

# Internship Program

## Clinical Nutrition in Pediatrics



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Internship Program  
Clinical Nutrition in Pediatrics

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# 01 Introduction

When we talk about Pediatric Nutrition we refer to a transversal area in which not only aspects related to the treatment of certain pathologies through specialized dietary guidelines come into play, but also the prevention of diseases and the promotion of health through a balanced ingestion. This is an area that is also subject to constant study, thanks to which it has been possible, over the years, to establish increasingly specific guidelines for the management of children and adolescents. Based on this, TECH has devised an innovative program based exclusively on practice, thanks to which the specialist will have access to 120 hours of stay in a reference clinical center. This will allow students to catch up on the latest developments in Pediatric Nutrition on-site and through an unparalleled educational experience.



*TECH gives you the unique opportunity to be part of a multidisciplinary team in the area of Clinical Nutrition in Pediatrics with this Internship Program"*





Nutrition is the main extrinsic factor in growth and development. In pediatric pathology, nutrition intervenes as an etiological factor and as a complication of other diseases. Specialization in Clinical Nutrition is an essential response from professionals to the healthcare and preventive needs of the population in terms of nutrition and health. Due to this need, this Internship Program has been created to offer medical professionals the possibility to deepen and update their knowledge in Clinical Nutrition in Pediatrics, through an intensive practical stay for 3 weeks in a reference center where they will be able to work together with experts in the field.

Internship Program in Clinical Nutrition in Pediatrics is absolutely necessary in different professional areas such as medicine, nursing, nutrition, pharmacy, physiotherapy, etc. In order to be able to meet the needs of children with pathologies and who require a diet appropriate to their needs. In this way, this program offers the possibility of updating knowledge on new trends in child nutrition, with real cases. Both in health and in pathological situations through evidence-based medicine.

This is a unique opportunity to be part of a multidisciplinary team in the Pediatric area, whose experience will serve to update your practice in a dynamic way and taking into account different perspectives based on extensive trajectories. In addition, you will have access to the latest clinical equipment (such as the best diagnostic and therapeutic tools). All this will help you to update your practice in a guaranteed way and in only 120 hours of the Internship Program in a reference clinic in the field of Pediatric Nutrition.

# 02

## Why Study an Internship Program?

The countless advances that have been made in the area of Clinical Nutrition in Pediatrics, as well as TECH's unceasing commitment to the professionals in the medical field, have been the two issues that have made possible the creation of this unique experience. This is a program through which the graduate will be able to work intensively in the improvement of their clinical skills through a stay on-site, with real patients and with the possibility of facing countless cases through the application of the most sophisticated and cutting-edge clinical technology in the sector.



*A unique opportunity to apply your knowledge in an area of maximum safety for both your practice and patient health"*

### **1. Updating from the Latest Technology Available**

The Internship Program guarantees access to the most sophisticated and cutting-edge clinical technology, thanks to which the graduate will be able to work in its management. In this way, students will be able to implement in their practice the most innovative clinical strategies, based on the use of diagnostic and therapeutic equipment that is marking the cutting edge of Clinical Nutrition in Pediatrics.

### **2. Gaining In-depth Knowledge from the Experience of Top Specialists**

The graduate will have an internship tutor, who will ensure that all the objectives for which this program was designed are met. In this way, they will be able to use their experience to delve into the most relevant aspects, taking advantage of their advice to approach clinical cases with greater safety and rigor, depending on the characteristics of the pathologies suffered by the patients.

### **3. Entering First-Class Clinical Environments**

The enrollment in this Internship Program will give the graduate the opportunity to get involved in numerous clinical cases, through a comprehensive approach to their pathologies. Thanks to this, you will be able to work intensively in the design and elaboration of nutritional plans adapted to your needs, updating your praxis according to the recommendations of each disease.



#### **4. Putting the acquired knowledge into daily practice from the very first moment**

All the strategies and techniques that the graduate uses in this experience will be perfectly extrapolated to any practice in this area. This is because TECH guarantees that the clinical centers of the stays work with the strategies and techniques that mark the international Medicine, which have been accepted and tested by the main health programs in the world.

