

Postgraduate Diploma

Pharmaceutical Nutritional Counseling in Healthy Population





Postgraduate Diploma Pharmaceutical Nutritional Counseling in Healthy Population

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

Website: <https://www.techtute.com/in/pharmacy/postgraduate-diploma/postgraduate-diploma-pharmaceutical-nutritional-counseling-healthy-population>

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01

Introduction

Currently, in most of the developed countries in our environment, 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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Improve your knowledge in pharmaceutical nutritional counseling in healthy population through this program, where you will find the best didactic 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".

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 training 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, several subjects related to bromatology, nutrition, food and food hygiene have been taught in the Bachelor's Degree in Pharmacy, more specific training is required in order to be able to advise users on the food products dispensed in pharmacies, as well as on their interaction with medicines.

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

This **Postgraduate Diploma 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 eminently practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional practice.
- ♦ Diagnostic-therapeutic novelties on evaluation, diagnosis and intervention in pharmaceutical nutritional counseling in healthy population.
- ♦ It contains practical exercises where the self-evaluation process can be carried out to improve learning.
- ♦ Algorithm-based interactive learning system for decision-making in the presented clinical situations.
- ♦ 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.



Update your knowledge through the Postgraduate Diploma program in pharmaceutical nutritional counseling in healthy population"

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This Postgraduate Diploma may be the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Pharmaceutical Nutritional Counseling in Healthy Population, you will obtain a Postgraduate Diploma from TECH - Technological University"

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

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 training program to train in 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 course. To this end, the professional will be assisted by an innovative interactive video system created by recognized experts in the field of community pharmacies.

Increase your decision-making confidence by updating your knowledge through this specialist course.

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



02

Objectives

This Postgraduate Diploma 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 close-up photograph of a woman with long, straight blonde hair. She is looking downwards and slightly to the left, with a thoughtful or focused expression. Her mouth is slightly open as if she is speaking or listening intently. The background is bright and out of focus, suggesting an indoor setting with large windows. The image is partially obscured by a large green diagonal graphic element that covers the top right and bottom right portions of the page.

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This Postgraduate Diploma 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

- ♦ The Postgraduate Certificate in nutritional counseling in the community pharmacy offers a complete and detailed vision of the knowledge necessary to provide professional pharmaceutical services in the field of nutrition and from an eminently practical point of view can be provided from the community pharmacy.
- ♦ 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 university simulation workshops and/or specific training.
- ♦ Encourage professional stimulus through continuing education and research.





Specific Module Objectives

- ♦ Assess lifestyle (intake, activity and physical condition, etc.). Guidelines and recommendations and the products that can be dispensed in 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.
- ♦ Analyse the differences between different types of commercially available formula milk.
- ♦ Analyse the amount of water required by infants and their mother.
- ♦ Review the nutritional requirements and RDIs needed by children and adolescents.
- ♦ Analyse 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.
- ♦ Review nutritional requirements and RDIs needed in adulthood.
- ♦ Analyze the amount of water required in adults.
- ♦ Acquire knowledge about healthy menus for an adult.
- ♦ Recognize the different dietary patterns during pregnancy, lactation and menopause.
- ♦ To know the most recommended physical activity for adulthood.
- ♦ Review nutritional requirements and RDIs needed in old age.
- ♦ Analyze the amount of water required in the elderly.
- ♦ Acquire knowledge about healthy menus for the elderly.
- ♦ Develop strategies for community pharmacy action in cases of special dietary needs in the elderly.
- ♦ Know the most recommended physical activity for the elderly.
- ♦ Learn the nutritional requirements for different sports.
- ♦ Understand the importance of hydration for athletes.
- ♦ Distinguish between the different supplements related to sports that can be dispensed at community pharmacies.
- ♦ Differentiate between the advantages and disadvantages of ergonomic aids in community pharmacy.
- ♦ Recognize those drugs and substances that may cause athletes to test positive in anti-doping tests in order to be able , to provide good advice and dispense correctly in community pharmacy.



