

# Postgraduate Diploma

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



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

- » Modality: online
- » Duration: 6 monthst
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-nutrition-overweight-obesity-their-comorbidities-diet-therapy-nursing](http://www.techtitute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-nutrition-overweight-obesity-their-comorbidities-diet-therapy-nursing)

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# 01

# Introduction

Overweight and obesity have become, today, a health problem that affects a large part of the population. The sedentary lifestyle associated with this disease, but, above all, poor nutrition, are the two factors that generally trigger this pathology. In this sense, the role of the nurse as a guide in good nutrition is fundamental and its influence can help prevent and treat possible side effects or worsening in the patient. For this reason, TECH has decided to develop this very complete program, created with the objective that the graduate can catch up on everything related to Diet Therapy for Nursing in just 6 months and through a 100% online program.





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*If you want to be in charge of Diet Therapy for Nursing, this Postgraduate Diploma will not only update your knowledge, but will also provide you with the most effective news in the sector”*

The increase in cases of overweight or obese patients has increased in the last decade, especially in Western countries. The United States, Russia and Germany top the list, and increasingly unhealthy eating behaviors, linked to a sedentary lifestyle and the freneticism of daily life, have seriously affected the entire population. This represents a serious global health problem, since this pathology affects the body aggressively, and can cause heart, kidney or liver problems, among others.

In this sense, Dietetic Nursing is essential to try to alleviate this situation, since having extensive and updated knowledge about the essential nutritional aspects to take into account when treating patients with these diseases can help reduce the number of cases. For this reason, TECH and its team of experts in Nutrition and Endocrinology have developed this Postgraduate Diploma in Nutrition in Overweight, Obesity and their Comorbidities in Diet Therapy for Nursing. It is a complete and exhaustive program that delves not only into Nutrition, health and disease prevention, but also places special emphasis on the assessment of nutritional status and the calculation of personalized eating plans, without forgetting its recommendations and the correct guidelines for following it.

All of this in a comfortable 100% online program that has the best teaching team, a new and intensive syllabus based not only on theoretical content, but also on practical content, and with hours of high-quality additional material. In addition, the versatility of being able to access the Virtual Classroom from any device with an internet connection (*Tablet*, PC or mobile) will give the graduate the possibility of working from wherever they want, with a totally personalized schedule and compatible with any other work activity or staff.

This **Postgraduate Diploma 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. 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



*You will have access to the Virtual Classroom 24 hours a day of the day throughout the week, so that organize your academic calendar personalized way and based on your immediate availability”*

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*Delve into the calculation of nutritional plans will allow you to create personalized dietary calendars based on current recommendations”*

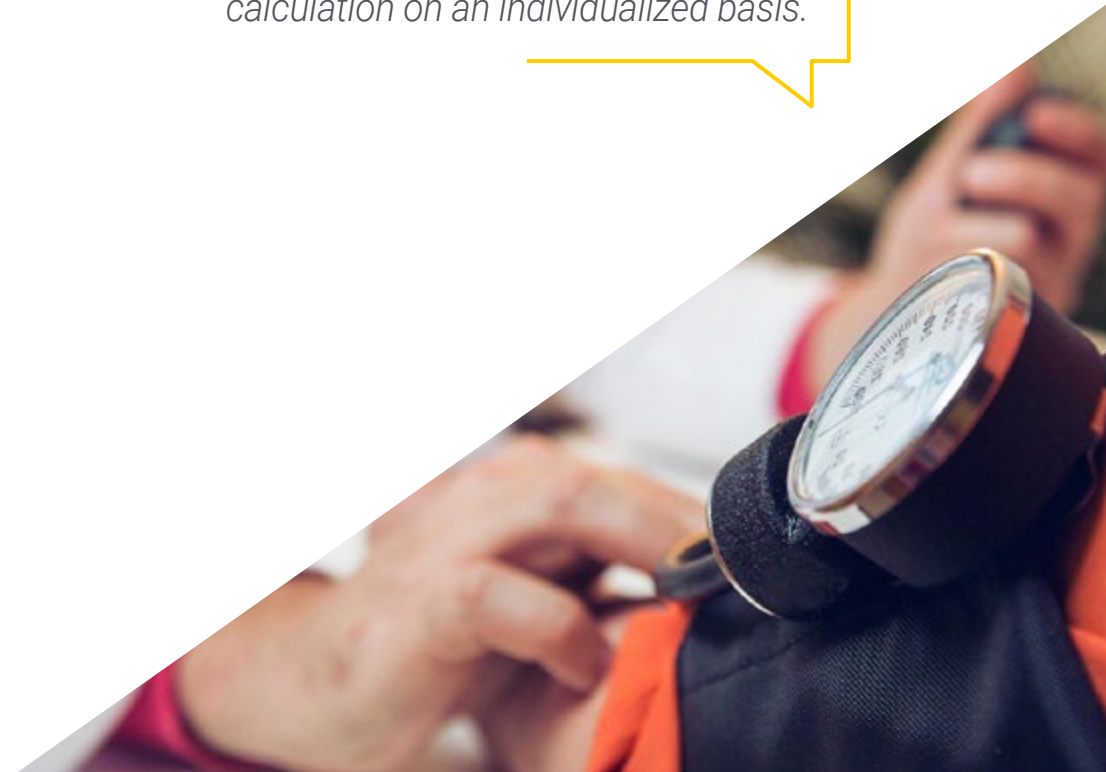
*In front of you there is an opportunity that you were looking for to catch up on nutritional status assessment and calculation of plans for overweight patients through a 100% online program.*

