

Postgraduate Diploma

Pharmaceutical Nutritional Counseling in Healthy Population

Endorsed by:



tech global
university



Postgraduate Diploma Pharmaceutical Nutritional Counseling in Healthy Population

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/pharmacy/postgraduate-diploma/postgraduate-diploma-pharmaceutical-nutritional-counseling-healthy-population

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Course Management

p. 12

04

Structure and Content

p. 16

05

Methodology

p. 20

06

Certificate

pág.28

01

Introduction

Currently, in most of the developed countries of our environment, community pharmacy is evolving towards the provision of pharmaceutical services, since 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 program now pharmacy program, there is a need for more specific qualification that allows user counseling on the food products dispensed in the pharmacy, 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 them to be able to implement a nutritional counseling service in their pharmacy and enables them 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 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
- ◆ Diagnostic-therapeutic novelties on 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



Improve your knowledge through this Postgraduate Diploma 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 professional program for two reasons: in addition to upgrading your knowledge in Pharmaceutical Nutritional Counseling in Healthy Population, you will obtain a diploma from TECH Global University”

It includes in its teaching staff professionals belonging to the field of Pharmaceutical Nutritional Counseling in Healthy Population who pour into this program the experience of their work, 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 in real situations.

This program is designed around Problem-Based Learning, whereby the healthcare professional must try to solve the different professional practice situations that arise throughout the program. 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 with this Postgraduate Diploma.

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 the pharmaceutical nutritional counseling as a key element in the attention and follow-up of the client.



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This Postgraduate Diploma is oriented so that you can improve your knowledge in Pharmaceutical Nutritional Counseling in Healthy Population, with the use of the latest educational technology, to contribute with quality and security to the decision making process 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 skills
- ♦ Encourage professional stimulation through continuous education and research



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”





Specific Objectives

Module 1. Nutritional Counseling at Different Stages of Life

- ◆ 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
- ◆ 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

Module 2. Sports Nutrition

- ◆ 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

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



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

Ms. Alonso Lovera, Patricia

- ♦ Pharmacist Specializing in Nutrition and Dietetics
- ♦ Founder of Patricia Alonso Lovera's practice
- ♦ Author of numerous book chapters
- ♦ Degree in Pharmacy, University of Santiago de Compostela
- ♦ Degree in Nutrition and Dietetics from the Catholic University of Avila
- ♦ Master's Degree in Comprehensive Pharmaceutical Care, University of Barcelona
- ♦ Master in Nutrition and Dietetics, Specialty in Sports Nutrition, University of Cadiz

- ♦ Course in Advanced Sports Nutrition by the ICNS
- ♦ Course in Vegan and Vegetarian Clinical Nutrition by the ICNS
- ♦ Member of: Working Group of Nutrition and Digestive of the Spanish Society of Community Pharmacists, Working Group of Diabetes of the Spanish Society of Community Pharmacists, Spanish Society of Family and Community Pharmacy, Spanish Society of Pharmacists in Primary Care, Spanish Society of Specialists in Smoking, Spanish Society of Community Nutrition, Spanish Academy of Nutrition and Dietetics

Dr. Regal López, Patricia

- ◆ Researcher of the Food Hygiene, Inspection and Control Research Group of the University of Santiago de Compostela
- ◆ Veterinarian in the Laboratory of Food Hygiene and Inspection of the Veterinary Faculty of Lugo
- ◆ Professor of the Nutrition and Bromatology Area. University of Santiago de Compostela
- ◆ Doctor of Veterinary Medicine
- ◆ Degree in Veterinary Medicine from the University of Santiago de Compostela

Dr. Cardelle Cobas, Alejandra

- ◆ Specialist in prebiotics and probiotics
- ◆ Professor of the Department of Analytical Chemistry, Nutrition and Bromatology of the University of Santiago de Compostela
- ◆ Researcher in the area of Nutrition and Bromatology at the University of Santiago de Compostela
- ◆ PhD in Food Science and Technology, Autonomous University of Madrid
- ◆ Degree in Chemistry, University of La Coruña

