

# Postgraduate Certificate

Nutrition in Endocrine-Metabolic  
and Autoimmune Pathologies



## Postgraduate Certificate Nutrition in Endocrine-Metabolic and Autoimmune Pathologies

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

Website: [www.techtute.com/us/physiotherapy/postgraduate-certificate/nutrition-endocrine-metabolic-autoimmune-pathologies](http://www.techtute.com/us/physiotherapy/postgraduate-certificate/nutrition-endocrine-metabolic-autoimmune-pathologies)

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# 01

# Introduction

Nutrition is fundamental to guarantee the correct functioning of the organism, especially when the person suffers from some type of pathology that affects or alters its metabolism. In this type of case, the intervention of a professional who has a perfect command of the latest food planning strategies is essential. With the course of this program the physiotherapist will also be able to work in this field, acquiring an updated and austere knowledge about the novelties related to Diet Therapy and the management of patients with endocrine-metabolic and autoimmune pathologies. All this through a 100% online degree that will allow you to perfectly combine the course with any other work or personal activity.







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*Would you like to add to your practice the latest developments in Diet Therapy in the management of patients with endocrine-metabolic or autoimmune pathologies? Then this program is perfect for you"*

Endocrine-metabolic and autoimmune pathologies can considerably alter people's health, contributing to the appearance of abnormal states and negatively influencing and conditioning their quality of life. This is the case of patients with diabetes, hyper or hypothyroidism, cystic fibrosis, etc. In the vast majority of situations, proper nutrition can help alleviate the effects of the disease, balancing those parameters that have been affected by the consequences of the disease: blood glucose, iron, protein and vitamin intake, etc.

For this, the intervention of a professional who handles in detail the most updated information on the development of meal plans tailored to the specifications of each patient, becomes a fundamental requirement to work on improving their health. And with the aim that the physiotherapist can be part of this group of specialists, TECH has developed this complete and comprehensive Postgraduate Certificate. It is an immersive and austere academic experience with which the graduates will be able to delve into the novelties of Diet Therapy and implement the most innovative strategies of the sector in their practice.

For this purpose, it will have 180 hours of the best theoretical, practical and additional content, framed in a convenient and accessible 100% online format. In addition, you will be able to access the Virtual Classroom at any time during the 6 weeks in which the degree is distributed, allowing you to organize the course in a completely personalized way and adapted to your schedule, work and personal availability.

This **Postgraduate Certificate in Nutrition in Endocrine-Metabolic Pathologies** and Autoimmune contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ The development of practical cases presented by Nutrition experts and Endocrinology
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*You will not have to adapt to the Postgraduate Certificate, but it will adapt to you through a fully customizable schedule and the possibility of delving into the aspects of the syllabus that you consider most important”*

“

*A perfect academic option to combine your update on new developments in Diet Therapy in patients with endocrine-metabolic and autoimmune pathologies with a day in the office”*

The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*This program places special emphasis on Type 1 Diabetes and new developments related to the nutritional management of its patients.*

*Fully accessible: you will be able to connect to the Virtual Classroom and enjoy its content from any device with an internet connection.*



# 02 Objectives

TECH and its team of experts in Diet Therapy, Nutrition and Endocrinology have created this Postgraduate Certificate with the objective that the graduate can access an innovative, fast-paced and dynamic program that allows him/her to update his/her knowledge in only 180 hours. In addition, it also aims to provide you with the academic tools that not only facilitate this task, but also promote the improvement of your professional skills in a 100% online way.





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*Would you like to know in detail the latest news related to Nutrition during the physiological menstrual cycle? You are, then, in front of the program that will help you achieve your goals”*



## General Objectives

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- ♦ Provide the graduate with general and updated knowledge about Nutrition in endocrine-metabolic and autoimmune pathologies
- ♦ Provide you with all the best academic tools that allow you to put yourself up to date in a simple, complete and exhaustive way



*A program designed with the endorsement of a great university and with the guarantee that you will be able to exceed all your expectations thanks to the incredible material that TECH has selected for you in this Postgraduate Certificate”*





