

# Postgraduate Certificate

## Nutrition in Nervous System Pathologies





## Postgraduate Certificate

### Nutrition in Nervous System Pathologies

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

Website: [www.techtute.com/us/nutrition/postgraduate-certificate/nutrition-nervous-system-pathologies](http://www.techtute.com/us/nutrition/postgraduate-certificate/nutrition-nervous-system-pathologies)

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# 01

# Introduction

The correct and balanced nutrition in patients with pathologies of the nervous system is essential to avoid possible malnutrition or undernutrition associated with pathologies in which there may be some type of alteration related to the cognitive or motor system. For this reason, the nutritionist must know the fundamentals of the disease and its requirements in detail, in order to be able to adapt the diets to its conditions. The aim of this program is to bring the graduate up to date with everything related to this aspect, delving into each of the different diseases and their specific nutritional requirements. All this through a 100% online degree that will allow you to combine, in a guaranteed way, the course of the same with any other professional or personal activity.





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*You will be able to work the novelties related to nutrition and psycho-affective pathologies through a specific module dedicated to this topic"*

Numerous studies conducted in the last two decades have shown that proper nutrition can intervene positively in the prevention of cognitive impairment, as well as in the onset of diseases such as dementia and Alzheimer's disease. This is based on adequately maintaining the levels of folic acid, vitamins B12, B6, C, E, A, D, K, among others, avoiding deficits through the planned and personalized intake of specific foods. In addition, it can also favor the treatment and management of these pathologies, improving the health and quality of life of patients.

The exhaustive knowledge of the latest developments related to the different diseases and the nutritional needs of each one of them, as well as nutritional needs. For this reason, the team of experts of this university has compiled in this Diploma in Nutrition in Pathologies of the Nervous System the latest information on these aspects, including the most recommended and effective diets in patients, for example, with epilepsy, Parkinson's, schizophrenia, bulimia, anorexia or multiple sclerosis, among others.

All this through a program 100% online and accessible from any device with internet connection, so that the graduate can connect whenever you want and from anywhere, taking advantage of their time in a personalized way, without schedules or overwhelming face-to-face classes. In addition, the teaching team, professionals specialized in the area, have selected hours of high quality additional material for this degree with which you can not only dynamically contextualize the information developed throughout the syllabus, but also deepen in those aspects that interest you most through additional readings, videos in detail and recent research articles that you will find in the Virtual Classroom.

This **Postgraduate Certificate for Nervous System Pathologies** contains the most complete and up-to-date 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 the self-assessment process can be carried out 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



*Delve into the relationship of bioactive compounds and gut microbiota with diseases of the nervous system will help you design more effective plans for your patients"*



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*You will learn about scientific advances in nutrition in patients with altered eating behaviors, such as those with schizophrenia or borderline personality disorder”*

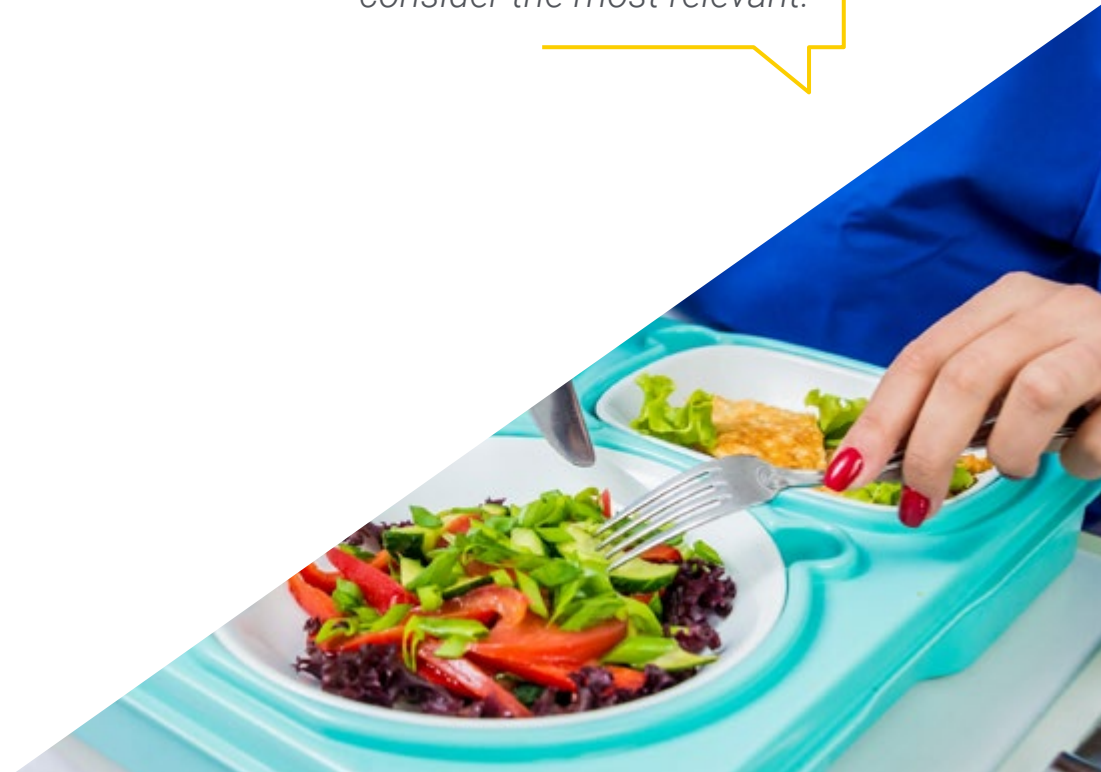
The program’s teaching staff includes professionals from the industry who contribute their work experience to this program, as well as renowned specialists from leading societies and prestigious universities.

