

Postgraduate Certificate
Pharmaceutical Nutritional
Counseling in Healthy Population





Postgraduate Certificate Pharmaceutical Nutritional Counseling in Healthy Population

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Global University
- » Credits: 12 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/pharmazie/postgraduate-certificate/pharmaceutical-nutritional-counseling-healthy-population

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

Nowadays, in most of the surrounding developed countries, community pharmacy is evolving towards the provision of pharmaceutical services, as the pharmaceutical profession has evolved in recent years towards a more patient-centered care profession.





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This program will provide you with a sense of confidence in clinical practice, which will help you grow personally and professionally”

There is no doubt that this transformation is a consequence of Community Pharmacy adapting to a changing society, where public health has reached high levels of control and safety, facing new challenges for which the pharmacist, the health agent and the community pharmacy are resources that are close and accessible to the user.

One of these services is related to the field of Nutrition and to developing dietary recommendations. Today there is ample evidence on the importance of proper nutrition for the prevention and/or treatment of chronic diseases, such as cardiovascular diseases, type 2 diabetes mellitus and cancer, among others. With more nutritional supplements becoming available to users, it is of vital importance that community pharmacists have the necessary knowledge to dispense and advise on these products in an appropriate way, to give good nutritional advice and, when necessary, know when to make a referral to the appropriate professional. Although traditionally in the bachelor's degree, now program in pharmacy, are taught several subjects related to bromatology, nutrition, food and food hygiene, it is necessary a more specific preparation that allows the advice to the user about the food products that are dispensed in the pharmacy, as well as their interaction with drugs.

For this reason, it is necessary to design and provide scientific and professional theoretical and practical training in nutrition under the auspices of the university.

This Postgraduate Certificate works on various current concepts in nutrition, not only susceptible to be used in the daily work of a community pharmacist, but also prepares you to be able to implement a nutritional counseling service in your pharmacy and enables you to carry out nutritional campaigns in other areas of population education.

This **Postgraduate Certificate in Pharmaceutical Nutritional Counseling in Healthy Population** contains the most complete and up to date scientific program on the market.

The most important features of the program include:

- ◆ Development of more than 75 clinical cases presented by experts in pharmaceutical nutritional counseling in healthy population
- ◆ 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
- ◆ New developments on diagnostic and therapeutic evaluation, diagnosis and intervention in pharmaceutical nutritional counseling in healthy population
- ◆ It contains practical exercises where the self-assessment process can be carried out to improve learning
- ◆ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ◆ With special emphasis on evidence-based medicine and research methodologies in pharmaceutical nutritional counseling in healthy populations
- ◆ 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



Take the opportunity to learn about the latest advances in pharmaceutical nutritional counseling in healthy population and improve your customer service"

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This Postgraduate Certificate may be the best investment you can make when selecting a refresher program, for two reasons: in addition to updating your knowledge in Pharmaceutical Nutritional Counseling in Healthy Population, you will obtain a certificate issued by TECH Global University"

It includes in its teaching staff professionals belonging to the field of pharmaceutical nutritional counseling in healthy population who bring their work experience to this program, in addition to recognized specialists belonging to scientific societies of reference.

Thanks to its multimedia content developed with the latest educational technology, they will allow the professional a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to prepare for real situations.

The design of this program is based on Problem-Based Learning, by means of which the health professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced Community Pharmacy experts.

Improve your knowledge in pharmaceutical nutritional counseling in healthy population through this program, where you will find the best teaching material with real clinical cases. Find out about the latest advances in the speciality here, in order to be able to carry out quality clinical practice.

Increase your decision-making confidence by updating your knowledge through this Postgraduate Certificate.



02 Objectives

This Postgraduate Certificate in Pharmaceutical Nutritional Counseling in Healthy Population is oriented to offer a complete, detailed and up-to-date vision of pharmaceutical nutritional counseling as a key element in customer care and follow-up.



A person wearing a white lab coat is shown from the chest down, focused on handling fresh green vegetables, likely lettuce, in their hands. In the foreground, there is a bowl of fresh lettuce and some red tomatoes. The background is blurred, suggesting a kitchen or laboratory setting. The image is partially obscured by a large green diagonal graphic element on the right side of the page.

