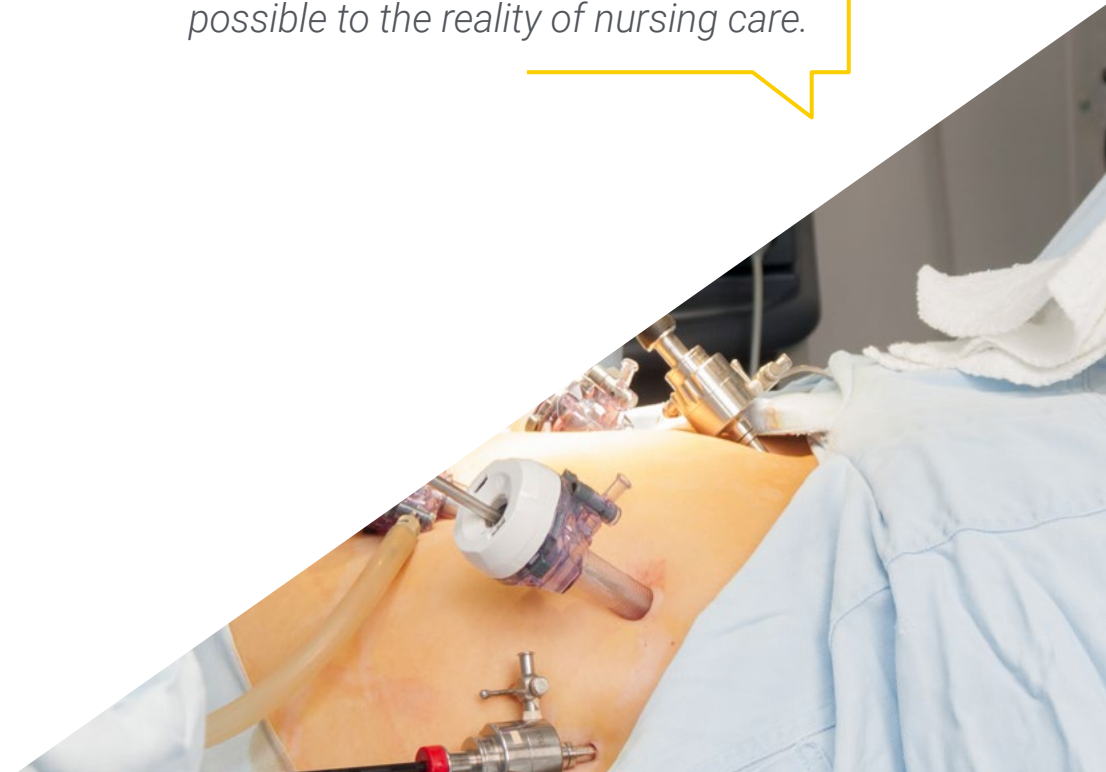
*The learning of this course is developed through the most developed didactic means in online teaching to guarantee that your effort will have the best possible results.*

*It includes clinical cases to bring the development of the program as close as possible to the reality of nursing care.*

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

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.



# 02

# Objectives

The main objective of the program is the development of theoretical and practical learning, so that the nurse can master in a practical and rigorous way the Nutrition in Pathologies of the Digestive Tract for Nursing.







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



## General Objectives

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- ◆ Actualizar los conocimientos del profesional de enfermería en las nuevas tendencias en nutrición humana, tanto en la salud como en situaciones patológicas a través de la enfermería basada en la evidencia
- ◆ Promote work strategies based on the practical knowledge of the new trends in nutrition and its application to child and adult pathologies, where nutrition plays a fundamental role in treatment
- ◆ Encourage the acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online simulation workshops and/or specific training
- ◆ Encourage professional stimulation through continuing education and research
- ◆ Prepare the professional for research into patients with nutritional problems





## Specific Objectives

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- ♦ Analyze the different methods for assessing nutritional status
- ♦ Interpret and integrate anthropometric, clinical, biochemical, hematological, immunological, and pharmacological data in the patient's nutritional assessment and dietary-nutritional treatment
- ♦ Early detection and evaluation of quantitative and qualitative deviations from the nutritional balance due to excess or deficiency
- ♦ Describe the composition and utilities of new foods
- ♦ Gain up-to-date knowledge on the dietetic treatment of oral cavity pathologies in adults paying special attention to sensory disorders and mucositis
- ♦ Study the interrelationship between diet and oral disease
- ♦ Identify nutritional factors involved in gastroesophageal reflux and ulcers
- ♦ Gain up-to-date knowledge of the management of patients with swallowing problems
- ♦ Understand the implications that nutrition can have in the treatment of liver diseases
- ♦ Describe the management of nutritional support in inflammatory diseases
- ♦ Reflect on the etiology of constipation and its relationship to diet in adults
- ♦ Determine the dietary guidelines for adults with chronic renal failure and on dialysis
- ♦ Gain up-to-date knowledge on the most common food allergies and intolerances
- ♦ Reflect on new techniques in digestive and intestinal surgery and their impact on patient nutrition
- ♦ Determine the management of the small intestine
- ♦ Know the dietary treatment for biliary and pancreatic pathologies
- ♦ Describe the main malabsorption syndromes and how they are treated
- ♦ Identify the signs and symptoms of the most prevalent colonic pathology and its nutritional treatment
- ♦ Determine the role of the intestinal microbiota and its implications in pathologies