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.

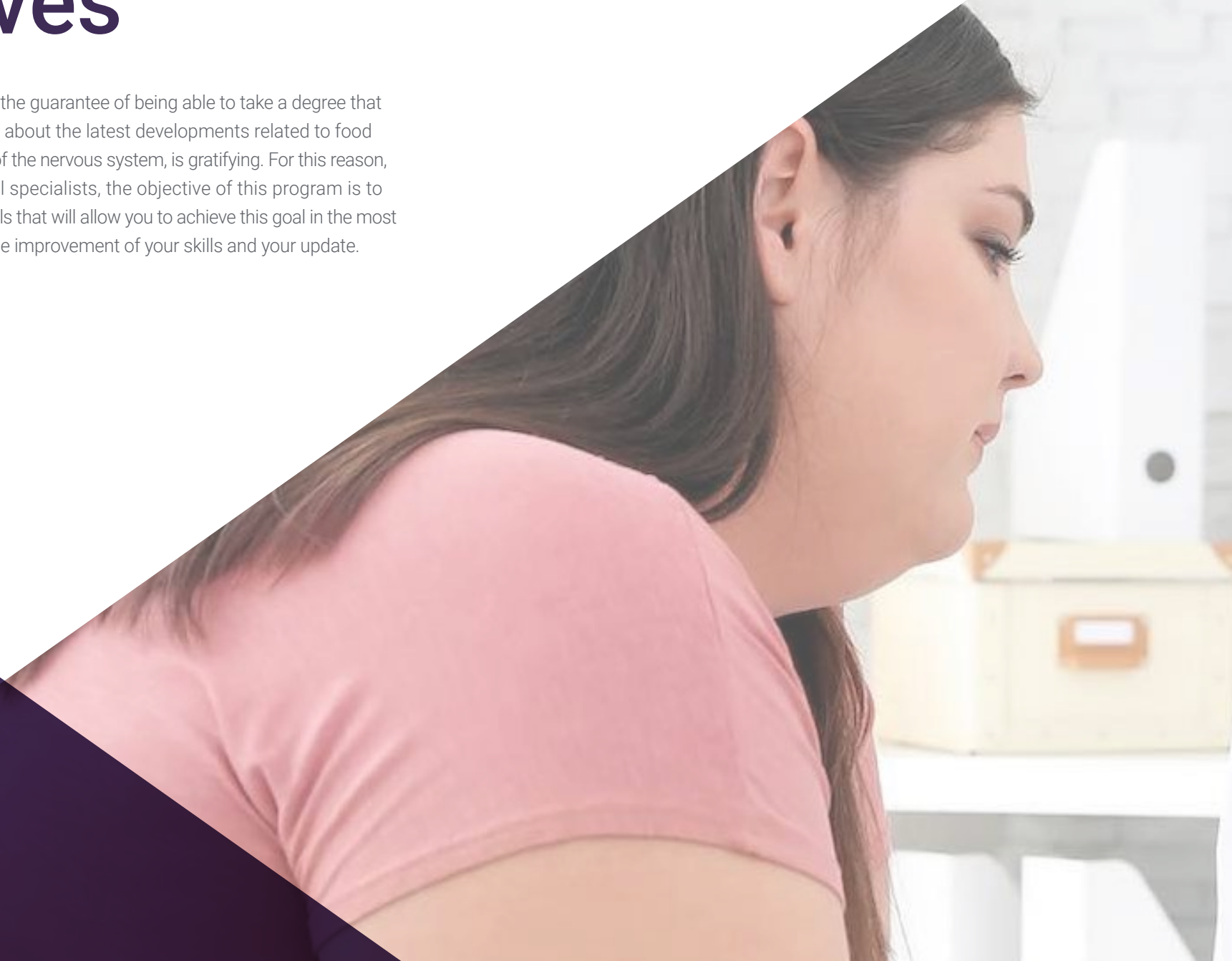
*A program that delves into the basics of nutrition in pathologies of the nervous system, so you can catch up without leaving anything pending.*

