



Nutrition in Childhood and Digestive Tract and Endocrine-Metabolic Pathologies in Diet Therapy

» Modality: online

» Duration: 6 months

» Certificate: TECH Technological University

» Dedication: 16h/week

» Schedule: at your own pace

» Exams: online

Website: www.techtitute.com/pk/nutrition/postgraduate-diploma/postgraduate-diploma-nutrition-childhood-digestive-tract-endocrine-metabolic-pathologies-diet-therapy

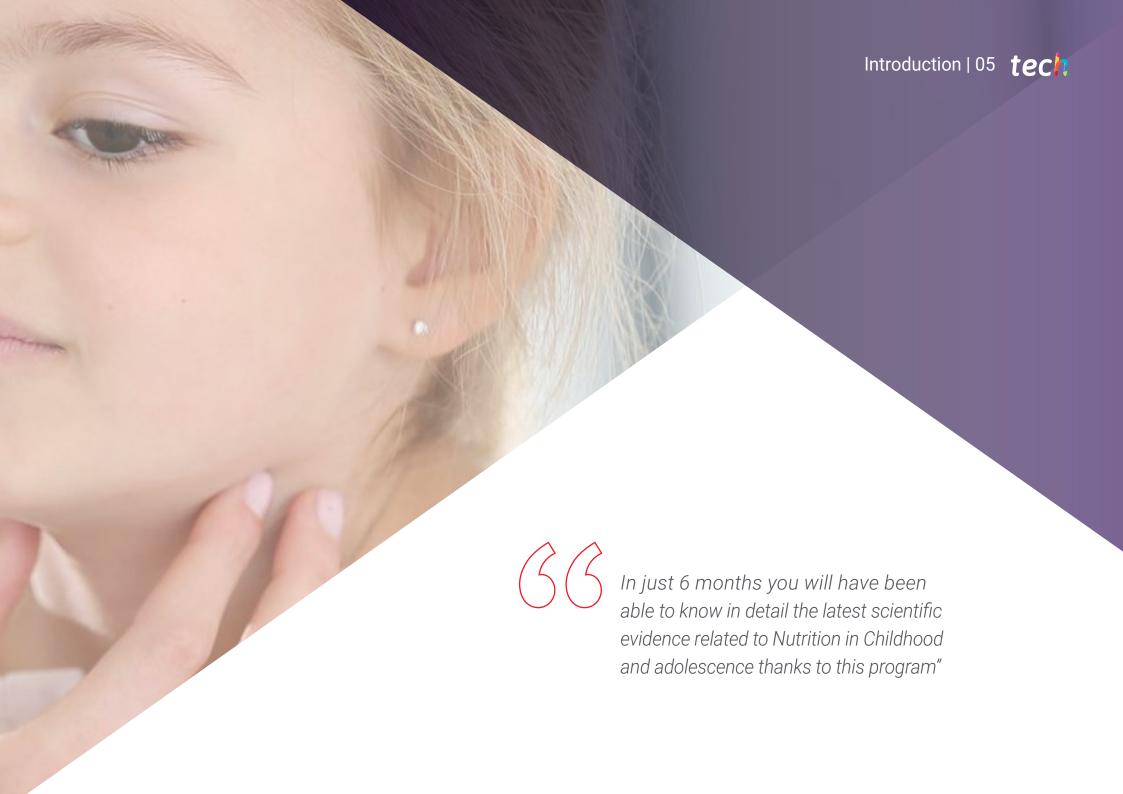
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# tech 06 | Introduction

The current pace of life to which a large part of society is subjected has caused eating habits to change. There is no longer time, eating well or healthy is not prioritized, but rather quickly and hastily, without taking into account, in many cases, the damage that this habit can cause in the long term in the body. The same occurs with children and teenagers, who during the growth stage do not receive an adequate nutritional intake, generating greater health problems that can sometimes turn into serious illnesses.

