

Internship Program

Clinical Nutrition



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01 Introduction

The continuous advances that have been developed in the area related to the knowledge of the human body and its functioning have determined the important role that Clinical Nutrition plays in the promotion and prevention of health. A balanced diet in accordance with the needs of the organism can help to fight against various diseases, as well as to alleviate their effects, in a way that is highly beneficial for the patient's quality of life. For this reason, and in view of the important role played by healthcare professionals in this regard, TECH has decided to launch an exclusively practical program through which graduates can update their practice by completing a 120-hour practical internship in a leading clinical center.



A program focused on bringing you up-to-date on advances in nutrition through on-site practice in a leading international clinical center"





Optimal nutrition is linked to better health, a stronger immune system, a lower risk of non-communicable diseases, such as diabetes and cardiovascular disease. Nutrition intervenes in the evolution of pathologies, in some cases as an etiological factor and in others as a complication, which is why there is a growing interest in the study of food and nutrition support in a large number of diseases. With this in mind, a program has been designed to provide the students, in a practical way, with all the knowledge they need to improve the prognosis of their patients. You will have a 3-week stay in a specialized center, which will provide you with the autonomy and vision for your future clinical cases.

Nutritionists focused on the clinical area are part of a multidisciplinary team that possesses scientific knowledge in their area of competence, with skills that allow them to apply efficient nutritional care to their patients. The program focused on this labor sector seeks to update professionals to assess and calculate nutritional requirements in health and disease situations at any stage of the life cycle. The specialist will acquire the necessary knowledge and skills in Clinical Nutrition, through an adequate program such as this educational experience, from the hand of professionals with extensive experience in the sector.

In addition, you will have the support of an expert tutor in the area, who will accompany you during the 120 hours to guide you through your stay and ensure that you can get the most out of it. It is, therefore, a unique opportunity to catch up on the latest developments in Clinical Nutrition in Medicine from the best professionals and through an experience that will undoubtedly allow you to implement the most innovative clinical strategies developed to date in your practice.

02

Why Study an Internship Program?

TECH is a pioneer in the entire educational sector for offering programs such as this Internship Program. This is another example of the commitment of this center with the students, giving them the opportunity to carry out an on-site experience in a clinical center of reference in the medical area of Nutrition. In this way, the graduates will be able to work side by side with the best professionals, keeping up to date with the latest developments in this area through their experience and active work in the management of various patients.



An exclusive and unique opportunity to work on site in a reference center to update your knowledge in relation to nutrition in sports"

1. Updating from the Latest Technology Available

Graduates who opt for this Internship Program will have access to the most innovative and sophisticated clinical equipment that has been developed so far in the field of Nutrition. Thanks to this, you will be able to improve your management skills, implementing in your practice the use of the best tools to offer more alternatives to your patients and approach them with the security of being based on the latest technology of the moment.

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

TECH guarantees that all graduates who take part in its practical programs will have a tutor who will guide them through the educational experience, ensuring that all the objectives for which it was designed are met. In addition, the graduates will be able to make use of the experience of this expert to delve deeper into the most relevant aspects for the improvement and promotion of their specialized competencies.

3. Entering First-Class Clinical Environments

Thanks to the exclusively practical nature of this program, the professional will work, from the first day, in the management of diverse cases, being able to deepen in their diagnosis and treatment in a specific and specialized way. In addition, you will have the opportunity to apply the most innovative clinical strategies in the field of nutrition, using your ingenuity to develop nutritional plans tailored to the needs of each patient.



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

All the concepts that the graduate will work on during the 120 hours of internship may be perfectly applicable in the different environments in which the graduate will work after the completion of the Internship Program. TECH ensures that clinical centers have the most innovative activity available today, based on the international consensus of medical practice.

5. Expanding the Boundaries of Knowledge

TECH offers graduates the possibility of carrying out this practical period in various centers located in different parts of the world. In this way, not only does it give you the opportunity to update your practice on site, but you will also be able to do so in other countries. In this way, they are witnessing an unparalleled experience that will undoubtedly mark a before and after in their careers.