*Make the most take the opportunity and take the step to get up to date on the latest developments in Nutrition in Pathologies of the Digestive Tract for Nursing”*



03

# Course Management

Our teaching team, experts in Clinical Nutrition, are well known in the profession and are professionals with years of teaching experience who have come together to help you boost your career. To this end, they have developed this Master's Degree with the latest developments in the field that will allow you to train and increase your skills in this sector.







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*Learn from the best professionals and become a successful professional yourself”*

## Management



### Ms. Auni3n Lavar3as, Mar3a Eugenia

- ♦ Pharmacist Clinical Nutrition Expert
- ♦ Author of the reference book in the field of Clinical Nutrition *Dietary , Management of Overweight in the Pharmacy Office*. (Editorial M3dica Panamericana)
- ♦ Pharmacist with extensive experience in the public and private sector
- ♦ Head Pharmacist
- ♦ Pharmacy Assistant. Pharmacy Chain. British Health and Beauty Retailers Boots UK. Oxford Street Centro de Londres
- ♦ Bachelor 's Degree in Food Science and Technology. University of Valencia
- ♦ Course Management Pharmacy Office





04

# Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of training in daily nursing practice in nutrition, aware of the relevance of the current relevance of training to be able to act before the patient with Digestive pathology with quality teaching through new educational technologies.







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*This Postgraduate Certificate in Nutrition in Pathologies of the Digestive Tract for Nursing, contains the most complete and up-to-date scientific program on the market”*

### Module 1. Assessment of Nutritional Status and Diet. Practical Application

- 1.1. Bioenergy and Nutrition
  - 1.1.1. Energy Needs
  - 1.1.2. Methods of Assessing Energy Expenditure
- 1.2. Assessment of Nutritional Status
  - 1.2.1. Body Composition Analysis
  - 1.2.2. Clinical Diagnosis. Symptoms and Signs
  - 1.2.3. Biochemical, Hematological and Immunological Methods
- 1.3. Intake Assessment
  - 1.3.1. Methods for Analyzing Food and Nutrient Intake
  - 1.3.2. Direct and Indirect Methods
- 1.4. Update on Nutritional Requirements and Recommended Intakes
- 1.5. Nutrition in a Healthy Adult. Objectives and Guidelines. Mediterranean Diet
- 1.6. Nutrition in Menopause
- 1.7. Nutrition in the Elderly

### Module 2. Nutrition in Digestive System Pathologies

- 2.1. Nutrition in Oral Disorders
  - 2.1.1. Taste
  - 2.1.2. Salivation
  - 2.1.3. Mucositis
- 2.2. Nutrition in Esophageal and Gastric Disorders
  - 2.2.1. Gastroesophageal Reflux
  - 2.2.2. Gastric Ulcers
  - 2.2.3. Dysphagia
- 2.3. Nutrition in Post-Surgical Syndromes
  - 2.3.1. Gastric Surgery
  - 2.3.2. Small Intestine
- 2.4. Nutrition in Bowel Function Disorders
  - 2.4.1. Constipation
  - 2.4.2. Diarrhea



- 2.5. Nutrition in Malabsorption Syndromes
- 2.6. Nutrition in Colonic Pathology
  - 2.6.1. Irritable Bowel
  - 2.6.2. Diverticulosis
- 2.7. Nutrition in Inflammatory Bowel Disease (IBD)
- 2.8. Most Frequent Food Allergies and Intolerances with Gastrointestinal Effects
- 2.9. Nutrition in Liver Diseases
  - 2.9.1. Portal Hypertension
  - 2.9.2. Hepatic Encephalopathy
  - 2.9.3. Liver Transplant
- 2.10. Nutrition in Biliary Diseases. Biliary Lithiasis
- 2.11. Nutrition in Pancreatic Diseases
  - 2.11.1. Acute Pancreatitis
  - 2.11.2. Chronic Pancreatitis



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

triglyceride  
cholesterol  
Amylase  
Lipase  
LDH  
CPK



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. 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. Gervas, 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 Pathologies of the Digestive Tract for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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



This **Postgraduate Certificate in Nutrition in Pathologies of the Digestive Tract for Nursing** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The Certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Nutrition in Pathologies of the Digestive Tract for Nursing**

Official N° of Hours: **175 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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- » Modality: **online**
- » Duration: **6 weeks**
- » Certificate: **TECH Technological University**
- » Dedication: **16h/week**
- » Schedule: **at your own pace**
- » Exams: **online**

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