

# Postgraduate Certificate

## Nutrition in Overweight, Obesity and its Comorbidities





## Postgraduate Certificate Nutrition in Overweight, Obesity and their Comorbidities

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

Website: [www.techtitute.com/pk/pharmacy/postgraduate-certificate/nutrition-overweight-obesity-their-comorbidities](http://www.techtitute.com/pk/pharmacy/postgraduate-certificate/nutrition-overweight-obesity-their-comorbidities)

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# 01

# Introduction

Obesity has become a global health problem, affecting millions of people worldwide. The lack of healthy habits is one of the main causes. However, there are still many people who, upon being diagnosed as overweight or obese, decide to reduce their weight by going to specialists, including pharmacists. This program, taught in 100% online mode, offers the professional the latest developments in relation to nutrition and the most effective pharmacological treatments according to the characteristics of the patient and his pathology. All this with multimedia content that offers students the most recent teaching material.



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*TECH presents a program that will allow you to update yourself on the most used pharmacological treatments in obese and overweight people”*

The figures provided by the World Health Organization regarding the incidence of obesity in the world are worrying, as they affect not only the adult population, but also children and young people, which shows that poor diet and lack of physical exercise are widespread and have a direct impact on health. Faced with this problem, this program in Nutrition in Overweight, Obesity and its Comorbidities is born, which provides the pharmacist with the most current knowledge in relation to the current recommended and prescribed treatments.

In this way, students of this university degree will be able to be aware of the most recent treatments and models of low-calorie diets, psychonutrition, and health problems derived from obesity and overweight such as diabetes and cardiovascular diseases. Likewise, the pharmaceutical professional will delve into bariatric and endoscopic surgery

All of this, with teaching given in online mode that students can access from and whenever they wish. You only need a tablet or computer with an internet connection to have the most up-to-date agenda in relation to Overweight, Obesity and their Comorbidities. In addition, complementary didactic material such as video summaries of each topic, specialized readings and case studies will provide you with an added value to the renewed knowledge that you will acquire with this university program.

This **Postgraduate Certificate in Nutrition in Overweight, Obesity and their Comorbidities** 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



*Delve into the nutrition currently recommended for people with dyslipidemia and atherosclerosis"*

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*A program that gives you 24-hour access to its multimedia content to keep you up to date on the most commonly used drugs for overweight”*

The program's teaching staff includes professionals from sector 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's design focuses on Problem-Based Learning, through which the professional must try to solve the different professional practice situations that arise during the academic program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*This 100% online program will give you the keys to the low-calorie diets used today.*

*You will renew in 6 weeks all your knowledge about cardiovascular diseases in people with obesity.*



# 02 Objectives

This program provides students with the latest techniques and treatments used to manage obese and overweight patients. An update of the knowledge that the pharmaceutical professional will be able to achieve after the six weeks of this university program. The Relearning system, based on the reiteration of content, that TECH offers in all its programs favors the foundation of knowledge and the reduction of study hours and the reduction of study hours.





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*The Relearning system provided  
by TECH in all its programs  
reduces the long hours of study”*



## General Objectives

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- ♦ Acquire extensive and updated knowledge about the current situation of the world's overweight and obese population
- ♦ Improve the professional skills and competencies necessary to carry out the management of patients of this type in accordance with the latest demonstrable scientific evidence

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*An up-to-date syllabus with the most recent studies in the field of diagnosis and management of people who have undergone bariatric surgery”*





## Specific Objectives

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- ◆ Adequate clinical case assessment and interpretation of causes of overweight and obesity, comorbidities and risks
- ◆ Calculate and individually prescribe the different models of hypocaloric diets.
- ◆ Plan consultations and multidisciplinary team in obesity

03

# Course Management

The pharmaceutical professional will find in this Postgraduate Certificate an expert teaching team, both in management and teaching staff, in Nutrition and Endocrinology. Its extensive professional experience is a guarantee for students who wish to renew their knowledge with specialists who currently carry out their activity in leading hospital centers. Likewise, its proximity allows students to ask any questions they may have during the course of this quality university education.





