

# Postgraduate Diploma Clinical Nutrition and Hospital Dietetics





## Postgraduate Diploma Clinical Nutrition and Hospital Dietetics

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Credits: 16 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nutrition/postgraduate-diploma/postgraduate-diploma-clinical-nutrition-hospital-dietetics](http://www.techtute.com/us/nutrition/postgraduate-diploma/postgraduate-diploma-clinical-nutrition-hospital-dietetics)

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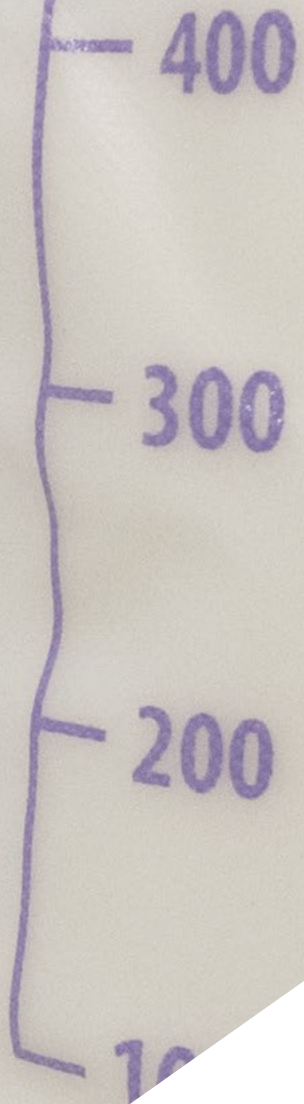
# 01

# Introduction

With this specialization program you will have the opportunity to study a course that brings together the most advanced and in-depth knowledge in the field, where a group of highly regarded professors with extensive international experience provides you with the most complete and up-to-date information on the latest advances and techniques in Clinical Nutrition and Hospital Dietetics.







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*Improve your knowledge through this program, where you will find the best didactic material with real clinical cases. Learn here about the latest advances in the speciality to be able to perform quality nutritional practice"*

The syllabus covers the main current topics in Clinical Nutrition and Hospital Dietetics in such a way that whoever masters them will be prepared to work in this field. Therefore, it is not just another diploma in your backpack, but a real learning tool to approach the topics of the specialty in a modern, objective way and with the ability to make a judgment based on today's most cutting-edge literature.

This program offers the student the possibility of deepening and updating knowledge, using the latest educational technology. This program offers a global vision of Clinical Nutrition while focusing on the most important and innovative aspects of adult nutrition. It also includes up-to-date information on nutritional therapy in special or pathological situations, as well as current trends in nutrition that emphasize the proper use of the Mediterranean diet as a key tool for a healthy life.

This program provides specialization in the field of Clinical Nutrition in areas of particular interest such as:

- Nutrigenetics
- Nutrigenomics
- Nutrition and Obesity
- Hospital Dietetics
- Nutritional Trends

This **Postgraduate Diploma in Clinical Nutrition and Hospital Dietetics** contains the most complete and up-to-date scientific program on the market. The most important features of this course include:

- The graphic, schematic, and eminently practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional practice
- It contains exercises where the self-assessment process can be carried out to improve learning
- Algorithm-based interactive learning system for decision-making for patients with feeding problems
- All of this will be complemented by theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- Content that is accessible from any fixed or portable device with an Internet connection



*Improve your skills in the approach to Clinical Nutrition and Hospital Dietetics through the Postgraduate Diploma”*

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*This Postgraduate Diploma may be the best investment you can make when choosing a refresher program for two reasons: in addition to updating your knowledge in Clinical Nutrition and Hospital Dietetics, you will obtain a Postgraduate Diploma from TECH Technological University"*

*The Postgraduate Diploma allows training in simulated environments, which provide immersive learning programmed to train in real situations.*

*It includes clinical cases to bring the program's degree as close as possible to the reality of care in nutrition.*

Its teaching staff includes renowned specialists in nutrition based on clinical practice, who bring the experience of their work to this training.

Thanks to the multimedia content developed with the latest educational technology, they will provide the Nutritionist with situated and contextual learning, i.e., a simulated environment that will provide an immersive training program to train in real situations.

The design of this programme is based on Problem-Based Learning, by means of which the nutritionist must try to solve the different professional practice situations that arise during the course.

For this reason, you will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of radiology with extensive teaching experience.