*A program with which you can catch up on low-calorie diets and their calculation on an individualized basis.*

The program's teaching staff includes professionals from 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.



# 02 Objectives

Obesity and overweight are two real health problems that affect a large part of society. For this reason, the agents involved in its prevention and treatment, in this case the nurses, must be able to have a qualification that allows them to update themselves in a simple way and totally compatible with their day-to-day life, on the most relevant issues related to Nutrition. For this reason, the objective of this Postgraduate Diploma is, precisely, to provide you with the necessary academic tools that will help you achieve it in just 6 months.





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*Whatever your goals are, TECH will give you the tools to help you, not only achieve them, but exceed them in less time than you expect”*



## General Objectives

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- ♦ Broaden knowledge and incorporate advanced and innovative knowledge in food and nutrition in the daily clinical practice of the nurse
- ♦ Revise the fundamental aspects of healthy eating, with a current approach aimed at risk prevention
- ♦ Delve into the correct management of daily nutrition
- ♦ Examine the most common syndromes and symptoms related to nutritional problems



*A dynamic academic experience aimed exclusively at updating the knowledge of nurses, which includes real clinical cases with which they can improve their skills in a practical way"*





## Specific Objectives

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### **Module 1. Food, Health and Disease Prevention: Current Issues and Recommendations for the General Population**

- ♦ Analyze patient's eating habits, as well as their problems and motivation
- ♦ Update nutritional recommendations based on scientific evidence for their application in clinical practice
- ♦ Prepare for the design of nutritional education strategies and patient care

### **Module 2. Assessment of Nutritional Status and Calculation of Personalized Nutritional Plans, Recommendations and Monitoring**

- ♦ Adequate assessment of the clinical case, interpretation of causes and risks
- ♦ Personalized calculation of nutritional plans taking into account all individual variables
- ♦ Planning nutritional plans and models for a complete and practical recommendation

### **Module 3. Nutrition in Overweight, Obesity and their Comorbidities**

- ♦ Adequate 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

Both the management and the teaching team of this University Expert have been chosen based on their work experience and their degree of professionalization. In this way, the faculty is only made up of experts in Endocrinology and Nutrition with a wide and extensive career in the sector. Their background will be reflected in a current, critical and practical agenda, based on the immediate reality of the area of Dietetic Nursing.



