

# Postgraduate Certificate

## Nutrition in Endocrine-Metabolic and Autoimmune Pathologies





## Postgraduate Certificate Nutrition in Endocrine-Metabolic and Autoimmune 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/pharmacy/postgraduate-certificate/nutrition-endocrine-metabolic-autoimmune-pathologies](http://www.techtute.com/us/pharmacy/postgraduate-certificate/nutrition-endocrine-metabolic-autoimmune-pathologies)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 18*

05

Methodology

---

*p. 22*

06

Certificate

---

*p. 30*

# 01

# Introduction

The prescription of drugs and tablets with vitamin D is becoming more and more common, given the lack of it in some population groups or its necessary incorporation to avoid diseases. Likewise, the spread of diabetes throughout the world makes a deep knowledge of control and prevention more than necessary of this disease. With the premise of offering quality teaching with the contribution The most recent scientist has designed this degree, which will equip the pharmaceutical professional with the recent studies and advances made in patients who present endocrine-metabolic and autoimmune pathologies. All this with a program taught in 100% online mode, which you can wherever and whenever you want.





“

*A university degree with multimedia content at the academic forefront so that you can renew your knowledge with leading experts in the Nutrition and Endocrinology sector”*

Postgraduate Certificate in Nutrition in Endocrine-Metabolic and Autoimmune Pathologies will be taught by a specialized teaching team that will bring the pharmaceutical professional closer to the recent advances and more modern application of nutritional plans in patients who suffer from diseases as common as diabetes, cystic fibrosis, COPD or arthritis.

One of the fundamental pillars for the control of these diseases is a correct diet and an individualized plan that allows the patient to maintain the energy and quality of life that he needs to face everyday life. This university education also provides nutritional management to maintain strong muscles, it will delve into chronobiology and the clocks that participate in regulation of body weight. Likewise, students will have access to the most used treatments in people who suffer from anemia and vitamin D deficiency.

For this it will have, not only an agenda based on the immediate current affairs of the sector of Nutrition and diet therapy, but will have an extensive library of multimedia resources, which will allow you to access the most recent complementary information and that it is of interest to you. A study plan that you can access through a computer, mobile phone or tablet with an internet connection, which allows you to connect from the first day to the virtual platform where all the quality and cutting-edge academic content that TECH offers is housed.

This **Postgraduate Certificate in Nutrition in Endocrine-Metabolic and Autoimmune Pathologies** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- ◆ The development of practical cases presented by Nutrition experts 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 self-assessment can be used 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



*Update your knowledge about the treatments used in women with menstrual disorders such as amenorrhea, polycystic ovaries and endometriosis”*

“

*You will be aware of food news related to lung and bone pathologies”*

*A 100% online Postgraduate Certificate that can be accessed at any time from a device with Internet connection.*

*In this program, he addresses the latest studies on nutrition and treatments in patients with vitamin D deficiency.*

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

Its multimedia content, developed with the latest educational technology, will allow the professional a situated and contextual learning, i.e., a simulated environment that will provide an 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.



# 02 Objectives

The purpose of this Postgraduate Certificate is to provide all relevant and updated information to the pharmaceutical professional, to allow them to be up to date on the latest news related to the field of nutrition adapted to people who suffer from endocrine-metabolic and autoimmune pathologies. Achieve this, TECH makes a syllabus with advanced multimedia content and a practical approach available to all students. In this way you can apply the renewal of acquired knowledge in your day to day life.