Dr. Fente Sampayo, Cristina

- ◆ Head Pharmacist at the "La Salud" Pharmacy, Lugo
- ◆ Pharmacist at "La Paz" Pharmacy
- ◆ Producer of online contents on Health
- ◆ Pharmacist in Fente Sampayo Pharmacy
- ◆ Professor of Nutrition and Bromatology at the University of Santiago de Compostela
- ◆ PhD in Pharmacy from the University of Santiago de Compostela
- ◆ Degree in Pharmacy, University of Santiago de Compostela

Ms. Anca Candoncía, Eva

- ◆ Clinical Nutritionist. Pharmacist expert in Natural Health. Eva Anca Nutritional Consulting
- ◆ Technical and commercial director. El Baobab Natural Health
- ◆ Member of the Nutrition and Digestive Working Group. SEFAC, Spanish Society of Community Pharmacy
- ◆ Member of SEED Spanish Society for the Study of Diabetes
- ◆ Member of the SEFAC Scientific Committee
- ◆ Degree in Pharmacy, University of Santiago de Compostela
- ◆ Postgraduate degree in Nutrition, Dietetics and Diet Therapy, University of Navarra
- ◆ Expert in Nutrition and Dietetics in Natural Medicine. University of Santiago de Compostela

Ms. Escuder Marcos, Carla

- ◆ Pharmacist in Escuder Pharmacy
- ◆ Dietician-Nutritionist in Vinaròs
- ◆ Teacher-collaborator of the Open University of Catalonia
- ◆ Co-founder of the Nutriestudio center
- ◆ Nutritional Coach by Nutritional Coaching Barcelona
- ◆ Graduate in Pharmacy by the University of Navarra
- ◆ Diploma in Human Nutrition and Dietetics by the University of Navarra
- ◆ Master's Degree in Welfare Pharmacy and Pharmaceutical Care at the University of Barcelona
- ◆ Postgraduate degree in Public Health from the Pompeu Fabra University
- ◆ Postgraduate degree in Sports Nutrition from Codinucac by the Official College of Dietitians and Nutritionists of Catalonia

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 national territory, aware of the relevance of current events, of the skills needed to use medicines safely and with a solid scientific base based on evidence, and committed to quality teaching through new educational technologies.



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This Postgraduate Diploma in Pharmaceutical Nutritional Counseling in Healthy Population contains the most complete and up-to-date scientific program in 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

Module 2. Sports Nutrition

- 2.1. Energy Requirements in Different Types of Sports
- 2.2. General Nutritional Advice in Sport and in Different Types of Sports
- 2.3. Micronutrients and Hydration in Sports
- 2.4. Most Frequent Pathologies in Sports
- 2.5. Ergogenic Aids
- 2.6. Doping





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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.