*In the virtual classroom you will find hours of additional diverse material in different formats, so that you can delve deeper into those aspects you consider the most relevant.*



# 02 Objectives

For any nutrition professional, having the guarantee of being able to take a degree that allows them, in just 6 weeks, to learn about the latest developments related to food planning in patients with pathologies of the nervous system, is gratifying. For this reason, and given TECH's commitment to all specialists, the objective of this program is to provide you with the tools and materials that will allow you to achieve this goal in the most effective way, positively influencing the improvement of your skills and your update.







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*TECH's goal is that you finish this Postgraduate Certificate with a very high degree of satisfaction"*



## General Objectives

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- ◆ Develop a broad, specialized and updated knowledge on nutrition in patients with nervous system pathologies
- ◆ Improve the management skills of this type of patients based on the latest scientific evidence in the field of Nutrition and Dietetics



*You will be able to approach in a more personalized and updated way to patients with anorexia, bulimia or BED"*





## Specific Objectives

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- ◆ Update on the scientific evidence of the relationship between nervous system pathologies and nutrition
- ◆ Assess the patient's needs and difficulties, in addition to an adequate assessment of the nutritional status
- ◆ Learn the main psychological aspects of patients with alterations of behavioral disorders

03

# Course Management

In any given course, a quality teaching team can influence the type of academic experience that the graduate will have. For this reason, and with the commitment to always offering the best programs, TECH has selected for this Postgraduate Certificate a specialized faculty versed in the clinical and nutritional management of patients with pathologies of the nervous system. In addition, they are professionals who, according to the people who endorse their careers, are characterized by their human and personal quality, aspects that will bring to the course a plus of closeness and personality.







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*You will have the guarantee of being able to solve, whenever you need to, any doubt with the teaching team"*

## Management



### Dr. Sánchez Jiménez, Álvaro

- ♦ Specialist in Nutrition and Endocrinology at Jiménez Díaz Foundation University Hospital
- ♦ 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 of the Master's Degree in Obesity and Comorbidities at the Rey Juan Carlos University
- ♦ Professor at the Course of Excellence in Obesity at the University Hospital Fundación Jimenez Díaz
- ♦ Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid
- ♦ Nutrition and Food for the Elderly by the Complutense University of Madrid
- ♦ Nutrition and Sports for Professionals by the Fundación Tripartita
- ♦ Refresher Course on Practical Diabetes Type 1 and 2 for Health Professionals





### Dr. Vázquez Martínez, Clotilde

- ♦ Corporate Head in the University Hospital Endocrinology and Nutrition Departments, Fundación Jiménez Díaz
- ♦ Head of the Endocrinology and Nutrition Service at Ramón y Cajal University Hospital
- ♦ Head of the Endocrinology and Nutrition Service at Severo Ochoa University Hospital
- ♦ President of The Society of Endocrinology, Nutrition, and Diabetes of the Community of Madrid SENDIMAD ()
- ♦ Coordinator Therapeutic Education Group Group of the Spanish Society of Diabetes
- ♦ Doctor of the Faculty of Medicine of the Autonomous University of Madrid
- ♦ Degree in Medicine and Surgery from the Faculty of Medicine of the University of Valencia
- ♦ Specialist in Endocrinology and Nutrition via Medical Residency by the University Hospital Fundación Jimenez Díaz
- ♦ 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. 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's Degree in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University 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 and Trisomy 21 Research Society