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This Postgraduate Postgraduate Certificate is designed for you to update your knowledge in pharmaceutical nutritional counseling in healthy population, with the use of the latest educational technology, to contribute with quality and safety to decision making in the implementation of professional pharmaceutical services"



General Objectives

- ♦ Have the necessary knowledge to provide professional pharmaceutical services in the field of nutrition
- ♦ Update the community pharmacist's nutrition knowledge
- ♦ Promote nutritional counseling strategies in community pharmacy based on patient and user approach
- ♦ Advise patients and users on foods, supplements and nutritional supplements dispensed at community pharmacies
- ♦ Encourage the acquisition of skills, through a powerful audiovisual system, and the possibility of development through online simulation workshops and/or specific qualification
- ♦ Encourage professional stimulation through continuous education and research



Make the most of this opportunity and take the step to get up to date on the latest developments in nutritional counseling in community pharmacy”





Specific Objectives

- ◆ Assess lifestyle (intake, activity and physical condition, etc.) and be familiar with the guidelines, recommendations and products that can be dispensed at the community pharmacy
- ◆ Remember nutritional needs at different stages of life
- ◆ Review nutritional requirements and RDIs needed by infants
- ◆ Tell the difference between breast milk and formula milk
- ◆ Analyze the differences between different types of commercially available formula milk
- ◆ Analyze the amount of water required by infants and their mother
- ◆ Review the nutritional requirements and RDIs needed by children and adolescents
- ◆ Analyze the amount of water required during childhood and adolescence
- ◆ Acquire knowledge about healthy menus at school age
- ◆ Differentiate between various types of dietary products used within this age group
- ◆ Design action strategies for community pharmacies to deal with eating disorders in adolescence
- ◆ Be familiar with the most recommended physical activity for children and adolescents

03

Course Management

The program's teaching staff includes leading specialists in Community Pharmacies, who bring their work experience to this program. Additionally, other recognized specialists participate in its design and preparation, which means that the program is developed in an interdisciplinary manner.



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Learn from leading professionals, the latest advances in the field of pharmaceutical nutritional counseling in healthy population”

Management



Ms. Rodríguez Sampedro, Ana

- ♦ Community Pharmacist
- ♦ Coordinator of the SEFAC nutrition and digestive group
- ♦ Master's Degree in Nutrition and Dietetics
- ♦ Degree in Pharmacy
- ♦ Postgraduate Degree in Nutrition, Dietetics and Diet Therapy
- ♦ University Expert in Education and Promotion of Health
- ♦ Co-author of "Guidelines and consensus documents Probiotics and prebiotics in community pharmacy SEFAC-SEPYP"

Professors

Mr. Sánchez, José Ángel

- ♦ Community Pharmacist

Ms. Sánchez Martínez, Carlota

- ♦ Physiotherapist and Osteopath

Dr. Ferrerio Gómez, Guiomar Luz

- ♦ Graduate in Medicine

Dr. Fornos Pérez, José Antonio

- ♦ Community Pharmacist
- ♦ Doctor of Pharmacy

Mr. Montero González, Marcos Daniel

- ♦ Degree in Medicine
- ♦ Second Year Internal Medicine Resident. CHUF Ferrol

Ms. Pellón Olmedo, María

- ♦ Community Pharmacist

Mr. Eiras Espiño, Abel

- ♦ Community Pharmacist
- ♦ Graduate in Pharmacy

Ms. Baldó Gisbert, Alicia

- ◆ Pharmacist expert in nutrition
- ◆ Founding Director of NutriPharm
- ◆ Pharmacist at Pi Roig Pharmacy
- ◆ Pharmacist at Margarita Quinteiro Pharmacy
- ◆ Pharmacist at Jorge Boronat Cortés Pharmacy
- ◆ Degree in Pharmacy from the University of Valencia
- ◆ Master's Degree in Nutrition and Health from the UOC

Dr. Fornos Pérez, José Antonio

- ◆ Technical Director of Pharmacy Laboratorio Fornos
- ◆ Clinical Analyst of Pharmacy Laboratorio Fornos
- ◆ Corresponding Academician of the Royal Academy of Pharmacy of Galicia
- ◆ Doctor in Pharmacy, University of Vigo
- ◆ Degree in Pharmacy by the University of Santiago de Compostela
- ◆ Degree in Food Science and Technology, University of Vigo
- ◆ Master's Degree in Pharmacotherapy, University of Barcelona