#### **5. Expanding the Boundaries of Knowledge**

TECH's agreement goes beyond national borders. Therefore, the specialist will be able to access the practical stay of the program in different places of the world. Based on this, it is presented as a unique opportunity to live an unparalleled experience that will allow you update your practice at the same time as your culture, soaking up the trends that are setting the current medical trends in different parts of the international scene.



*You will have full practical immersion  
at the center of your choice"*

# 03 Objectives

The Internship Program in Clinical Nutrition in Pediatrics is oriented to facilitate the performance of the professionals dedicated to Nutrition with the latest advances and newest treatments in the sector, so that they can offer the best services in their own practice. Therefore, by completing this program, you will be in a position to provide patients with a diagnostic method of great precision and predicament in the discipline, increasing, consequently, your professional prestige.



## General Objectives

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- Update pediatrician knowledge on new trends in infant Nutrition in both health and pathological situations through evidence-based medicine
- Promote work strategies based on the practical knowledge of the new trends in nutrition and its application to child 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 education
- Encourage professional stimulation through continuous education and research







## Specific Objectives

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- Review the basics of a balanced diet in the different stages of the life cycle, as well as in exercise
- Assess and calculate nutritional requirements in health and disease at any stage of the life cycle
- Review the new dietary guidelines, nutritional objectives, and recommended dietary allowances (RDA)
- Manage food databases and composition tables
- Explain the proper reading of new food labeling
- Update the drug-nutrient interaction and its implication in the patient's treatment
- Identify the relationship between nutrition and immune status
- Define the fundamental of nutri-genetics and nutrigenomics
- Incorporate phytotherapy as a coadjuvant treatment in clinical practice
- Review the psychological bases and biopsychosocial factors that affect human eating behavior
- Analyze the different methods for assessing nutritional status
- Interpret and integrate anthropometric, clinical, biochemical, hematological, immunological and pharmacological data in the nutritional assessment of the patient and in their dietary-nutritional treatment
- Predict patients' nutritional risk
- Manage the different types of nutritional surveys to assess food intake
- Early detection and assessment of quantitative and qualitative deviations from the nutritional balance due to excess or deficiency
- Identify and classify foods, food products, and food ingredients
- Review the chemical composition of foods, their physicochemical properties, their nutritional value, their bioavailability, their organoleptic characteristics and the modifications they undergo as a result of technological and culinary processes
- Describe the composition and utilities of new foods
- Explain basic aspects of food microbiology, parasitology, and toxicology related to food safety
- Assess and maintain adequate hygiene and food safety practices, applying current legislation
- Reflect on the usefulness of the school cafeteria as an educational vehicle
- Explain the relationship of physiology and Nutrition in the different stages of infant development
- Analyze the implications of nutrition in the growth process and in the prevention and treatment of different childhood pathologies
- Identify the repercussion that a pregnant and lactating mother's nutrition has on the intrauterine growth and evolution of new-borns and infants
- Describe the nutritional requirements in the different periods of childhood
- Perform nutritional assessment in pediatrics
- Evaluate and prescribe physical activity as a factor involved in nutritional status
- Calculate child and adolescent athlete dietary needs and risks
- Review current trends in premature infant nutrition
- Explain current trends in the nutrition of infants with delayed intrauterine growth and the implication of nutrition on metabolic diseases

# 04 Educational Plan

This Internship Program in Clinical Nutrition in Pediatrics is comprised of a 3-week intensive stay in a renowned clinical center. The stay will be from Monday to Friday, in continuous 8-hour shifts. This ensures that the professionals can acquire and reinforce their knowledge without interruption, in a fluid manner.

In this training proposal, of a completely practical nature, the activities are aimed at the development and improvement of the competencies necessary for the provision of diagnostic services in the field of Clinical Nutrition applied to pediatric patients and are oriented to the specific qualification for the practice of the activity.