Take advantage of the opportunity and take the step to get up to date on the latest developments in pharmaceutical nutritional counseling in healthy population"

03

Course Management

The program's teaching staff includes leading specialists in Community Pharmacies, who bring the experience of their work to this training 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



Rodríguez Sampedro, Ana

- Degree in Pharmacy.
- Master in Nutrition and Dietetics.
- Postgraduate Degree in Dietetic Nutrition and Diet Therapy.
- University Expert course in Education and Health Promotion.
- Currently pursuing a degree in Dietetics and Nutrition.
- Pharmacist in community pharmacy.
- Co-author of the SEFAC guide on excess weight and obesity.
- Co-author of the Guide and consensus documents on probiotics and prebiotics in community pharmacy SEFAC-SEPYP.

Professors

Alonso Lovera, Patricia

- ♦ Community Pharmacist

Degree in Anca Candoncia, Eva

- ♦ Degree in Human Nutrition and Dietetics.
- ♦ Degree in Pharmacy.
- ♦ Expert in Natural Health Nutrition and Dietetics.

Dr. Cardelle Cobas, Alejandra

- ♦ Doctor in Pharmacy, Professor of Nutrition and Bromatology. University of Santiago de Compostela. Pharmacist at the "Cepeda Sáez" pharmacy in O Burgo, A Coruña.
- ♦ PhD in Food Science and Technology, Researcher in the field of Nutrition and Bromatology. University of Santiago de Compostela.

Ecuder Marcos, Carla

- ♦ Community Pharmacist and Nutritionist.

Dr. Fente Sampayo, Cristina

- ♦ Doctor of Pharmacy, Professor of Nutrition and Bromatology.
- ♦ University of Santiago de Compostela.
- ♦ Pharmacist in "La Salud" pharmacy, Lugo..

Dr. Regal López, Patricia

- ♦ PhD in Veterinary Medicine, Professor of Nutrition and Bromatology. University of Santiago de Compostela.
- ♦ Doctor in Pharmacy, Professor of Nutrition and Bromatology. University of Santiago de Compostela.



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 the country, aware of the relevance of the current relevance of training 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 Diploma in pharmaceutical nutritional counseling in a 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 Nutrition
 - 1.1.1. Infant Physiology
 - 1.1.2. Nutritional Requirements of Infants.
 - 1.1.3. Breastfeeding.
 - 1.1.4. Artificial Breastfeeding.
- 1.2. Nutrition in Children and Adolescents.
 - 1.2.1. Nutrition in the First Year: Complementary Feeding.
 - 1.2.2. Nutritional Requirements for Energy and Macronutrients in Children and Adolescents.
 - 1.2.3. Nutritional Requirements for Micronutrients, Water and Electrolytes in Children and Adolescents.
 - 1.2.4. School-age Nutrition Healthy Menus
 - 1.2.5. Nutrition in Special Cases: Eating Disorders. Anorexia and Bulimia.
 - 1.2.6. Physical Activity.
- 1.3. Adult Nutrition
 - 1.3.1. Nutritional Requirements for Macronutrients and Energy.
 - 1.3.2. Nutritional Requirements for Micronutrients, Water and Electrolytes.
 - 1.3.3. Adult-age Nutrition Healthy Menus
 - 1.3.4. Nutrition, Fertility and Pregnancy.
 - 1.3.5. Nutrition in Women During Breastfeeding and the Menopause.
 - 1.3.6. Physical Activity.
- 1.4. Nutrition in the Elderly.
 - 1.4.1. Physical and Metabolic Changes Affecting Nutrition.
 - 1.4.2. Nutritional Requirements for Energy and Macronutrients.
 - 1.4.3. Nutritional Requirements for Micronutrients, Water and Electrolytes.
 - 1.4.4. Nutrition in Old Age Healthy Menus
 - 1.4.5. Nutrition in Special Cases: Dysphagia, Enteral Nutrition.
 - 1.4.6. Physical Activity.





Module 2. Sports Nutrition.