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

03 Objectives

The Internship Program in Clinical Nutrition is oriented to facilitate the performance of the professional dedicated to Nutrition with the latest advances and newest treatments in the sector. The program provides an effective update of knowledge on the procedures, diagnoses and therapies of the specialty in an exclusively practical way, through a hospital stay designed with clinical and educational rigor, under the guidance of renowned professionals in a hospital center of the highest scientific quality and technological innovation. In order to provide quality care based on the latest scientific evidence to ensure patient safety.



General Objectives

- ◆ Update the physician's knowledge of new trends in human nutrition in healthy patients and patients presenting with pathologies, through evidence-based medicine
- ◆ 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 continuous education and research





Specific Objectives

- ◆ 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
- ◆ Acquire skills in reading and understanding new food labeling methods
- ◆ Update the drug-nutrient interaction and its implication in the patient's treatment
- ◆ Identify the relationship between nutrition and immune status
- ◆ Update knowledge in nutrigenetics and nutrigenomics
- ◆ Incorporate the possibilities of phytotherapy as an adjuvant 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 patient's nutritional assessment and dietary-nutritional treatment
- ◆ Predict patients' nutritional risk



The teaching materials of this program, elaborated by these specialists, have contents that are completely applicable to your professional experiences”

04

Educational Plan

The Internship Program consists of a practical stay in a prestigious center, lasting 3 weeks, from Monday to Friday with 8 consecutive hours of practical training with an assistant specialist. This stay will allow you to see real patients alongside a team of leading professionals in the area of clinical nutrition, applying the most innovative diagnostic procedures and planning the latest generation of therapy for each pathology.

In this completely practical training program, the activities are aimed at developing and perfecting the competencies necessary for the provision of nutritional care in areas and conditions that require a high level of qualification, and are oriented towards specific training for the exercise of the activity, in a safe environment for the patient and high professional performance.

It is undoubtedly an opportunity to learn in the very scenario and with cutting-edge technology, where real-time health monitoring of patients is at the center of the digital culture of its professionals. This is a new way of understanding and integrating healthcare processes, and makes the selected hospital the ideal teacher scenario for this innovative experience in the improvement of professional medical competencies in the 21st century.

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 practice in Clinical Nutrition (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
New developments in food and current trends	Assess new advances in food
	Analyze Nutrigenetics
	Analyze Nutrigenomics
	Examine the various issues related to immuno-nutrition
Specialized nutrition	Work on the assessment of nutritional status
	Delve into intake assessment
	Special emphasis on assessment in psychology and nutrition
	Analyze the physiology of exercise
	Assess the energy needs and nutritional status of the athlete
	Assess the athlete's physical capacity
Nutrition and hospital dietetics	Delve into the dietary planning adapted to different sports
	Manage hospital nutrition units
	Analyze hospital basal diets
Nutrition in various pathologies	Delve into the design of hospital therapeutic diets
	Delve into the assessment of nutrition in oral disorders
	Work in the analysis of Nutrition in esophago-gastric alterations
	Improve their skills in the evaluation of nutrition in post-surgical syndromes
	Analyze the nutritional value of dyslipidemia and arteriosclerosis
	Delve into the assessment of Diabetes Mellitus
	Work on the assessment of glomerular disorders and tubulopathies
Analyze pre-dialysis chronic renal failure	

05 Where Can I Do the Internship Program?

With the premise of offering a state-of-the-art and quality education within the reach of health professionals, TECH has decided to broaden the educational horizons so that this program can be carried out in centers that have the required disposition, equipment, and prestige. A unique opportunity that allows the professionals to continue to evolve in their careers alongside the best specialists in the sector.



Take your Internship Program in a prestigious center and put into action everything you have learned from the hands of leading professionals in the sector"





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



Nutrition

Villanueva de la Cañada Medical Center

Country	City
Spain	Madrid

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

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

Related internship programs:

- Clinical Nutrition in Pediatrics
- Primary Care Clinical Ultrasound

Clinical Nutrition

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 Program 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 shall have broad coverage and shall be taken out prior to the start of the practical internship period. This means that the professional will not have to worry if they are faced with an unexpected situation and will be covered until the end of the practical internship program at the center.



General Conditions of the Internship Program

The general terms and conditions of the internship program agreement shall be 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** contains the most complete and up-to-date program on the professional and educational field

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

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

Title: **Internship Program in Clinical Nutrition**

Duration: **3 weeks**

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

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



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