## Specific Objectives

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- ◆ Individualize nutritional planning for patients with insulin-dependent DM1 and DM2 and insulin resistance
- ◆ Explore adapted nutritional recommendations based on scientific evidence in autoimmune, endocrine and respiratory pathologies
- ◆ Delve into the prevention and treatment of sarcopenia and osteopenia. Update The knowledge of renal, hepatic and pancreatic functions and pathologies, and their relationship with nutrition
- ◆ Assess clinical cases, application tools in nutrition consultation
- ◆ Plan nutritional an the treatments based on scientific evidence and assessment of evolution



03

# Course Management

Experience and human quality are two of the most important characteristics that define the faculty that TECH has selected for this Postgraduate Certificate. It is a team of professionals with a broad and extensive work experience in the field of Nutrition, Endocrinology, Nutrition and Dietetics, who are committed to sharing their time and wisdom with graduates so that they can learn in detail the latest developments in the profession.







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*The support of the teaching staff will become a superlative asset that will motivate you to get even more out of this Postgraduate Certificate”*

## Management



### Dr. Vázquez Martínez, Clotilde

- Corporate Head in the University Hospital Endocrinology and Nutrition Departments, Jiménez Díaz La Foundation
- Head of the Endocrinology and Nutrition Service at Móstoles University Hospital
- Head of the Endocrinology and Nutrition Service at Móstoles University Hospital
- President of La Society of Endocrinology, Nutrition, and Diabetes of the Community of Madrid SENDIMAD ()
- Coordinator Therapeutic Education Group Group of the Spanish Society of Diabetes
- Doctorate from the Faculty of Medicine at the Autonomous University of Madrid
- Degree in Medicine and Surgery from the Faculty of Medicine of the University of Valencia
- Specialist in Pediatric Endocrinology and Nutrition at the university Foundation Jimenez Díaz Hospital
- Abraham García Almansa Clinical Nutrition Lifetime Achievement Award
- Recognized among the 100 best Doctors in Spain according to Forbes list
- Castilla - La Mancha Diabetes Foundation (FUCAMDI) Diabetes and Nutrition Lifetime Achievement Award



### **Dr. Montoya Álvarez, Teresa**

- ♦ Specialist in Nutrition and Endocrinology at Jiménez Díaz Foundation Hospital university
- ♦ Nutritionist at Medicadiet
- ♦ Clinical Nutritionist specialized in prevention and treatment of obesity, diabetes and their comorbidities
- ♦ Nutritionist in the Predimed Plus Study
- ♦ Nutritionist at Eroski
- ♦ Nutritionist at Axis Clinic
- ♦ Professor, Master's Degree in in Obesity and comorbidities, Rey Juan Carlos University
- ♦ Professor of the Excellence Course in Obesity at the Jiménez Díaz Foundation University Hospital
- ♦ Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid
- ♦ Nutrition in the Elderly, Complutense University of Madrid
- ♦ Nutrition and Sport for Professionals, Tripartite Foundation
- ♦ Refresher course on practical type 1 and 2 diabetes for healthcare professionals



### Dr. Montoya Álvarez, Teresa

- ♦ Head of the Endocrinology and Nutrition Service of the Infanta Elena University Hospital
- ♦ Head of Volunteering at the Garrigou Foundation
- ♦ Graduate in Medicine and Surgery from Universidad de Navarra
- ♦ Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ♦ Course in Bariatric Antecedents of Surgery Patient Emergencies: Key References for the Attending Physician
- ♦ Member of: Institute for Health Research Foundation Jiménez Díaz, Health Commission of FEAPS Madrid and Trisomy 21 Research Society

## Professors

### Dr. Martínez Martínez, Alberto

- ♦ Clinical Nutritionist at in the Endocrinology and Nutrition Service of the HU Infanta Elena
- ♦ Clinical Nutritionist of Endocrinology and Nutrition Department of the university Rey Juan Carlos Hospital
- ♦ Dietitian responsible for the menu of children with food allergy. Gastronomic
- ♦ Dietician- Clinical Nutritionist at the University Hospital Antonio
- ♦ Degree in Human Nutrition and Dietetics. Fluminense Federal University
- ♦ Graduate in Human Nutrition and Dietetics at the University of Valencia
- ♦ Master's Degree in Agri-environmental and Agri-food Sciences. Autonomous University of Madrid