# 02 Objectives

The main objective of the program is the development of both theoretical and practical learning, so that the professional can master, in a practical and rigorous way, the study of Clinical Nutrition and Hospital Dietetics.







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*This refresher program will generate a sense of security in nutritional practice, which will help you grow both personally and professionally”*



## General Objectives

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- Update the nutritionist's knowledge on new trends in human nutrition, in both health and pathological situations
- Promote work strategies based on the practical knowledge of the new trends in nutrition and its application to adult pathologies, where nutrition plays a fundamental role in treatment
- Encourage the acquisition of technical skills and abilities, through a powerful audio-visual system, and the possibility of development through online simulation workshops and/or specific training
- Encourage professional stimulation through continuing preparation and research
- Train the professional for research into patients with nutritional problems



*Make the most of the opportunity and take the step to get up-to-date on the latest developments in Clinical Nutrition and Hospital Dietetics”*





## Specific Objectives

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- ♦ Analyze the different methods for assessing nutritional status
- ♦ Interpret and integrate anthropometric, clinical, biochemical, hematological, immunological, and pharmacological data in the patient's nutritional assessment and dietary-nutritional treatment
- ♦ Early detection and evaluation of quantitative and qualitative deviations from the nutritional balance due to excess or deficiency
- ♦ Describe the composition and utilities of new foods
- ♦ Explain the different techniques and products of basic and advanced nutritional support related to patient nutrition
- ♦ Identify patients with nutritional risk or established malnutrition susceptible to specific support
- ♦ Evaluate and monitor the supervision of nutritional support
- ♦ Update knowledge of specific formulae for artificial nutrition in adults
- ♦ Identify and assess obesity and know its dietary or surgical treatment
- ♦ Identify dietary and lifestyle factors involved in the genesis and treatment of osteoporosis



03

# Course Management

This program includes highly regarded health professionals in the field of Clinical Nutrition and Hospital Dietetics in its teaching staff, who bring the experience of their work to this training.

In addition, renowned specialists, members of prestigious national and international scientific communities, are involved in designing and preparing the program.







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Learn about the latest advances in Clinical Nutrition and Hospital Dietetics from leading professionals”

## International Guest Director

Dr. Sumantra Ray is an internationally recognized specialist in **Nutrition** and his main areas of interest are **Nutrition Education in Health Systems** and **Cardiovascular Disease Prevention**. With his outstanding experience in this health field, he has served as a consultant on special assignment for the **Nutrition Management** of the **World Health Organization** Headquarters in Geneva. He has also worked as **Director of Research** in Food Security, Health and Society in the Faculty of Humanities and Social Sciences at the University of Cambridge.

For his constant commitment to the dissemination of **healthy eating habits**, he has received the **Josephine Lansdell Award** from the British Medical Association. Specifically, this recognition highlighted his contributions related to nutrition and **Cardiovascular Prevention**. Also, as an international expert, he has participated in a work program on **Food, Nutrition and Education** in India, led by the University of Cambridge and funded by the UK Global Challenges Research Fund.

Dr. Sumantra Ray's studies are worldwide references, focusing on **global food security**, as it is a fundamental aspect for the development of societies. In addition, he has demonstrated his leadership skills as a **Senior Clinical Scientist** at the **Medical Research Council**, focusing on **Nutrition and Vascular Health** studies. In this position, he directed an experimental medicine facility dedicated to Human **Nutrition** studies.

Throughout his career he has authored more than **200 scientific publications** and has written the **Oxford Handbook of Clinical and Health Research**, aimed at strengthening the basic research skills of health care workers around the world. In this sense, he has shared his scientific findings in numerous presentations and congresses, in which he has participated in different countries.