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*A program prepared by professionals with extensive experience who will provide recent developments in nutrition and pharmacology for overweight people”*

## 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 (FUCAMDI) 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 and Trisomy 21 Research Society

## Professors

### Dr. Sanz Martínez, Enrique

- ♦ Clinical Nutritionist at the University Hospital General de Villalba and Rey Juan Carlos University Hospital
- ♦ Dietitian in the project PLUS researcher in the Health Research Institute of the Jiménez Díaz Foundation
- ♦ Researcher and collaborator in the NUTRICOVID study
- ♦ Researcher and collaborator in the cross-sectional prospective OBESTIGMA study
- ♦ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ♦ Master's Degree in Clinical Nutrition at the Catholic University of San Antonio in Murcia
- ♦ Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos

### Ms. Labeira Candel, Paula

- ♦ Clinical nutritionist in the Bariatric Endoscopy Unit at HM Hospitales
- ♦ Sports and clinical nutritionist at the Clinic Institute of Instituto de Sobrepeso y Obesidad
- ♦ 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





**Dr. Prieto Moreno, Ana**

- ◆ Nutritionist in the Department of Endocrinology and Nutrition at Jiménez university Foundation Hospital
- ◆ Nutritionist at the General Hospital of Villalba
- ◆ Nutritionist at the Infanta Elena University Hospital
- ◆ Nutritionist in the Superior Sports Council
- ◆ Nutritionist at WWF
- ◆ Nutritionist at Medicadiet
- ◆ Nutritionist at Sanitas Insurance Company
- ◆ Nutritionist at La Paz University Hospital
- ◆ Nutritionist at the Mapfre Foundation
- ◆ Nutritionist at Copernal Publishing
- ◆ Nutritionist at Diabetes Magazine
- ◆ Master in Obesity and its Comorbidities, Prevention Strategies, Diagnosis and Integral Treatment at the University of Alcalá
- ◆ Máster en Antropología Física, Evolución y Biodiversidad Humanas en la Universidad Complutense de Madrid 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

# 04

## Structure and Content

Part of the success of TECH degrees lies in the use of real clinical cases as a learning methodology, so that the graduates have to put their knowledge into practice, while at the same time perfecting their professional competencies and skills. Together with the best and most exhaustive theoretical syllabus, this allows this university to offer a new, modern and dynamic academic program, perfect, in this case, to update your knowledge and allow you to get up to date in everything related to Nutrition in patients who are overweight or obese.



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*You will also delve into the keys to the psychology associated with food in slimming, expanding your knowledge to other areas of action”*

## Module 1. Nutrition in Overweight, Obesity and its Comorbidities

- 1.1. Pathophysiology of Obesity
  - 1.1.1 Precision Diagnosis
  - 1.1.2 Analysis of Underlying Causes
- 1.2. Phenotypic Diagnosis
  - 1.2.1 Body Composition and Calorimetry and Impact on Personalized Treatment
- 1.3. Treatment Target and Hypocaloric Diet Models
- 1.4. Prescription of Physical Exercise in Overweight and Obesity
- 1.5. Psychology Associated with Slimming Nutrition: Psychonutrition
- 1.6. Comorbidities Associated with Obesity
  - 1.6.1 Nutritional Management in Metabolic Syndrome
  - 1.6.2 Insulin Resistance
  - 1.6.3 Type 2 Diabetes and Diabetes
- 1.7. Cardiovascular Risk and Nutritional Adaptations in Hypertension, Dyslipidemias and Atherosclerosis
- 1.8. Digestive Pathologies Associated with Obesity and Dysbiosis
- 1.9. Pharmacological Treatment in Obesity and Drug-Nutrient Interactions and Adaptation of the Nutritional Plan
- 1.10. Bariatric and Endoscopic Surgery
  - 1.10.1 Nutritional Adaptations





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*With this university degree you will be aware of the most effective treatments currently used to address obesity”*

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.





