

# Postgraduate Certificate

## Techniques and Management in Nutritional Consultation





## Postgraduate Certificate Techniques and Management in Nutritional Consultation

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 4 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/pharmacy/postgraduate-certificate/techniques-management-nutritional-consultation](http://www.techtute.com/us/pharmacy/postgraduate-certificate/techniques-management-nutritional-consultation)

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# 01

# Introduction

Specialization in nutrition is the essential response of the professional to the needs of the population in terms of food and health care and prevention. An example of this is the growing implementation in Spanish hospitals of Nutrition and Dietetics Units or Services led by physicians





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

With this course pharmacists will develop their skills and knowledge of the different health problems in Clinical Nutrition. A unique opportunity to be trained by great working professionals, with the best didactic resources and practical cases based on real clinical situations

This program is designed to provide online training equivalent to 100 hours of study, and all theoretical and practical knowledge is presented through high-quality multimedia content, analysis of clinical cases prepared by experts, master classes and video techniques that allow the exchange of knowledge and experiences, maintain and update the training level of its members, create protocols for action and disseminate the most important developments in the specialty. With online training, students can organize their time and pace of learning, adapting it to their schedules, in addition to being able to access the contents from any computer or mobile device



*Get trained through the  
Postgraduate Certificate in  
Techniques and Management  
in Nutritional Consultation"*

This **Postgraduate Certificate in Techniques and Management in Nutritional Consultation** contains the most complete and up-to-date scientific program on the market. The most important features of the program include

- ◆ Clinical cases presented by experts in nutrition. 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
- ◆ The latest diagnostic and therapeutic information on how to approach nutrition
- ◆ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ◆ Special emphasis on test-based medicine and research methodologies in Clinical Nutrition
- ◆ 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

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*Our innovative telepractice concept will give you the opportunity to learn through an immersive experience, which will provide you with a faster integration and a much more realistic view of the contents: “Learning from an Expert”*

Forming part of the teaching staff is a group of professionals in the world of clinical nutrition, who bring to this course their work experience, as well as a group of renowned specialists, recognised by esteemed scientific communities

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 an immersive training program to train in real situations

This program is designed around Problem-Based Learning, whereby the physician must try to solve the different professional practice situations that arise during the course. For this reason, you will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of radiology with extensive teaching experience

*This program offers training in simulated environments, which provides an immersive learning experience designed to train for real-life situations.*

*It includes clinical cases to bring the program as close as possible to the reality of care in medicine.*



02

# Objectives

The main objective of the program is the development of theoretical and practical learning, so that the physician can master in a practical and rigorous way the techniques and management of the nutritional consultation.







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*This refresher program will generate a sense of confidence when practising medicine, which will help you grow both personally and professionally”*



## General Objectives

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



*Take advantage of the opportunity and take the step to get up to date on the latest developments in nutritional consultation techniques and management.*





## Specific Objectives

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- ♦ Early detection and assessment of quantitative and qualitative deviations from the nutritional balance due to excess or deficiency
- ♦ Identify and classify foods, food products, and food ingredients
- ♦ Review the chemical composition of foods, their physicochemical properties, their nutritional value, their bioavailability, their organoleptic properties, and the changes they undergo as a result of technological and culinary processes
- ♦ Explain the composition and uses of novel foods
- ♦ Review basic aspects of food microbiology, parasitology, and toxicology related to food safety
- ♦ Evaluate and maintain adequate hygiene and food safety practices, applying current legislation
- ♦ Acquire teamwork skills as a unit in which professionals and other personnel related to the diagnostic evaluation and treatment of dietetics and nutrition are structured in a uni or multidisciplinary and interdisciplinary way

03

# Course Management

This program includes highly regarded health professionals from the field of nutrition in its teaching staff, who bring the experience of their work to this training.

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





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*Learn from leading professionals, the latest advances in techniques and management of nutritional consultation”*

## Management



### Ms. Auni3n Lavar3as, Mar3a Eugenia

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



04

# Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of training in daily medical practice in nutrition, aware of the relevance of the current training to be able to act before the patient with specific nutritional needs, with quality teaching through new educational technologies







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*This Postgraduate Certificate in Techniques and Management in Nutritional Consultation, contains the most complete and up-to-date scientific program on the market”*

## Module 1. Assessment of Nutritional Status and Diet Practical Application

- 1.1. Bioenergy and Nutrition
  - 1.1.1. Energy Needs
  - 1.1.2. Methods of Assessing Energy Expenditure
- 1.2. Assessment of Nutritional Status
  - 1.2.1. Body Composition Analysis
  - 1.2.2. Clinical Diagnosis. Symptoms and Signs
  - 1.2.3. Biochemical, Hematological and Immunological Methods
- 1.3. Intake Assessment
  - 1.3.1. Methods for Analyzing Food and Nutrient Intake
  - 1.3.2. Direct and Indirect Methods
- 1.4. Update on Nutritional Requirements and Recommended Intakes
- 1.5. Nutrition in a Healthy Adult Objectives and Guidelines Mediterranean Diet
- 1.6. Nutrition in Menopause
- 1.7. Nutrition in the Elderly