## Dr. Ray, Sumantra

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- ♦ Executive Director and Founder, NNEdPro Global Nutrition and Health Centre, Cambridge, UK
- ♦ Director of Research in Food Security, Health and Society in the Faculty of Humanities and Social Sciences, University of Cambridge
- ♦ Co-Founder and President of the BMJ Scientific Journal Nutrition, Prevention and Health
- ♦ Presidential Advisor at the School of Advanced Studies on Food and Nutrition, University of Parma
- ♦ Vice President of the Conference of Medical Academic Representatives of the BMA
- ♦ Consultant on special assignment for the Nutrition Directorate of the World Health Organization Headquarters in Geneva
- ♦ Honorary International Dean of the Cordia Colleges in India
- ♦ Senior Clinical Scientist with the Medical Research Council
- ♦ Bachelor's Degree in Medicine

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Management



### **Ms. Auni3n Lavar3as, Mar3a Eugenia**

- ◆ Pharmacist and Clinical Nutrition Expert
- ◆ "Author of the reference book in the field of Clinical Nutrition "Dietetic Management of Overweight in the Pharmacy Office". (Panamerican Medical Publishing House)
- ◆ Pharmacist with extensive experience in the public and private sector
- ◆ Pharmacist in Valencia Pharmacy
- ◆ Pharmacy Assistant in the British pharmacy and health and beauty retail chain Boots, UK
- ◆ Degree in Pharmacy and Food Science and Technology. University of Valencia
- ◆ Director of the University Course "Dermocosmetics in the Pharmacy Office"





# 04

# Structure and Content

The structure of the contents has been designed by a team of professionals who recognise the implications that training has on daily practice, who are aware of the relevance of current training in Clinical Nutrition and Hospital Dietetics, and are committed to quality teaching using new educational technologies.





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*This Postgraduate Diploma in Clinical Nutrition and Hospital Dietetics contains the most complete and up-to-date scientific program on the market”*



## Module 1. New developments in food

- 1.1. Molecular Foundations of Nutrition
- 1.2. Update on Food Composition
- 1.3. Food Composition Tables and Nutritional Databases
- 1.4. Phytochemicals and Non-Nutritional Compounds
- 1.5. New Foods
  - 1.5.1. Functional Nutrients and Bioactive Compounds
  - 1.5.2. Probiotics, Prebiotics, and Synbiotics
  - 1.5.3. Quality and Design
- 1.6. Organic Foods
- 1.7. Transgenic Foods
- 1.8. Water as a Nutrient
- 1.9. Food Safety
  - 1.9.1. Physical, Chemical, and Microbiological Hazards
- 1.10. New Labelling and Consumer Information
- 1.11. Phytotherapy Applied to Nutritional Pathologies

## Module 2. Current Trends in Nutrition

- 2.1. Nutrigenetics
- 2.2. Nutrigenomics
  - 2.2.1. Fundamentals
  - 2.2.2. Methods
- 2.3. Immunonutrition
  - 2.3.1. Nutrition-Immunity Interactions
  - 2.3.2. Antioxidants and Immune Function
- 2.4. Physiological Regulation of Feeding. Appetite and Satiety
- 2.5. Nutrition and the Circadian System. Timing is the Key







### Module 3. Assessment of Nutritional Status and Diet Practical Application

- 3.1. Bioenergy and Nutrition
  - 3.1.1. Energy Needs
  - 3.1.2. Methods of Assessing Energy Expenditure
- 3.2. Assessment of Nutritional Status
  - 3.2.1. Body Composition Analysis
  - 3.2.2. Clinical Diagnosis. Signs and Symptoms
  - 3.2.3. Biochemical, Hematological and Immunological Methods
- 3.3. Intake Assessment
  - 3.3.1. Methods for Analyzing Food and Nutrient Intake
  - 3.3.2. Direct and Indirect Methods
- 3.4. Update on Nutritional Requirements and Recommended Intakes
- 3.5. Nutrition in a Healthy Adult. Objectives and Guidelines. Mediterranean Diet
- 3.6. Nutrition in Menopause
- 3.7. Nutrition in the Elderly

### Module 4. Clinical Nutrition and Hospital Dietetics

- 4.1. Management of Hospital Nutrition Units
  - 4.1.1. Nutrition in the Hospital Setting
  - 4.1.2. Food Safety in Hospitals
  - 4.1.3. Hospital Kitchen Organization
  - 4.1.4. Planning and Managing Hospital Diets. Dietary Code
- 4.2. Hospital Basal Diets
  - 4.2.1. Adult Basal Diet
  - 4.2.2. Pediatric Basal Diet
  - 4.2.3. Ovo-Lacto-Vegetarian and Vegan Diet
  - 4.2.4. Diet Adapted to Cultural Practices
- 4.3. Therapeutic Hospital Diets
  - 4.3.1. Unification of Diets and Personalized Menus
- 4.4. Bidirectional Drug-Nutrient Interaction