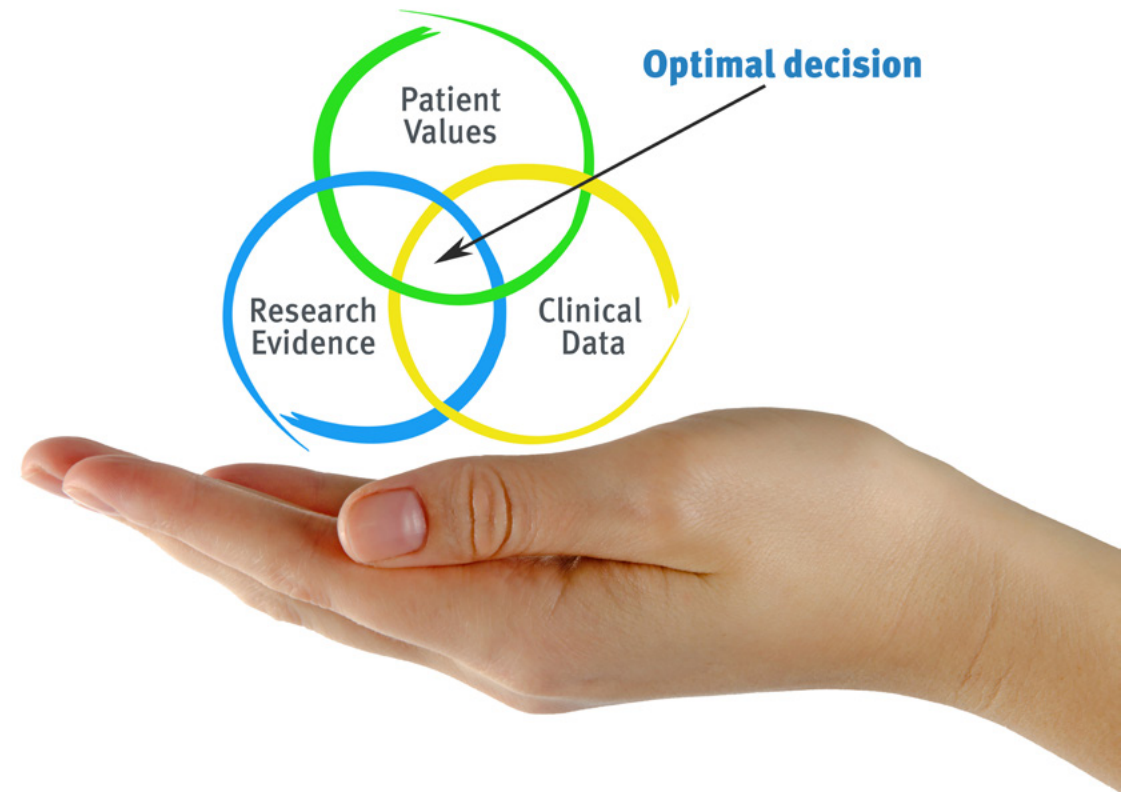
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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.



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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. 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

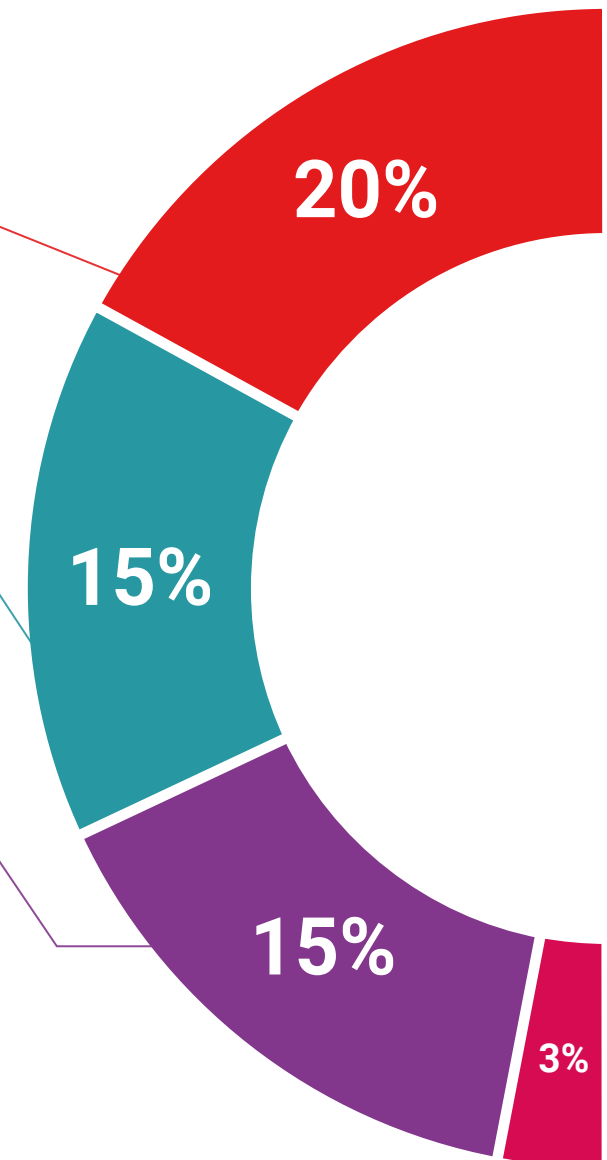
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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 Overweight, Obesity and their Comorbidities guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This **Postgraduate Certificate in Nutrition in Overweight, Obesity and their Comorbidities** contains the most complete and up-to-date scientific on the market.

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

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

Title: **Postgraduate Certificate Nutrition Overweight, Obesity and their Comorbidities**

Official N° of Hours: **150 h.**



\*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.





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and their Comorbidities

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