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*The teaching team will be at your disposal to answer any questions you may have during the course of the program”*

## Management



### Ms. 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 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. 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. López Escudero, Leticia

- ♦ Nutritionist at Diet La Clinic
- ♦ Clinical Dietician and Nutritionist at La Hospital university Fundación Jiménez Díaz
- ♦ Dietician and Clinical Nutritionist at the University Hospital Infanta Elena
- ♦ Lecturer in graduate studies Degree in Human Nutrition and Dietetics
- ♦ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ♦ Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ♦ Master's Degree in Nutrition in Physical Activity and Sport, Open University of Catalunya (UOC)



**Ms. Miguélez González, María**

- ◆ Attending Physician of Endocrinology and Nutrition at the University Hospital Jiménez Díaz Foundation. of Madrid
- ◆ Degree in Medicine from the University of Valladolid
- ◆ Collaborating lecturer in the subject of Ophthalmology at the Complutense University of Madrid
- ◆ Professor of the Master Expert in Obesity and Metabolic Complications, endorsed by SEEDO

**Mr. 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. 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

**Ms. Alcarria Águila, María del Mar**

- ◆ Nutritionist Clinical Symptoms at Medicadiet
- ◆ López-Nava Obesity Nutritionist
- ◆ Dietitian and nutritionist at PREDIMED Plus
- ◆ Grade in Human Nutrition and Dietetics from the Complutense University of Madrid
- ◆ Master in Rehabilitation Nutrition and Endocrinology at the Institute of Nutrition and Health Sciences.(ICNS)

**Dr. Martínez Martínez, Alberto**

- ◆ Clinical Nutritionist at in the Endocrinology and Nutrition Service of the HU Infanta Elena
- ◆ Clinical Nutritionist of Endocrinology and Nutrition Department of the university Rey Juan Carlos 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. 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 Diaz 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



**Ms. Gutiérrez Pernia, Belén**

- ◆ Nutritionist in Obesity Symptoms at Medicadiet
- ◆ López-Nava Obesity Nutritionist. Madrid
- ◆ Dietician 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

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*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

The structure and content of this 100% online program have been designed following the guidelines of the teaching team, who have actively participated in the search for information and in the formation of the syllabus based on the current demand of the Nursing sector. All of this following the most demanding quality criteria that define TECH, as well as the specifications of the relearning pedagogical methodology, in whose use this university is a pioneer. All of this, added to the additional material in different formats, and the clinical cases that the graduate will find in the Virtual Classroom, will allow them to get the most out of this degree.





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*The 450 hours of this program will fly by, but the knowledge you will acquire will last forever”*

**Module 1.** Food, Health and Disease Prevention: Current Issues and Recommendations for the General Population.

- 1.1. Feeding Habits in the Current Population and Health Risks
- 1.2. Mediterranean and Sustainable Diet
  - 1.2.1 Recommended Dietary Pattern
- 1.3. Comparison of Dietary Patterns or "Diets"
- 1.4. Nutrition in Vegetarians
- 1.5. Childhood and Adolescence
  - 1.5.1 Nutrition, Growth and Development
- 1.6. Adults
  - 1.6.1 Nutrition for the Improvement of Quality of Life
  - 1.6.2 Prevention
  - 1.6.3 Treatment of disease
- 1.7. Pregnancy and Lactation Recommendations
- 1.8. Recommendations in Menopause
- 1.9. Advanced Age
  - 1.9.1 Nutrition in Aging
  - 1.9.2 Changes in Body Composition
  - 1.9.3 Abnormalities
  - 1.9.4 Malnutrition
- 1.10. Nutrition in Athletes

**Module 2.** Assessment of Nutritional Status and Calculation of Personalized Nutritional Plans, Recommendations and Monitoring

- 2.1. Medical History and Background
  - 2.1.1 Individual Variables Affecting Nutritional Plan Response
- 2.2. Anthropometry and Body Composition
- 2.3. Assessment of Eating Habits
  - 2.3.1 Nutritional Assessment of Food Consumption
- 2.4. Interdisciplinary Team and Therapeutic Circuits
- 2.5. Calculation of Energy Intake
- 2.6. Calculation of Recommended Macro- and Micronutrient Intakes



- 2.7. Quantity and Frequency of Food Consumption Recommendations
  - 2.7.1 Dietary Patterns
  - 2.7.2 Planning
  - 2.7.3 Distribution of Daily Feedings
- 2.8. Diet Planning Models
  - 2.8.1 Weekly Menus
  - 2.8.2 Daily Intake
  - 2.8.3 Methodology by Food Exchanges
- 2.9. Hospital Nutrition
  - 2.9.1 Dietary Models
  - 2.9.2 Decision Algorithms
- 2.10. Educational
  - 2.10.1 Psychological Aspects
  - 2.10.2 Maintenance of Feeding Habits
  - 2.10.3 Discharge Recommendations