## Module 5. Nutrition in Special Situations

- 5.1. Nutrition in Metabolic Stress Situations
  - 5.1.1. Sepsis
  - 5.1.2. Polytrauma
  - 5.1.3. Burns
  - 5.1.4. Transplant Recipient
- 5.2. Nutrition in Oncology Patients with:
  - 5.2.1. Surgical Treatment
  - 5.2.2. Chemotherapy Treatment
  - 5.2.3. Radiotherapy Treatment
  - 5.2.4. Bone Marrow Transplant
- 5.3. Immune Diseases
  - 5.3.1. Acquired Immunodeficiency Syndrome

## Module 6. Artificial Nutrition in Adults

- 6.1. Enteral Nutrition
- 6.2. Parenteral Nutrition
- 6.3. Artificial Nutrition at Home
- 6.4. Adapted Oral Nutrition





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

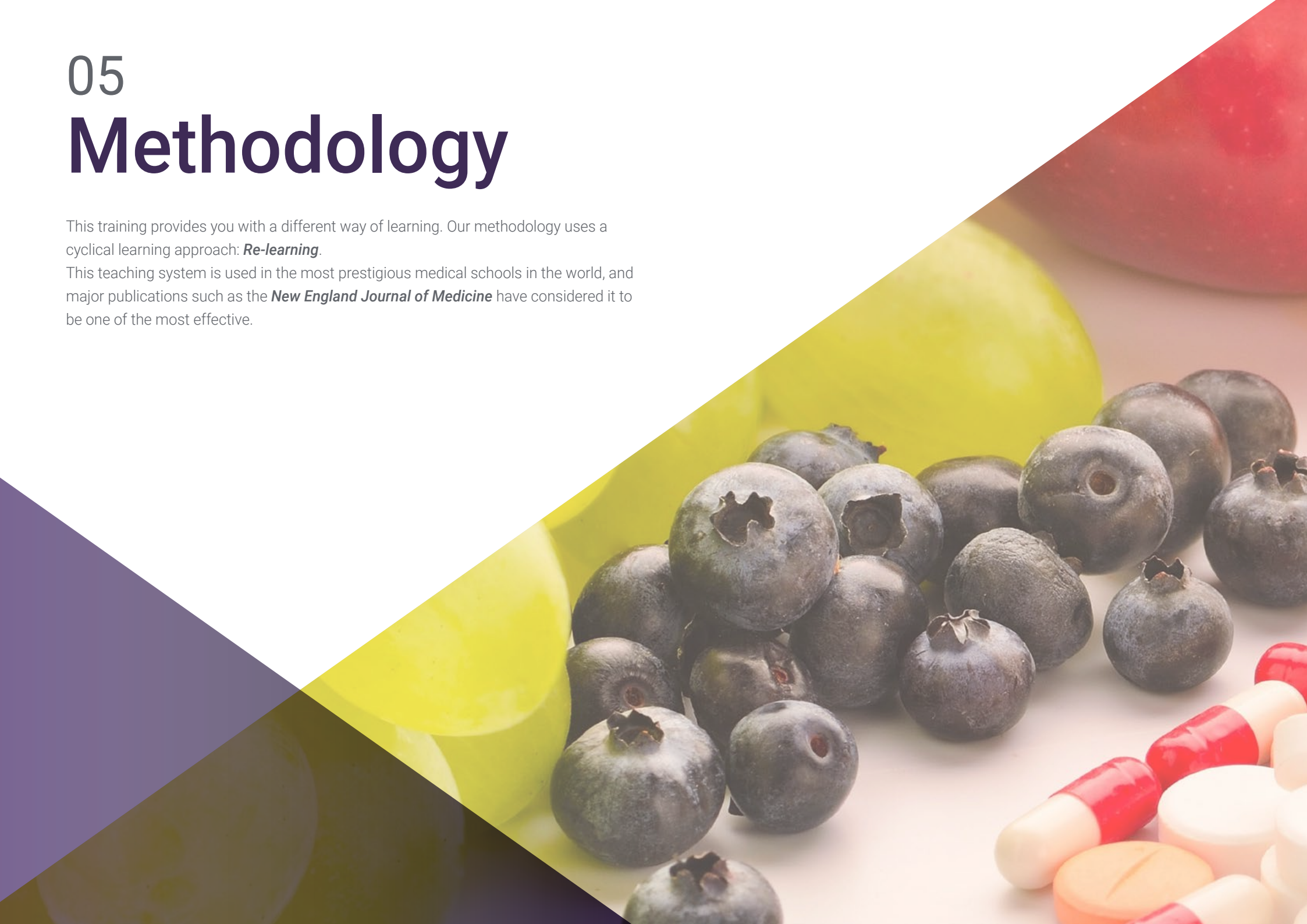


05

# Methodology

This training provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used 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.