In this sense, the role of the Nutritionist is fundamental and his intervention must always be based on the needs of each patient, following the recommendations for each case and the latest advances related to each situation. For this, TECH has developed this program on Nutrition in Childhood and Digestive Tract and Endocrine-Metabolic Pathologies in Diet Therapy, an intensive study that addresses precisely this issue, and that will allow the graduate to catch up on everything related to this sector.

All this through a 100% online program designed by specialists in Nutrition and Endocrinology, who will provide the degree with a novel and critical vision of the reality of the sector today. In addition, this team has selected, exclusively for the program, hours of high-quality additional material presented in different formats, through which the graduates will be able to delve into the most relevant aspects of the syllabus, being able to take advantage of their own performance to get the most out of it. make the most of this academic experience.

This Postgraduate Diploma in Nutrition in Childhood and Digestive Tract and Endocrine-Metabolic Pathologies in Diet Therapy contains the most complete and upto-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 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 work
- Content that is accessible from any fixed or portable device with an Internet connection



You will have clinical cases of real patients with whom you can work and establish your own strategies, which will be supervised by the teaching team"



A syllabus designed by and for future Nutrition experts that will provide your career with the most exhaustive knowledge about Diet Therapy specialized in Endocrine-Metabolic Pathologiesand autoimmune"

The program includes in its teaching staff professionals from the sector who bring to this program the experience of their work, as well as recognized 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.

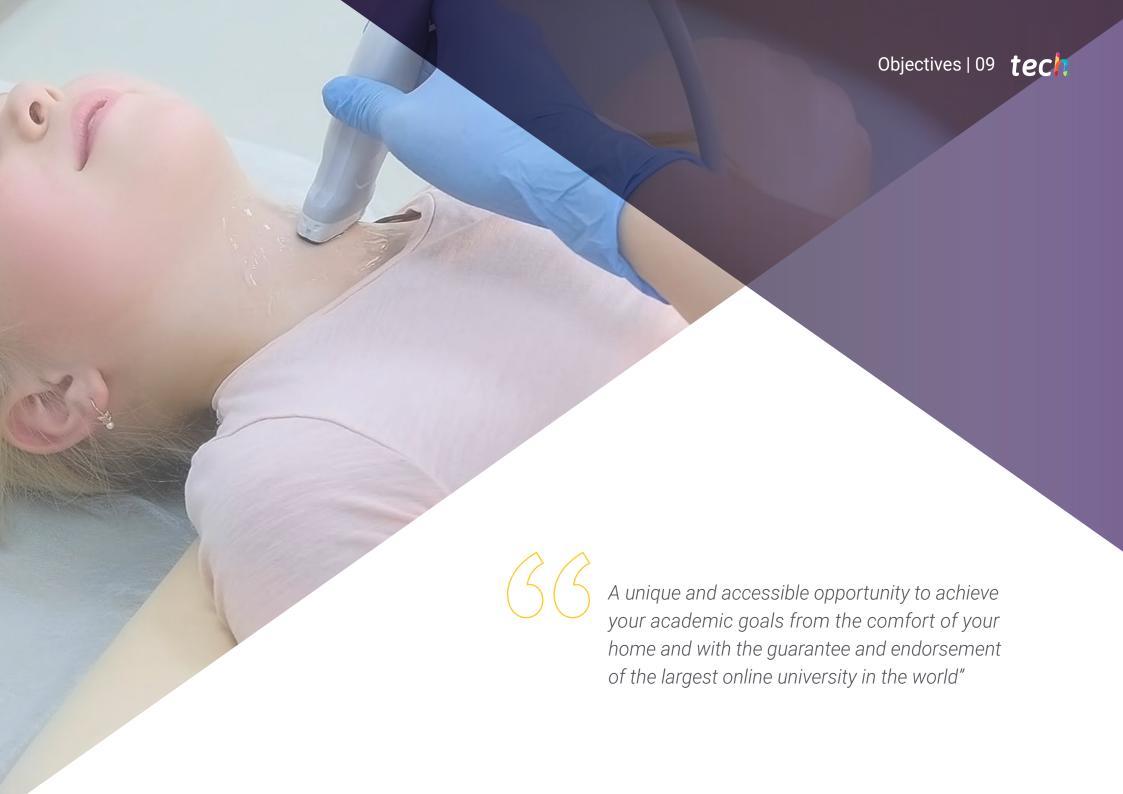
This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

A program with which you can delve deeper into the prevention and treatment of sarcopenia and osteopenia through specialized Nutrition.