“

*University education with a teaching team  
that will allow you to achieve the most recent  
knowledge in autoimmune pathologies”*



## General Objectives

---

- ◆ Provide the graduate with general and updated knowledge about Nutrition in endocrine-metabolic and autoimmune pathologies
- ◆ Provide you with all the best academic tools that allow you to put yourself up to date in a simple, complete and exhaustive way

“

*A Postgraduate Certificate with 180 hours of renewal of knowledge and scientific contribution in treatments for patients with thyroid disorders”*





## Specific Objectives

---

- ◆ 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. Update The knowledge of renal, hepatic and pancreatic functions and pathologies, and their relationship with nutrition
- ◆ Assess clinical cases, application tools in nutrition consultation
- ◆ Plan nutritional an the treatments based on scientific evidence and assessment of evolution

03

# Course Management

TECH is aware of the effort made by the professional who wishes to renew their knowledge while combining their work activity. Therefore, it carefully selects all the teaching staff that comprise it. their programs. In this way, the students who take this program have with a specialized teaching team with extensive experience in the area of Nutrition and Endocrinology from the medical sector and dietetics. This is a group of active professionals, who will pour in this teaching all his knowledge with an eminently practical approach and very useful for the student.





“

*A teaching team with a long professional career will provide you with renewed knowledge and great practical application”*

## Management



### Dr. Vázquez Martínez, Clotilde

- ♦ Corporate Head in the University Hospital Endocrinology and Nutrition Departments, Jiménez Díaz La Foundation
- ♦ Head of the Endocrinology and Nutrition Service at Móstoles University Hospital
- ♦ Head of the Endocrinology and Nutrition Service at Móstoles University Hospital
- ♦ President of La Society of Endocrinology, Nutrition, and Diabetes of the Community of Madrid (SENDIMAD)
- ♦ 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 Pediatric Endocrinology and Nutrition at the university Foundation Jimenez Diaz Hospital
- ♦ 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 (FUCAMD) Diabetes and Nutrition Lifetime Achievement Award



### **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 Obesity and comorbidities, Rey Juan Carlos University
- ◆ Professor of the Excellence Course in Obesity at the Jiménez Díaz Foundation University Hospital
- ◆ 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



### 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 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, Trisomy 21 Research Society

## Professors

### 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. Miguélez González, María

- ◆ Attending Physician of Endocrinology and Nutrition at the University Hospital 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





**Dr. Martínez Martínez, Alberto**

- ◆ Clinical Nutritionist at in the Endocrinology and Nutrition Service of the HU Infanta Elena
- ◆ Clinical Nutritionist of Endocrinology and Nutrition Department of the university Rey Juan Carlos Hospital
- ◆ 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

“

*Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"*

# 04

# Structure and Content

The syllabus of this University Course has been carried out by the expert teaching team in Nutrition and Endocrinology that makes up this program. Thanks to its deep knowledge, this syllabus has the most recent developments in the plans nutrients used in insulin-dependent patients with diseases autoimmune, bone or who suffer from menstrual alternations. An immersion in the pharmaceutical professional will carry out through the video summaries of each topic, additional readings and practical examples provided by specialized teaching staff. The Relearning system, based on the repetition of content, will facilitate the consolidation and renewal of knowledge in a more natural way and reducing long hours of study.





“

*An updated and advanced syllabus so that you are up to date with advances in nutrition and patients with type 2 diabetes”*

## Module 1. Nutrition in Endocrine-Metabolic and Autoimmune Pathologies

- 1.1 Type 1 Diabetes
  - 1.1.1 Nutrition in Insulin-Dependent Patients
- 1.2. Insulin Resistance and Type 2 Diabetes
- 1.3. Nutrition in Thyroid Disorders
  - 1.3.1 Hypothyroidism
  - 1.3.2 Hyperthyroidism
- 1.4. Nutrition and Circadian Rhythms: Chronobiology
- 1.5. Nutrition in the Physiological Menstrual Cycle and its Alterations
  - 1.5.1 Amenorrhea
  - 1.5.2 Polycystic Ovarian Syndrome
  - 1.5.3 Endometriosis
- 1.6. Nutrition in Autoimmune Pathology
  - 1.6.1 Rheumatoid Arthritis.
  - 1.6.2 Psoriasis
  - 1.6.3 Lupus
- 1.7. Muscle
  - 1.7.1 Sarcopenia
- 1.8. Bone Health
  - 1.8.1 Osteopenia
  - 1.8.2 Osteoporosis
- 1.9. Nutrition in Pulmonary Pathologies
  - 1.9.1 Cystic Fibrosis
  - 1.9.2 COPD
  - 1.9.3 Obstructive Sleep Apnea Syndrome (OSAS)
- 1.10. Chronic Fatigue, Anemia and Vitamin D Deficiency