### Dr. Gutiérrez Pernia, Belén

- ♦ Nutritionist in Obesity Symptoms at Medicadiet
- ♦ López-Nava Obesity Nutritionist. Madrid
- ♦ Dietician and Nutritionist in Research Projects of PREDIMED plus
- ♦ Grade in Human Nutrition and Dietetics from the Autonomous University of Madrid.
- ♦ Master in Clinical Nutrition and Endocrinology at the Institute of Nutrition and Health Sciences





**Dr. Miguélez González, María**

- ◆ Attending physician from Endocrinology and Nutrition at University Hospital
- ◆ Jiménez Díaz Foundation from Madrid
- ◆ Degree in Medicine from the University of Valladolid
- ◆ Collaborating lecturer in the subject of Ophthalmology at the Complutense University of Madrid
- ◆ Professor of the Master Expert in Obesity and Metabolic Complications, endorsed by SEEDO

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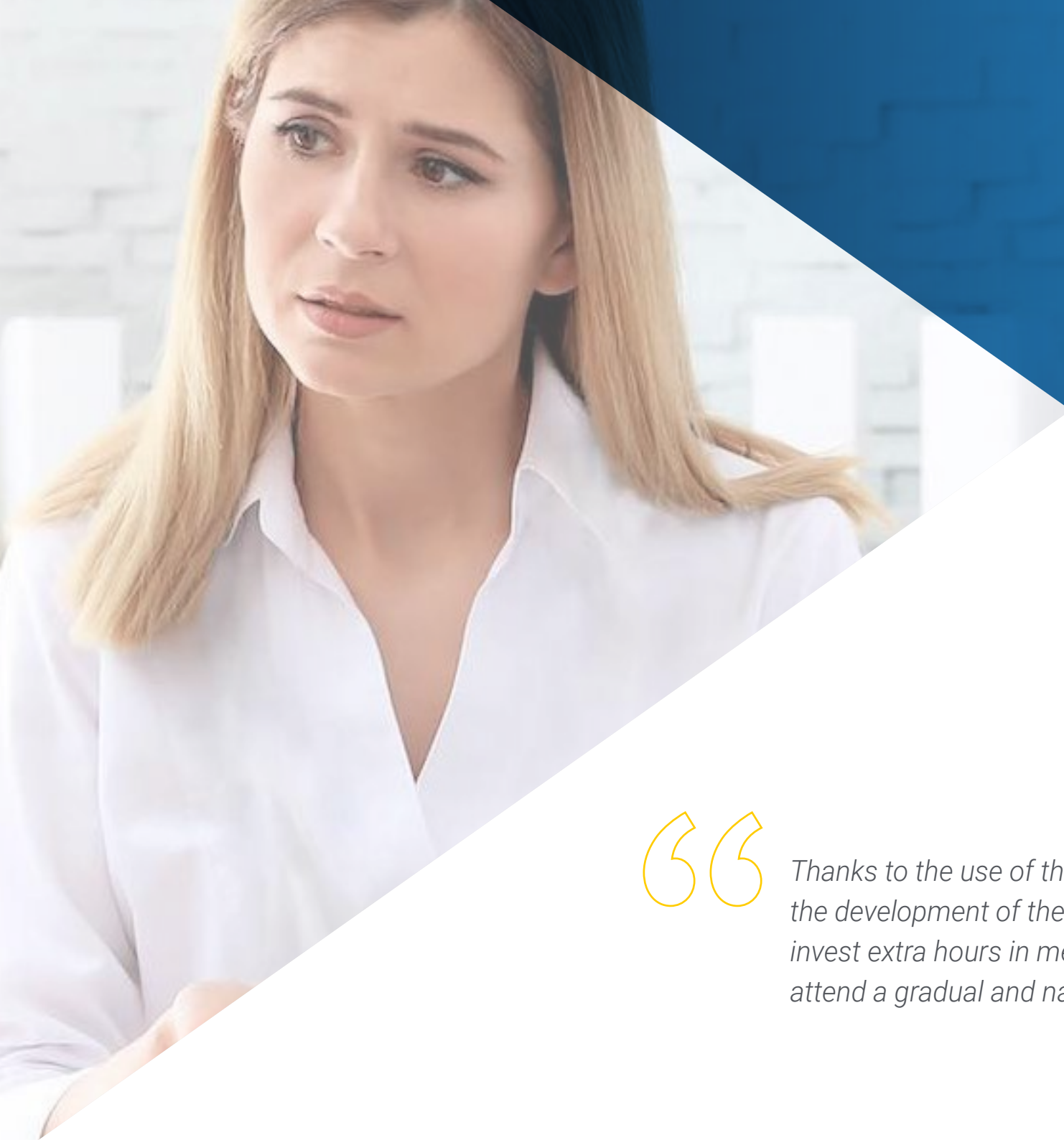
*A unique, key, and decisive training experience to boost your professional development”*