## Module 2. Nutritional Consultation

- 2.1. How to Carry Out a Nutritional Consultation
  - 2.1.1. Analysis of the Market and Competition
  - 2.1.2. Clientele
  - 2.1.3. Marketing. Social Networks
- 2.2. Psychology and Nutrition
  - 2.2.1. Psychosocial Factors Affecting Eating Behavior
  - 2.2.2. Interview Techniques
  - 2.2.3. Dietary Advice.
  - 2.2.4. Stress Control
  - 2.2.5. Child and Adult Nutrition Education





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*A unique, key, and decisive program 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

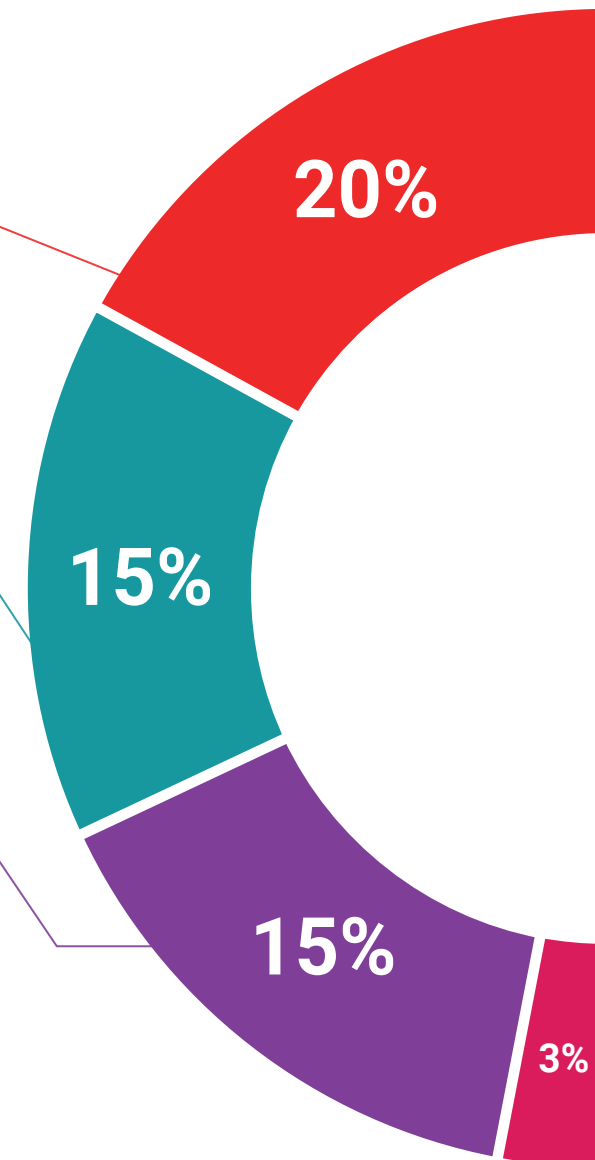
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

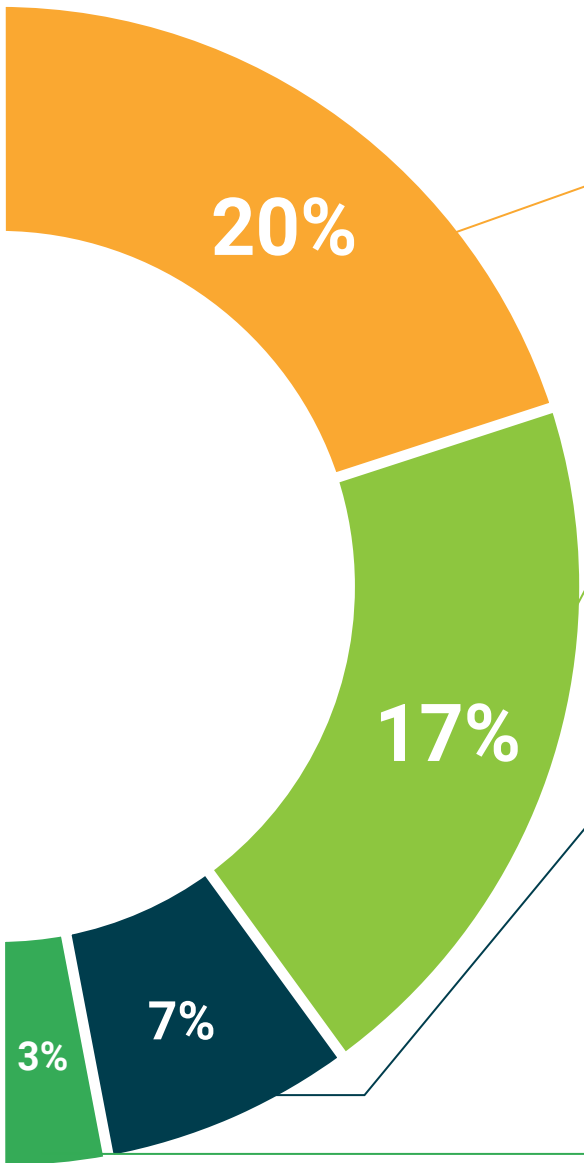
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



### 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 Techniques and Management in Nutritional Consultation 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 Techniques and Management in Nutritional Consultation** 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 Techniques and Management in Nutritional Consultation**

Modality: **online**

Duration: **6 weeks**

Accreditation: **4 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
online training  
development languages  
virtual classroom



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- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 4 ECTS
- » Schedule: at your own pace
- » Exams: online

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