It is undoubtedly a great opportunity to learn, working in an innovative center with cutting-edge equipment and the best-specialized personnel, being the best scenario to live this innovative experience promoted by TECH for the improvement of professional skills. Combining up-to-date procedures focused on a new way of understanding and integrating healthcare processes.

The practical education will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for the praxis of physical therapy (learning to be and learning to relate).

The procedures described below will be the basis of the practical part of the training, and their implementation will be subject to the center's own availability and workload, the proposed activities being the following:



*Receive specialized education in an institution that can offer you all these possibilities, with an innovative educational program and a human team that will help you develop your full potential"*



Module	Practical Activity
<b>Advances and trends in food</b>	Conduct analysis of new food developments
	Develop analyses in Nutrigenetics and Nutrigenomics
	Delve into the Assessment of immunonutrition
	Apply the physiological regulation of eating for appetite and satiety
	Manage the evaluation in Nutrition and circadian system
<b>Nutrition in pathologies of childhood</b>	Conduct an analysis in the Nutrition of the child with oral pathology
	Delve into the assessment of infants and children nutrition with gastroesophageal reflux
	Develop an analysis in the Nutrition in acute diarrhea situation
	Manage the evaluation in the Nutrition of the child with celiac disease
	Conduct an evaluation of the oncological child
	Develop an analysis of the Nutrition in children with chronic pulmonary pathology
<b>Update in physiology of Infant Nutrition</b>	Delve into the assessment of children with nephropathy
	Update on the assessment of the influence of nutrition on growth and development
	Know in detail the most innovative evaluation guidelines from a nutritional point of view in the child
	Delve into the physical activity evaluation and recommendations
	Conduct an evaluation on Nutrition during pregnancy and its impact on the newborn
	Develop an analysis in Nutrition in lactating women and its impact on the infant
<b>Artificial Nutrition in Pediatrics and child malnutrition</b>	Understand the assessment of feeding of newborns with intrauterine growth delay
	Conduct an evaluation of dietary products used for sick children or children with special needs
	Implement and work in the monitoring patients with nutritional support
	Perform an analysis in Home Artificial Nutrition
	Delve into the assessment of nutritional supplements to support the conventional diet
	Delve into the evaluation of probiotics and prebiotics in infant feeding
	Incur in the assessment of child malnutrition and undernutrition
	Perform an evaluation of nutritional anemias
	Develop an analysis of vitamin and trace element deficiencies
Delve into the assessment of fats in infant feeding	

# 05 Where Can I Do the Internship Program?

In order to ensure that the doctor enjoys the best learning experience, TECH has selected the best centers in which to develop the stay. In this way, the professional will have access to patients, to the best experts, and to the latest diagnostic technology. All of this, with the aim of providing the student with the possibility to progress professionally thanks to the new procedures that will be available to them.



*TECH puts at your disposal the most prestigious centers, which will open their doors to provide you with the update you need in your career as a doctor"*





The student will be able to do this program at the following centers:



**Nutrition**

**Centro Médico Villanueva de la Cañada**

Country	City
Spain	Madrid

Address: C. Arquitecto Juan de Herrera, 2,  
28691 Villanueva de la Cañada, Madrid

Medical center with services in the main clinical specialties and diagnostic tests

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**Related internship programs:**

- Clinical Nutrition in Pediatrics
- Primary Care Clinical Ultrasound



*Make the most of this opportunity to surround yourself with expert professionals and learn from their work methodology"*

# 06 General Conditions

## Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



## General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

**1. TUTOR:** During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE:** If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** The Internship Program shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

# 07 Certificate

This **Internship Program in Clinical Nutrition in Pediatrics** contains the most complete and up-to-date program in the professional and academic landscape.

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

The certificate issued by TECH will reflect the grade obtained in the test.

Title: **Internship Program in Clinical Nutrition in Pediatrics**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour consecutive shifts**

Total Hours: **120 h. of professional practice**





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