# 04

## Structure and Content

Both the structure and the content of this Postgraduate Certificate have been developed by the teaching team, following the guidelines that define TECH's teaching, as well as the most comprehensive developments in the Nutrition sector. In addition, the Relearning methodology has been used in its development, already famous in the academic sector for its effectiveness and in whose use this university was a pioneer. Furthermore, the graduates who access this program will also be able to enjoy hours of high quality additional material, which will contribute to the contextualization of the information of the syllabus and the degree of deepening that the physiotherapist wants to reach.





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*Thanks to the use of the Relearning methodology in the development of the content, you will not have to invest extra hours in memorizing concepts, as you will attend a gradual and natural updating"*

## Module 1. Nutrition in Endocrine-Metabolic and Autoimmune Pathologies

- 1.1. Type 1 Diabetes
  - 1.1.1 Nutrition in Insulin-Dependent Patients
- 1.2. Insulin Resistance and Type 2 Diabetes
- 1.3. Nutrition in Thyroid Disorders
  - 1.3.1 Hypothyroidism
  - 1.3.2 Hyperthyroidism
- 1.4. Nutrition and Circadian Rhythms: Chronobiology
- 1.5. Nutrition in the Physiological Menstrual Cycle and its Alterations
  - 1.5.1 Amenorrhea
  - 1.5.2 Polycystic Ovarian Syndrome
  - 1.5.3 Endometriosis
- 1.6. Nutrition in Autoimmune Pathology
  - 1.6.1 Rheumatoid Arthritis
  - 1.6.2 Psoriasis
  - 1.6.3 Lupus
- 1.7. Muscle
  - 1.7.1 Sarcopenia
- 1.8. Bone Health
  - 1.8.1 Osteopenia
  - 1.8.2 Osteoporosis
- 1.9. Nutrition in Pulmonary Pathologies
  - 1.9.1 Cystic Fibrosis
  - 1.9.2 COPD
  - 1.9.3 Obstructive Sleep Apnea Syndrome (OSAS)
- 1.10. Chronic Fatigue, Anemia and Vitamin D Deficiency







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*Do not hesitate and do not miss this great opportunity that TECH offers you 100% online and that you will be able to complete in less than 6 weeks”*

# 05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Physiotherapists/kinesiologists learn better, faster, 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, trying to recreate the real conditions of professional physiotherapy 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. Physiotherapists/kinesiologists who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the physiotherapist/kinesiologist 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.

This 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, a real revolution with respect to the mere study and analysis of cases.



*The physiotherapist/kinesiologist 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 we trained more than 65,000 physiotherapists/kinesiologists with unprecedented success in all clinical specialties, regardless of the workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for 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 our 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 produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then adapted in 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.



#### Physiotherapy Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current Physiotherapy techniques and procedures. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, students can watch them as many times as they 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 exclusive educational system for presenting multimedia content 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, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically assess and re-assess 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 suggesting that observing third-party experts can be useful. Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical and effective way to help students progress in their learning.



06

# Certificate

The Postgraduate Certificate in Nutrition in Endocrine-Metabolic and Autoimmune Pathologies guarantees students, in addition to the most rigorous and up-to-date education, access to a qualification 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 Nutrition in Endocrine-Metabolic and Autoimmune Pathologies** 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 Nutrition in Endocrine-Metabolic and Autoimmune Pathologies**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



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





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