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*Discover Re-learning, 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 we use the Case Method

In a given clinical situation, what would you do? Throughout the program you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is abundant scientific evidence on the effectiveness of the method. Nutritionists 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. 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 potential 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 grasp concepts, but also develop their mental capacity by evaluating real situations and applying their knowledge
2. The learning is solidly focused on practical skills that allow the nutritionist to better integrate the 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 Harvard case method with the best 100% online teaching methodology available: Re-learning.

Our 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, which represent a real revolution with respect to simply studying and analyzing 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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 45,000 nutritionists with unprecedented success, in all clinical specialties regardless of the workload. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Re-learning will allow you to learn with less effort and better performance, involving you more in your studies, 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 (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



In this program you will have access to the best educational material, prepared with you 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

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with



### Nutrition Techniques and Procedures on Video

We introduce you to the latest techniques, the latest educational advances, and the forefront of current nutritional procedures and techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want



### Interactive Summaries

We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge

This unique training system for presenting multimedia content was awarded by Microsoft as a "European Success Story"



### Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding



**Testing & Re-Testing**

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your 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 our difficult future decisions



**Quick Action Guides**

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning





06

# Certificate

The Postgraduate Diploma in Clinical Nutrition and Hospital Dietetics guarantees you, in addition to the most accurate and up-to-date training, access to a Postgraduate Diploma issued by TECH Technological University.





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*Successfully complete this training  
and receive your university degree  
without travel or laborious paperwork”*

This program will allow you to obtain your **Postgraduate Diploma in Clinical Nutrition and Hospital Dietetics** 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.

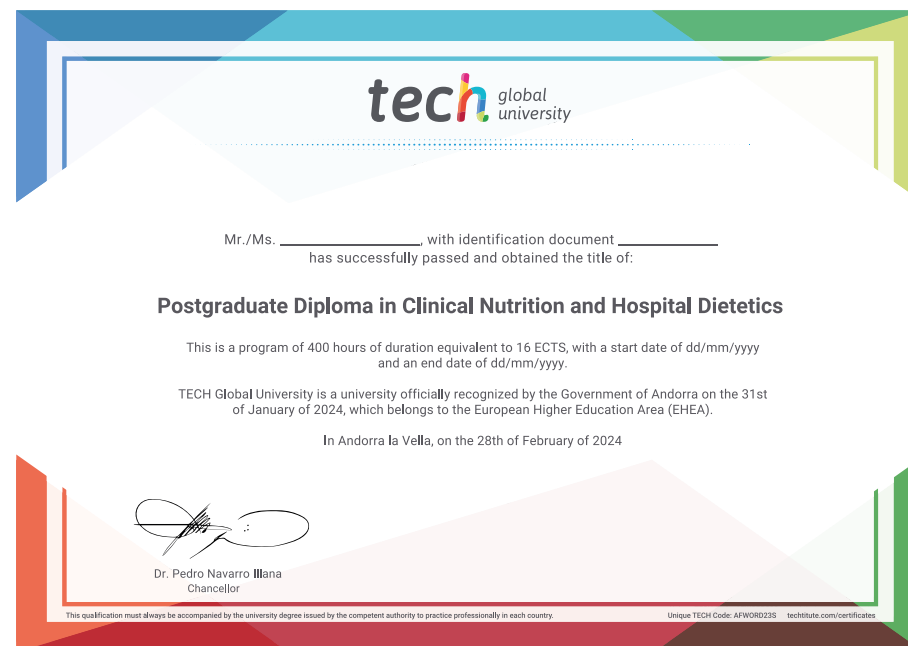
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Clinical Nutrition and Hospital Dietetics**

Modality: **online**

Duration: **6 months**

Accreditation: **16 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 languages  
virtual classroom



**Postgraduate Diploma**  
Clinical Nutrition and  
Hospital Dietetics

- » Modality: online
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