If what you are looking for is a customizable degree in terms of schedule and degree of depth, this program is perfect for you.







# tech 10 | Objectives



# **General Objectives**

- Broaden knowledge and incorporate advanced and innovative knowledge in food and nutrition in the daily clinical practice of the Dietitian-Nutritionist
- 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



If your goals include having specialized knowledge to address Nutrition adapted to pediatric pathology, this program will give you the keys to achieve it"





### **Specific Objectives**

### Module 1. Nutrition in Childhood and Adolescence

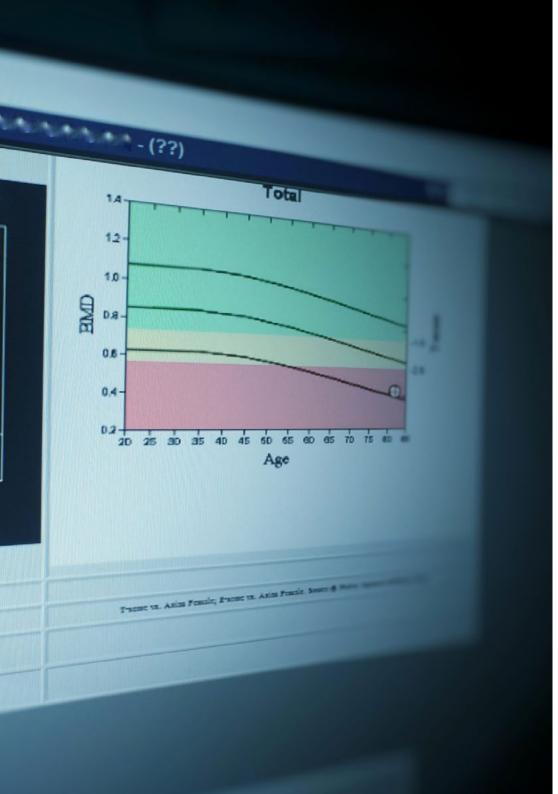
- Update knowledge on childhood and adolescent overweight and obesity, epigenetic factors, advances in multidisciplinary management and treatment, with special focus on the nutritional approach
- Broaden the specific therapeutic approach to eating disorders and genetic syndromes associated with nutritional alterations
- Study new evidence on feeding models in pediatrics and adolescent medicine