Ms. Fortúñez Garea, Cristina

- ◆ Assistant Pharmacist in Pharmacy M^a Pilar Amo Dobarro
- ◆ Pharmacist in Pharmacy M^a Teresa Lema Espasandín
- ◆ M^a Angel Ruiz de Gordejuela Quindos Pharmacy
- ◆ Ignacio Ecenarro Tomé's Pharmacy
- ◆ Pharmacy of the Community of Heirs of Olga Victorero
- ◆ Degree in Pharmacy, University of Santiago de Compostela

Mr. García Moreno, Luis

- ◆ Community Pharmacist
- ◆ Pharmacist at Garcia Moreno Pharmacy in MUNERA
- ◆ Pharmacist and Account Executive at ENELife
- ◆ President of the Spanish Society of Family and Community Pharmacy
- ◆ Degree in Pharmacy from the University of Granada
- ◆ Higher Technician in Orthopedics and Technical Aids, Complutense University of Madrid
- ◆ Diploma in Nutrition and Dietetics from the Catholic University San Antonio of Murcia

Mr. García Vivanco, Pablo

- ◆ Community Pharmacist expert in Nutrition
- ◆ Manager of Prieto Vivanco Pharmacy
- ◆ Orthopedics Manager. PRIETO-VIVANCO Pharmacy
- ◆ Ecological Pharmacy and Optics. University of Santiago de Compostela
- ◆ Degree in Pharmacy, Diploma in Optics, University of Santiago de Compostela
- ◆ Master's Degree in Diet Therapy

Ms. Gayá Mascaró, Carmen

- ◆ Community Pharmacist in Pharmacy Lull
- ◆ Degree in Pharmacy Assistance and Clinical Analysis from the University of Barcelona
- ◆ Degree in Human Nutrition and Dietetics from the International University Isabel I of Castilla
- ◆ Member of the Spanish Society of Clinical, Family and Community Pharmacy

Dr. Llul Vila, Rosa

- ◆ Community Pharmacist
- ◆ PhD in Human Nutrition from the University of the Balearic Islands
- ◆ Degree in Pharmacy from the University of Barcelona
- ◆ Diploma in Human Nutrition and Dietetics from the Blanquera University
- ◆ Master's Degree in Pharmaceutical Care
- ◆ President of SEFAC Illes Balears

Ms. Martinez Soto, Portal

- ◆ Pharmacist in Portal Martinez
- ◆ Pharmaceuticals at the service of dietetic consultation and dermatology
- ◆ Community Pharmacist
- ◆ Degree in Pharmacy

Ms. Martinez Menéndez, Alicia

- ◆ Specialist in Community Pharmacy
- ◆ Degree in Pharmacy

Ms. Mera Gallego, Inés

- ◆ Specialist in Community Pharmacy
- ◆ Community pharmacist in Maella, Zaragoza
- ◆ Coordinator of Diabetes SEFAC working group
- ◆ Degree in Pharmacy
- ◆ Graduate in Nutrition and Dietetics
- ◆ Member of the SEFAC HTA RV Working Group



Ms. Mera Gallego, Rocío

- ♦ Community and Research Pharmacist
- ♦ Community Pharmacist in Vigo
- ♦ Researcher of the Berbés Group of Research and Teaching in Pharmaceutical Care
- ♦ Researcher and author (Index H: 1)
- ♦ Degree in Pharmacy, University of Santiago de Compostela
- ♦ Member of: Official College of Pharmacists of Pontevedra, Spanish Society of Clinical, Family and Community Pharmacy (SEFAC), SEFAC Diabetes and Nutrition Working Group

Ms. Pérez Hoyos, Elena

- ♦ Family and Community Pharmacist
- ♦ Member of the Board of Directors of the Spanish Society of Clinical, Family and Community Pharmacy
- ♦ Degree in Food Science and Technology
- ♦ Degree in Human Nutrition and Dietetics
- ♦ Member of: SEFAC Working Group on Nutrition and Digestive Diseases

Ms. Pontes Torrado, Yolanda

- ♦ Pharmacist and nutritionist at the Yolanda Pontes Pharmacy
- ♦ Teacher and disseminator at Workshop Microcaya
- ♦ Degree in Nutrition from the University San Pablo CEU
- ♦ Graduate in Pharmacy from the Complutense University of Madrid
- ♦ Master's Degree in Pharmaceutical Care and Healthcare Pharmacy from the University of Sevilla
- ♦ Master's Degree in Emerging Therapies by CEMEFAR Formación

04

Structure and Content

The structure of the contents has been designed by a team of professionals from the best research centers and universities in Spain, aware of the current relevance of knowledge to use drugs safely and with a solid scientific basis based on evidence, and committed to quality teaching through new educational technologies.