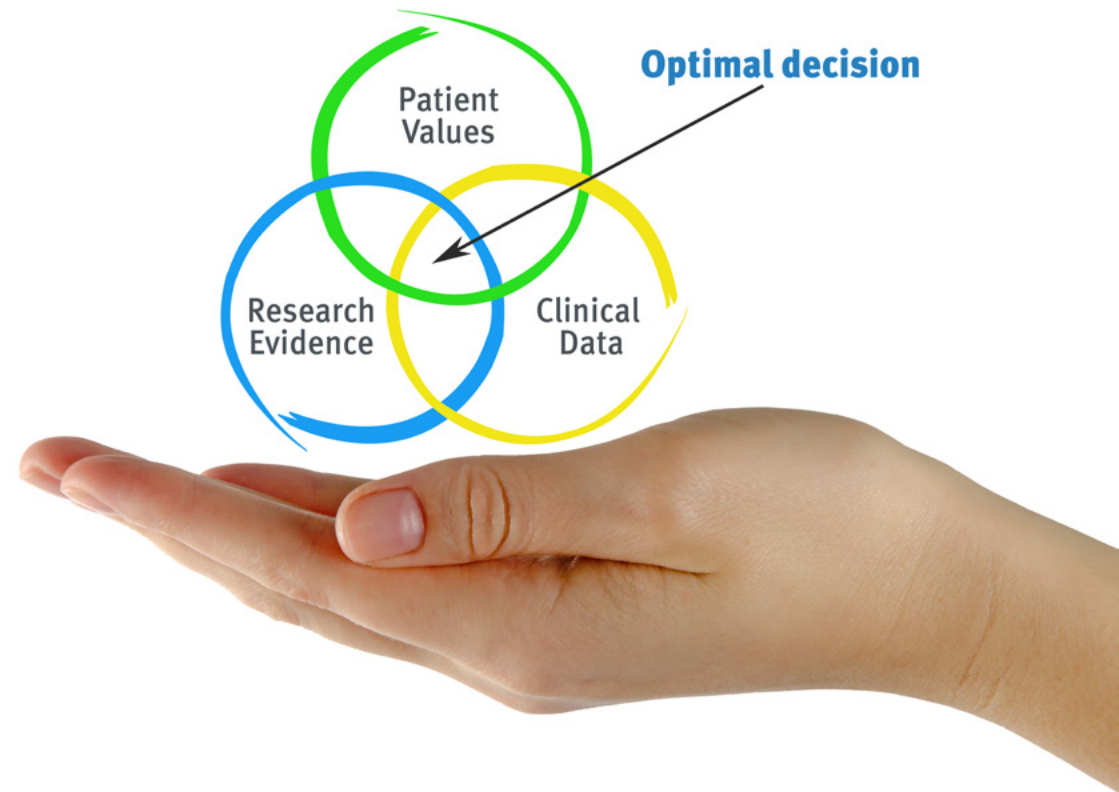


Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

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 Diploma in Pharmaceutical Nutritional Counseling in Healthy Population guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 private qualification will allow you to obtain a **Postgraduate Diploma in Nombre del Programa** 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.

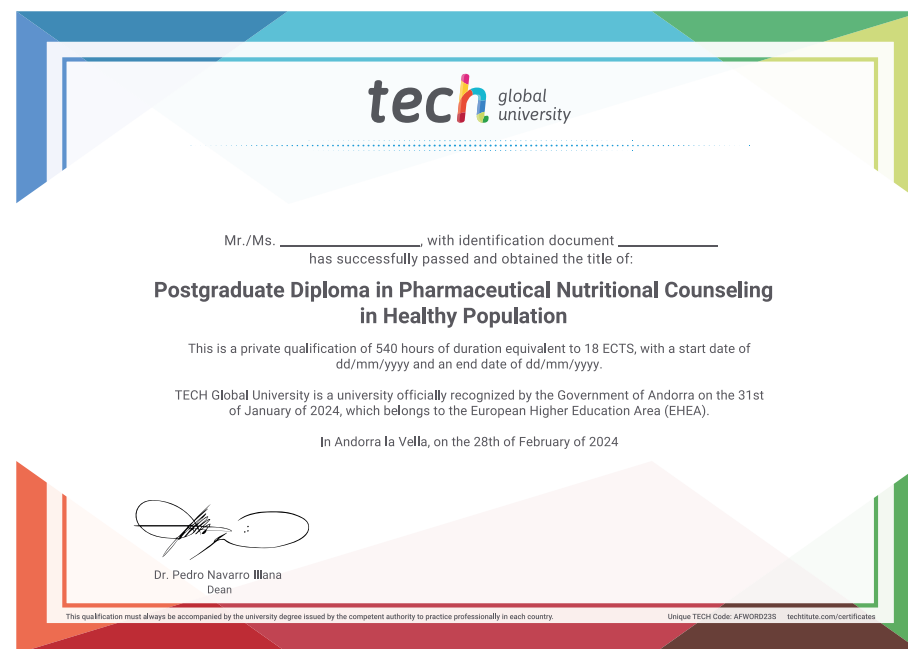
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

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

Modality: **online**

Duration: **6 months**

Accreditation: **18 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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