### Module 3. Nutrition in Overweight, Obesity and their Comorbidities

- 3.1. Pathophysiology of Obesity
  - 3.1.1 Precision Diagnosis
  - 3.1.2 Analysis of Underlying Causes
- 3.2. Phenotypic Diagnosis
  - 3.2.1 Body Composition and Calorimetry and Impact on Personalized Treatment
- 3.3. Treatment Target and Hypocaloric Diet Models
- 3.4. Prescription of Physical Exercise in Overweight and Obesity
- 3.5. Psychology Associated with Slimming Nutrition: Psychonutrition
- 3.6. Comorbidities Associated with Obesity
  - 3.6.1 Nutritional Management in Metabolic Syndrome
  - 3.6.2 Insulin Resistance
  - 3.6.3 Type 2 Diabetes and Diabetes

- 3.7. Cardiovascular Risk and Nutritional Adaptations in Hypertension, Dyslipidemias and Atherosclerosis
- 3.8. Digestive Pathologies Associated with Obesity and Dysbiosis
- 3.9. Pharmacological Treatment in Obesity and Drug-Nutrient Interactions and Adaptation of the Nutritional Plan
- 3.10. Bariatric and Endoscopic Surgery
  - 3.10.1 Nutritional Adaptations



*You will be able to know in detail the latest scientific evidence related to the nutritional management of metabolic syndrome and apply it successfully to your patients in less than 6 months”*

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.

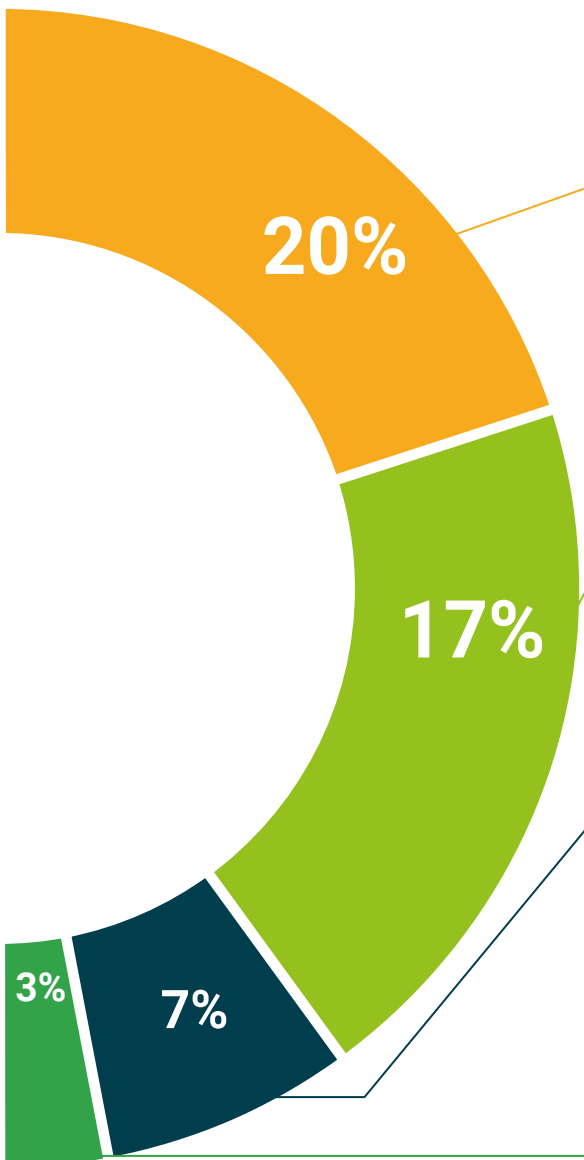
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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 Diploma 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 Diploma issued by TECH Global University.







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

Modality: **online**

Duration: **6 months**

Accreditation: **18 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

online training

development language

virtual classroom

**tech** global  
university

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