- 2.1. Nutritional Requirements
 - 2.1.1. Energy Requirements in Different Types of Sports.
 - 2.1.2. General Nutritional Advice in Sport and in Different Types of Sports.
 - 2.1.3. Micronutrients and Hydration in Sports.
 - 2.1.4. Most Frequent Pathologies in Sports.
- 2.2. Supplementation.
 - 2.2.1. Ergogenic Aids
 - 2.2.2. Doping

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

05

Methodology

This training provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used 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 Re-learning, 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

In a given clinical situation, what would you do? Throughout the program, you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is abundant scientific evidence on the effectiveness of the method. Pharmacists learn better, more quickly and more sustainably over time.

With TECH you can 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 potential 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 achieve the assimilation of concepts, but also develop their mental capacity through exercises to evaluate real situations and apply their knowledge.
2. The learning process has a clear focus on 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.



Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 115,000 pharmacists with unprecedented success, in all clinical specialties. Our 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 old.

Re-learning 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 (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



In this program you will have access to the best educational material, prepared with you 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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Video Techniques and Procedures

We bring you closer to the latest techniques, to the newest educational advances, to the forefront of current pharmaceutical care procedures. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



Interactive Summaries

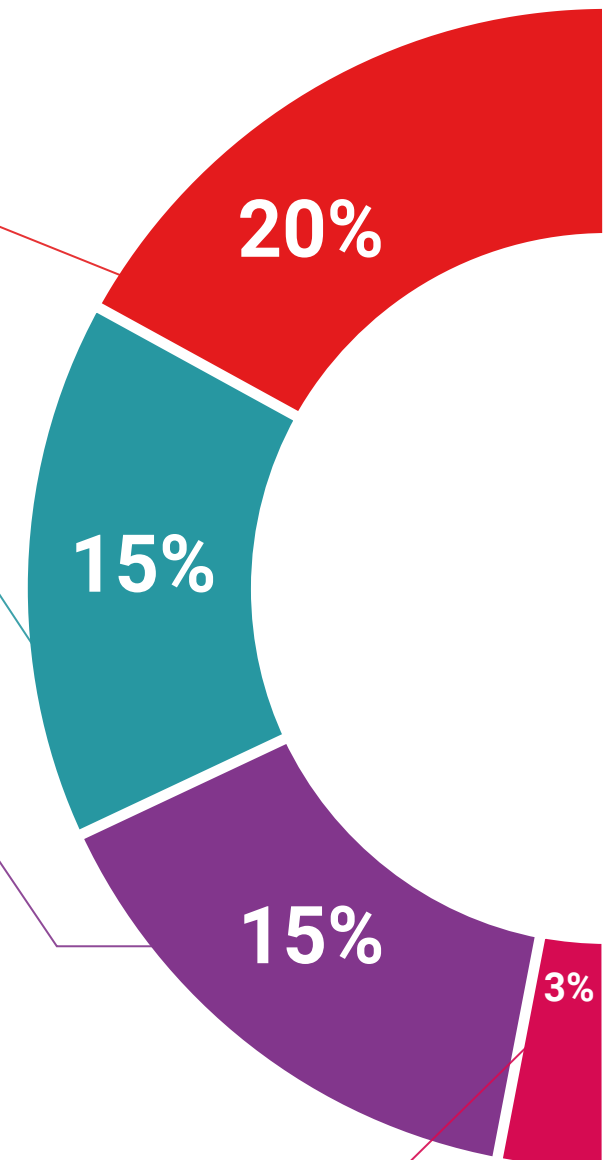
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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



Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.





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 & Re-testing

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your 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 our future difficult decisions.



Quick Action Guides

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



06

Certificate

This Postgraduate Diploma in Pharmaceutical Nutritional Counseling in Healthy Population guarantees you, in addition to the most rigorous and up-to-date training, access to a Postgraduate Diploma issued by **TECH - Technological University**.





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Successfully complete this training and receive your university degree without travel or laborious paperwork”.

This **Postgraduate Diploma in Pharmaceutical Nutritional Counseling in Healthy Population** 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 specify the qualification obtained through the Postgraduate Diploma and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: Postgraduate Diploma in Pharmaceutical Nutritional Counseling in Healthy Population

ECTS: 18

Official Number of Hours: 450



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

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