### Module 2. Nutrition in Dysfunctions and Pathologies along the Digestive Tract

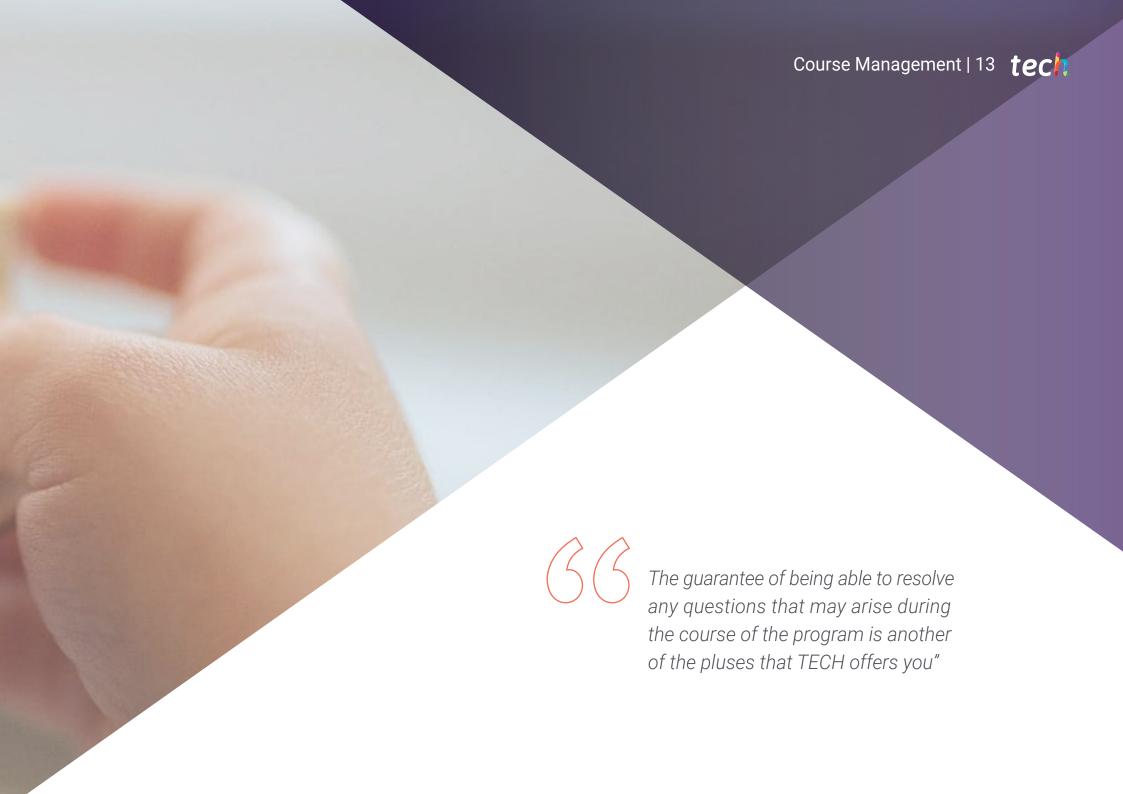
- Study the functioning of the digestive tract, functions and pathologies
- Complete evaluation of the clinical case and the digestive health
- Understanding the intestinal microbiota and its relationship with endocrine and nervous The system

### Module 3. Nutrition in Endocrine-Metabolic and Autoimmune Pathologies

- Individualize nutritional planning for patients with insulin-dependent DM1 and DM2 and insulin resistance
- Explore adapted nutritional recommendations based on scientific evidence in autoimmune, endocrine and respiratory pathologies
- Delve into the prevention and treatment of sarcopenia and osteopenia







### Management



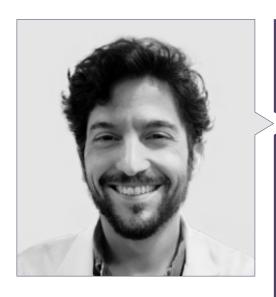
### Dr. Vázquez Martínez, Clotilde

- · Corporate Head of the Endocrinology and Nutrition Departments, Jiménez Díaz La Foundation
- Head of the Endocrinology and Nutrition Department at Ramón y Cajal Hospital (Madrid) and Severo Ochoa Hospital, Leganés
- President of La SENDIMAD (Society of Endocrinology, Nutrition, and Diabetes of the Community of Madrid)
- 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 Endocrinology and Nutrition via Medical Residency at the Jimenez Díaz Foundation
- 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
- Degree in Medicine and Surgery from the University of Navarra
- Master 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



### 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 in Obesity and comorbidities, Rey Juan Carlos University
- Professor at the Course of Excellence in Obesity at the university Fundación Jimenez Díaz Hospital, Novo Nordisk
- 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

### **Professors**

### Mr. Martínez Martínez, Alberto

- Nutritional Advisor at Santiveri
- 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. Miguélez González, María

- Attending Physician of Endocrinology and Nutrition at the 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