## Professors

### Ms. López Escudero, Leticia

- ◆ Nutritionist at Diet Clinic
- ◆ Dietician and clinical nutritionist at the Jiménez Díaz Foundation University Hospital
- ◆ Dietician and Clinical Nutritionist at the University Hospital Infanta Elena
- ◆ Professor in graduate studies Degree in Human Nutrition and Dietetics
- ◆ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ◆ Master's Degree 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)

### Dr. Modroño Móstoles, Naiara

- ◆ Specialist in Endocrinology
- ◆ Doctor Specialist in Pediatric Endocrinology and Nutrition at the University Hospital Fundación Jimenez Diaz
- ◆ Doctor Specialist in Endocrinology the Infanta Elena University Hospital
- ◆ Doctor Specialist in Endocrinology at the University Hospital of Getafe
- ◆ Author of various articles published in scientific journals
- ◆ Postgraduate Certificate in Treatment of Diabetes Mellitus Type 2 at the Autonomous University of Barcelona

**Dr. Prieto Moreno, Ana**

- ◆ Nutritionist in the Department of Endocrinology and Nutrition at University Hospital Fundación Jiménez
- ◆ Nutritionist at the General Hospital of Villalba
- ◆ Nutritionist at the Infanta Elena University Hospital
- ◆ Nutritionist in the Superior Sports Council
- ◆ Nutritionist at the WWF
- ◆ Nutritionist at Medicadiet
- ◆ Nutritionist at anitas Sociedad Anónima de Seguros
- ◆ Nutritionist at La Paz University Hospital
- ◆ Nutritionist at Fundación Mapfre
- ◆ Nutritionist at Copernal Publishing
- ◆ Nutritionist at Revista Diabetes
- ◆ Master's Degree in Obesity and its Comorbidities, Prevention Strategies, Diagnosis and Integral Treatment at the University of Alcalá
- ◆ Master's Degree 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. Labeira Candel, Paula**

- ◆ Clinical nutritionist in the Bariatric Endoscopy Unit at HM Hospitales
- ◆ Sports and clinical nutritionist at the Clinical Institute of Overweight and Obesity
- ◆ 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

# 04

## Structure and Content

This Postgraduate Certificate has been designed by the teaching team in an exclusive way, following the immediate actuality of the Nutrition sector and the demanding quality guidelines imposed by TECH. Thanks to this, it has been possible to create an intensive and dynamic syllabus with which the graduate will have no problem in updating and expanding their knowledge in the nutritional management of patients with pathologies of the nervous system. In addition, all the material will be available 100% online for downloading and can be consulted even after the academic experience is over.