“

*You will practically address the nutritional and pharmacological treatments most currently used in patients with anemia”*

05

# 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.





*Discover Relearning, 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

What should a professional do in a given situation? Throughout the program, students will be confronted with multiple simulated clinical cases based on real patients, in which they will have to investigate, establish hypotheses and ultimately, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Pharmacists learn better, more quickly and more sustainably over time.

*With TECH you will 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 power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, attempting to recreate the actual conditions in a pharmacist's professional 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:

1. Pharmacists who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
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.

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.



*Pharmacists 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 115,000 pharmacists have been trained with unprecedented success in all clinical specialties, regardless of the surgical load. This pedagogical methodology is developed in a highly demanding environment, with a university student body with a high 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 specialization, 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 (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 created specifically for the course by specialist pharmacists who will be teaching the course, so that the didactic development is highly specific and accurate.

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.



### Video Techniques and Procedures

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current pharmaceutical care procedures. All of this, first hand, and explained and detailed with precision to contribute to assimilation and a better understanding. And best of all, you can watch them as many times as you want.



### 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 unique multimedia content presentation training system 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, 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 & 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 on the usefulness of learning by observing experts. The system known as 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 in Endocrine-Metabolic Pathologies and Autoimmune guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



“

*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 Nutrition in Endocrine-Metabolic and Autoimmune 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.

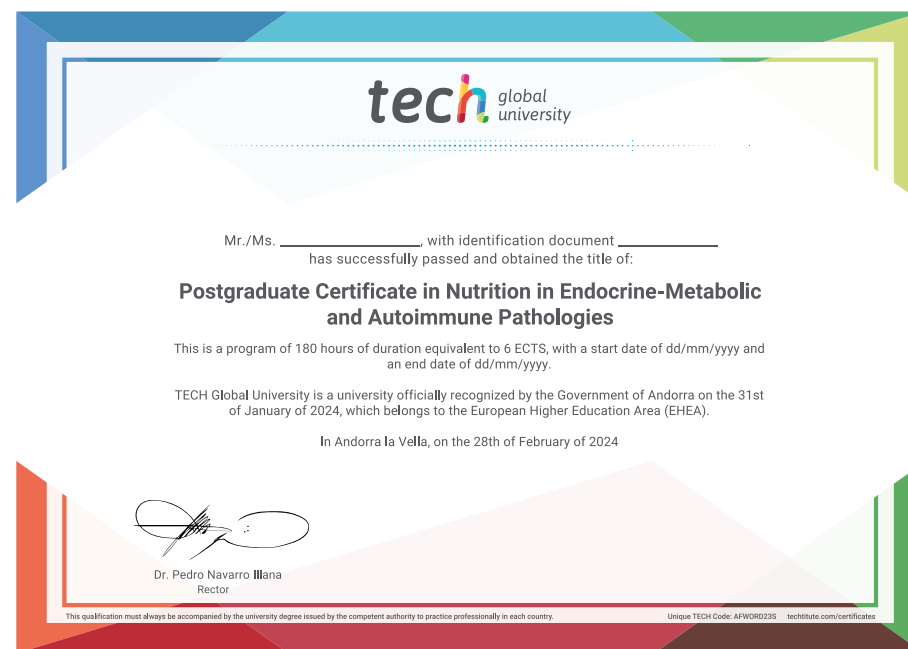
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Nutrition in Endocrine-Metabolic and Autoimmune 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 presence  
online training  
development laboratories  
virtual classroom



**Postgraduate Certificate**  
Nutrition in Endocrine-Metabolic  
and Autoimmune Pathologies

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

# Postgraduate Certificate

## Nutrition in Endocrine-Metabolic and Autoimmune Pathologies