# tech 16 | Course Management

### Dr. 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

### Dr. Hoyas Rodríguez, Irene

- Specialist in Endocrinology and Nutrition
- Specialist in Endocrinology and Nutrition at the Fundación Jiménez Díaz and Infanta Elena Hospitals
- Specialist in Endocrinology and Nutrition at the Beata María Ana Hospital
- Specialist in Endocrinology at the University Hospital 12 de Octubre
- Degree in Medicine from the Complutense University of Madrid
- Postgraduate course in Treatment of Diabetes Mellitus Type 2 at the Autonomous University of Barcelona

### 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)



### Dr. Prieto Moreno, Ana

- Nutritionist in the Department of Endocrinology and Nutrition at Jiménez Foundation Hospital
- Nutritionist at Hospital General de Villalba and HospitalUniversitario Infanta Elena
- Nutritionist at the Consejo Superior de Deportes, WWF, Medicadiet and Sanitas Sociedad Anónima de Seguros
- Nutritionist at Hospital Universitario La Paz, Mapfre Foundation, Copernal Publishing and 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

### Dr. Fernández Menéndez, Amanda

- Doctor Specialist in Pediatric Endocrinology and Nutrition at the 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's Degree in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- Expert in Clinical Bioethics from the Complutense University

### 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, S.L.
- 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. Labeira Candel, Paula

- Clinical nutritionist in the Bariatric Endoscopy Unit at HM Hospitales
- Sports and clinical nutritionist at Quirón Salud-Instituto de Sobrepeso y Obesidad
- Nutritionist Sports and Clinical at Medicadiet, Slimming & Nutrition
- Sports nutritionist at C.F. 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

# O4 Structure and Content

One of the hallmarks of identity and quality that define TECH is the use, in a pioneering manner in the international university scene, of the Relearning methodology, a novel pedagogical strategy that consists of reiterating the most important concepts throughout the syllabus. In this way, a natural and progressive acquisition of knowledge occurs, saving the graduate long and boring hours of study. Furthermore, its comfortable 100% online format gives the students the versatility of being able to take it from wherever they want and with a completely personalized schedule, so that it interferes as little as possible with their work and personal life.



# tech 20 | Structure and Content

### Module 1. Nutrition in Childhood and Adolescence

- 1.1. Causes and Interrelated Factors of Childhood Obesity
  - 1.1.1 Obesogenic Environment in Childhood
  - 1.1.2 Assessment of Individual, Family and Socioeconomic Problems
- 1.2. Risks of Childhood Obesity
  - 1.2.1 Prevention and Adapted Diet Therapy
  - 1.2.2 Physical Activity and Physical Exercise
- 1.3. Nutritional Education
  - 1.3.1 Nutritional Recommendations
  - 1.3.2 Personalized Calculation of Plans for the Treatment of Childhood Child and Adolescent Obesity
- 1.4. Dietary Patterns and Food Recommendations
  - 1.4.1 Consultation Tools
- 1.5. Genetic Alterations and Predisposition to Obesity in Children and Adults
- 1.6. Prevention and Management of Other Eating Disorders in Children and Adolescents
- 1.7. Psychological Aspects of Childhood La Obesity in Nutritional Consultation
- 1.8. Nutrition in special situations: celiac disease. Food Allergy.
- 1.9. Nutrition in special situations: Diabetes and Dyslipemia.
- 1.10. Nutrition and Growth Disorders
  - 1.10.1 Nutrition in Later Stages of the Preterm or SGA Patient

### **Module 2.** Nutrition in Dysfunctions and Pathologies along the Digestive Tract

- 2.1. Digestive History, and Assessment of Variables, Symptomatology and Previous Eating Habits.
- 2.2. Mouth: Nutrition in Mucositis, Xerophthalmia, Dysphagia, and Oral Dysbiosis
- 2.3. Esophagus: Nutrition in Gastroesophageal Reflux Disease and Barrett's Oesophagus 's Esophagus
- 2.4. Stomach: Nutrition in Gastritis, Hiatus Hernia, Dyspepsia e Helicobacter Pylori Infection
- 2.5. Constipation and Symptomatology
  - 2.5.1 Associated Pathologies
- 2.6. Acute and Chronic Diarrhea