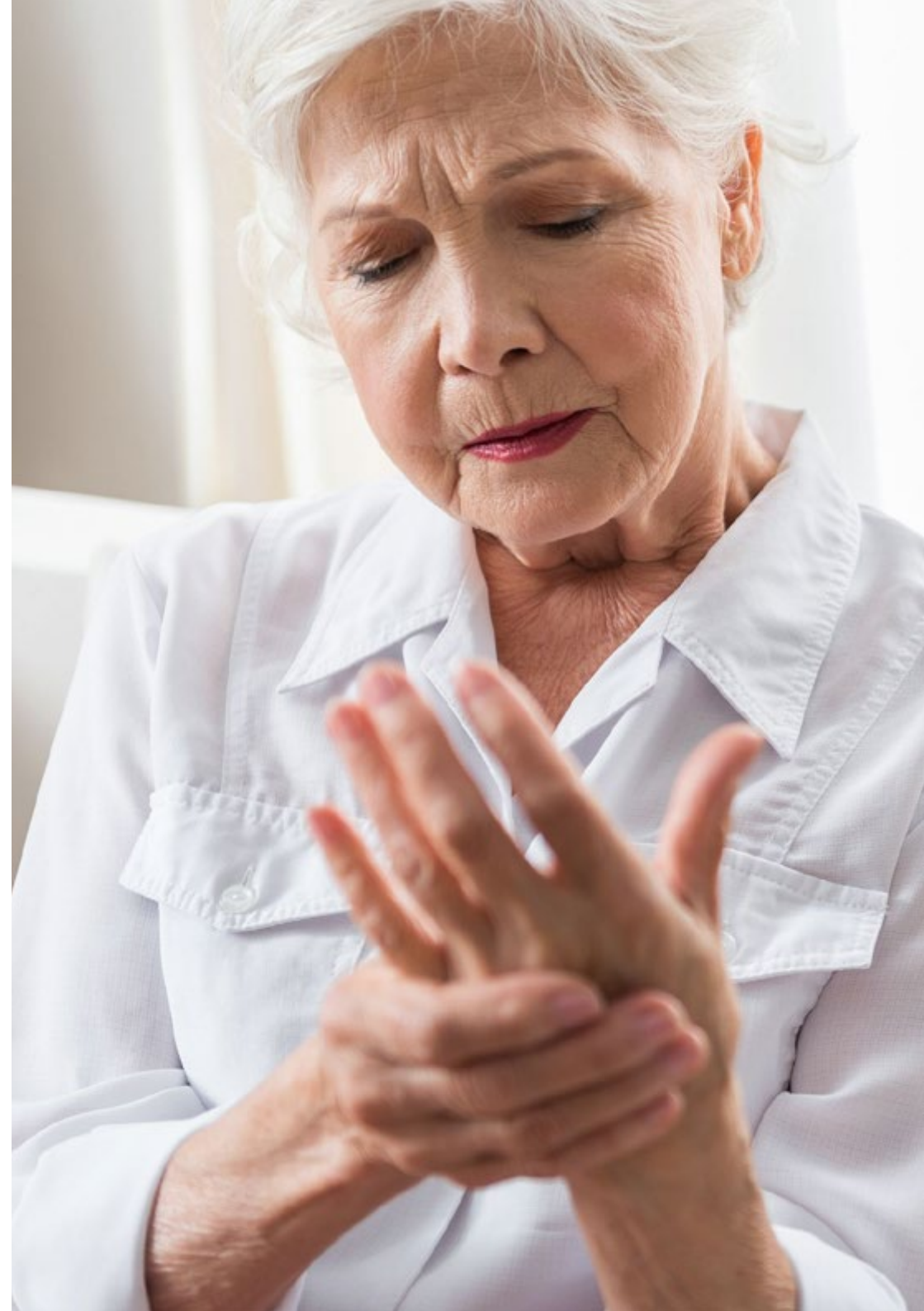


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*Enroll now and learn in detail all the news related to nutrition in pathologies with uncontrolled movement from a team of experts in the sector”*

## Module 1. Nutrition in Nervous System Pathologies

- 1.1. Nutrition in the Prevention of Cognitive Impairment, Dementia and Alzheimer's Disease
- 1.2. Nutrition and Psychoaffective Pathologies
  - 1.2.1 Depression
  - 1.2.2 Bipolar Disorder
- 1.3. Pathologies with Altered Eating Behavior
  - 1.3.1 Schizophrenia
  - 1.3.2 Borderline Personality Disorder
- 1.4. Eating Disorders
  - 1.4.1 Anorexia
  - 1.4.2 Bulimia
  - 1.4.3 BED
- 1.5. Nutrition in Degenerative Pathologies
  - 1.5.1 Multiple Sclerosis
  - 1.5.2 Amyotrophic Lateral Sclerosis
  - 1.5.3 Muscular Dystrophies
- 1.6. Nutrition in Pathologies with Uncontrolled Movement
  - 1.6.1 Parkinson's Disease
  - 1.6.2 Huntington's Disease
- 1.7. Nutrition in Epilepsy
- 1.8. Nutrition in Neuralgias
  - 1.8.1 Chronic Pain
- 1.9. Nutrition in Severe Neurological Injuries
- 1.10. Toxics, Bioactive Compounds, Intestinal Microbiota and their Relationship to Nervous System Diseases