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This Postgraduate Certificate in Pharmaceutical Nutritional Counseling in Healthy Population contains the most complete and up-to-date scientific program on the market”

Module 1. Nutritional Counseling at Different Stages of Life

- 1.1. Infant Physiology
- 1.2. Nutritional Requirements of Infants
- 1.3. Breastfeeding
- 1.4. Artificial Breastfeeding
- 1.5. Nutrition in the First Year: Complementary Feeding
- 1.6. Nutritional Requirements for Energy and Macronutrients in Children and Adolescents
- 1.7. Nutritional Requirements for Micronutrients, Water and Electrolytes in Children and Adolescents
- 1.8. School-Age Nutrition. Healthy Menus
- 1.9. Feeding in Special Cases: Eating Disorders. Anorexia and Bulimia
- 1.10. Physical Activity
- 1.11. Nutritional Requirements for Macronutrients and Energy
- 1.12. Nutritional Requirements for Micronutrients, Water and Electrolytes
- 1.13. Adult-Age Nutrition. Healthy Menus
- 1.14. Nutrition, Fertility and Pregnancy
- 1.15. Nutrition in Women During Breastfeeding and the Menopause
- 1.16. Physical and Metabolic Changes Affecting Nutrition
- 1.17. Nutritional Requirements for Energy and Macronutrients
- 1.18. Nutritional Requirements for Micronutrients, Water and Electrolytes
- 1.19. Nutrition in Old Age. Healthy Menus
- 1.20. Nutrition in Special Cases: Dysphagia, Enteral Nutrition





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

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.

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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 Pharmaceutical Nutritional Counseling for Healthy Population guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.





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

This program will allow you to obtain your **Postgraduate Certificate in Pharmaceutical Nutritional Counseling in Healthy Population** 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.

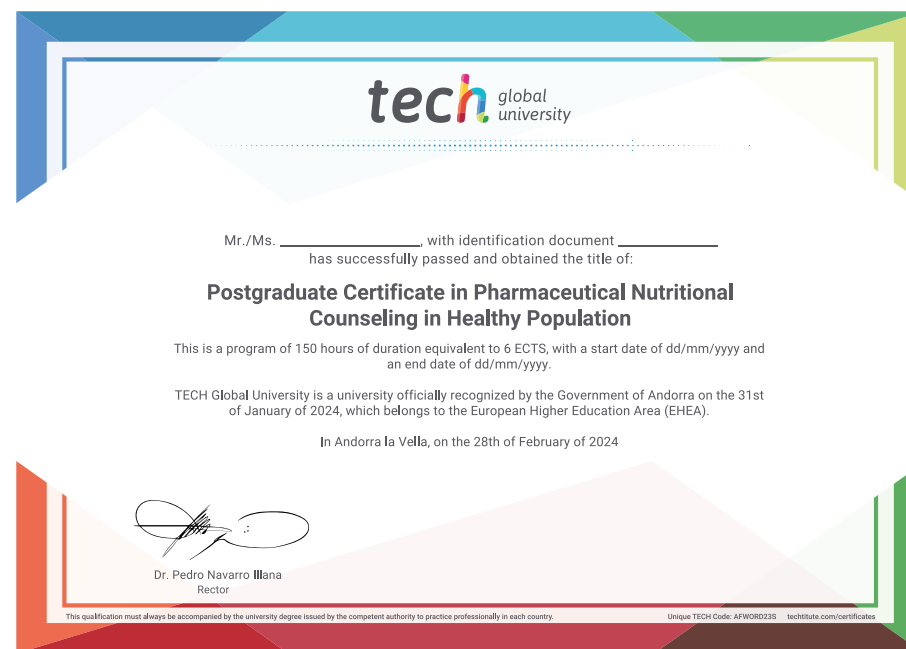
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Pharmaceutical Nutritional Counseling in Healthy Population**

Modality: **online**

Duration: **12 weeks**

Accreditation: **12 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.



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Pharmaceutical Nutritional
Counseling in Healthy Population

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Postgraduate Certificate

Pharmaceutical Nutritional Counseling in Healthy Population