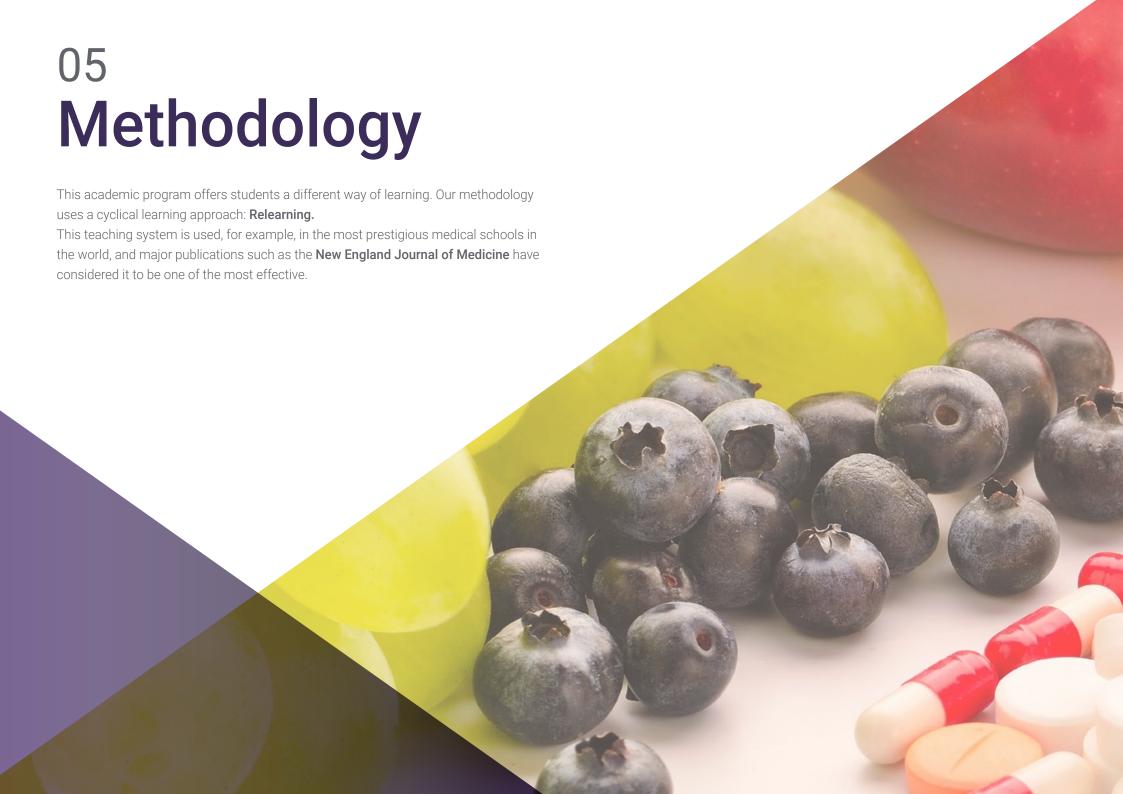


# Structure and Content | 21 tech

- 2.7. Inflammatory Bowel Diseases
- 2.8. Differentiation between Malabsorption, Intolerances and Allergies
  - 2.8.1 Enzyme Deficiency and Immune System
  - 2.8.2 Diet Low in Histamine and DAO Deficiency
- 2.9. Dysbiosis, Bacterial Overgrowth and Nutrient Malabsorption
- 2.10. Celiac Disease and Non-Celiac Gluten Sensitivity (NCGS)