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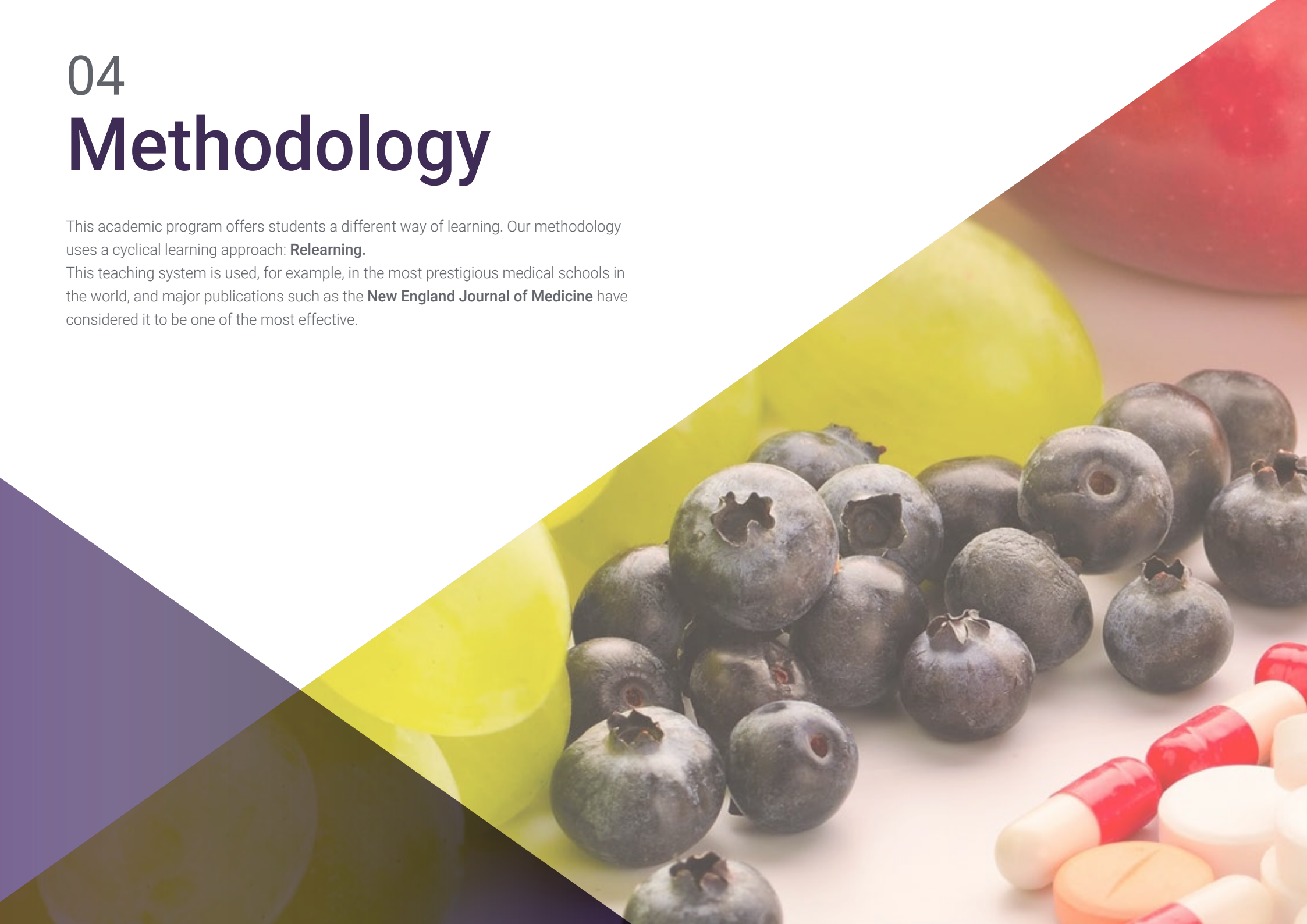
*You are just one click away from starting the best academic experience of your career, enroll now?"*

04

# 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.





## At TECH 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. Specialists learn better, faster, and more sustainably over time.

*With TECH, nutritionists can experience a way of learning 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, trying to recreate the real conditions of professional nutritional 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. Nutritionists who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity through exercises to evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the nutritionist to better integrate knowledge into clinical practice.
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 the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*The nutritionist 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, more than 45,000 nutritionists have been trained with unprecedented success in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for 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 highly 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.



#### Nutrition Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current nutritional counselling techniques and procedures. 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 the videos as many times as you like.



#### 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 for Nervous System Pathologies guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.





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*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 Certificate in Nervous System Pathologies** 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 Certificate in Nervous System Pathologies**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 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  
development language  
virtual classroom



## Postgraduate Certificate

Nutrition in Nervous  
System Pathologies

- ♦ Modality: online
- ♦ Duration: 6 weeks
- ♦ Certificate: TECH Global University
- ♦ Credits: 6 ECTS
- ♦ Schedule: at your own pace
- ♦ Exams: online

# Postgraduate Certificate

## Nutrition in Nervous System Pathologies