### Module 3. Nutrition in Endocrine-Metabolic and Autoimmune Pathologies

- 3.1. Type 1 Diabetes
  - 3.1.1 Nutrition in Insulin-Dependent Patients
- 3.2. Insulin Resistance and Type 2 Diabetes
- 3.3. Nutrition in Thyroid Disorders
  - 3.3.1 Hypothyroidism
  - 3.3.2 Hyperthyroidism
- 3.4. Nutrition and Circadian Rhythms: Chronobiology
- 3.5. Nutrition in the Physiological Menstrual Cycle and its Alterations
  - 3.5.1 Amenorrea
  - 3.5.2 Polycystic Ovary Syndrome
  - 3.5.3 Endometriosis
- 3.6. Nutrition in Autoimmune Pathology
  - 3.6.1 Rheumatoid Arthritis.
  - 3.6.2 Psoriasis
  - 3.6.3 Lupus
- 3.7. Muscle
  - 3.7.1 Sarcopenia
- 3.8. Bone Health
  - 3.8.1 Osteopenia
  - 3.8.2 Osteoporosis
- 3.9. Nutrition in Pulmonary Pathologies
  - 3.9.1 Cystic fibrosis
  - 3.9.2 COPD
  - 3.9.3 Obstructive Sleep Apnea Syndrome (OSAS)
- 3.10. Chronic Fatigue, Anemia and Vitamin D Deficiency



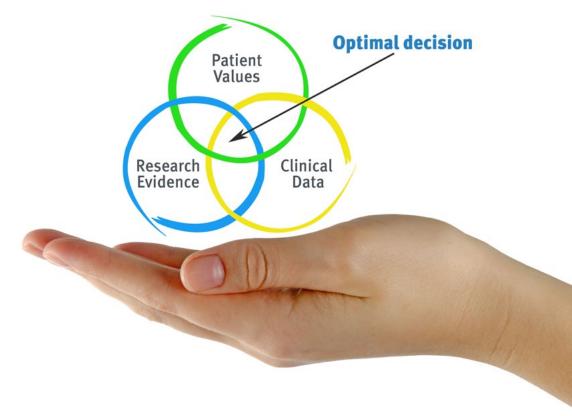


# tech 24 | Methodology

### 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.



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:

- 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.



# tech 26 | Methodology

### 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.



# Methodology | 27 tech

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 socioeconomic 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.

# tech 28 | Methodology

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**

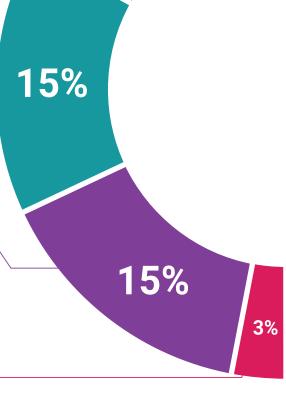
TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current nutritional counselling techniques and procedures. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, 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.



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



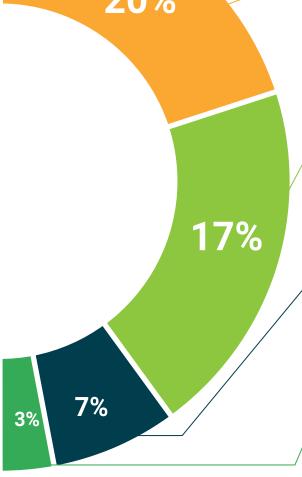
There is scientific evidence suggesting that observing third-party experts can be useful.

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.







# tech 32 | Certificate

This Postgraduate Diploma in Nutrition in Childhood and Digestive Tract and Endocrine-Metabolic Pathologies in Diet Therapy contains the most complete and up-to-date scientific program on the market.

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

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma,and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: Postgraduate Diploma in Nutrition in Childhood and Digestive Tract and Endocrine-Metabolic Pathologies in Diet Therapy

Official No of Hours: 450 h.



<sup>\*</sup>Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

health education information teaching guarantee technological university

# Postgraduate Diploma

Nutrition in Childhood and Digestive Tract and Endocrine-Metabolic Pathologies in Diet Therapy

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

