

# Postgraduate Certificate

## Nutrition in Nervous System Pathologies





## Postgraduate Certificate Nutrition in Nervous System Pathologies

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

Website: [www.techtitute.com/in/physiotherapy/postgraduate-certificate/nutrition-nervous-system-pathologies](http://www.techtitute.com/in/physiotherapy/postgraduate-certificate/nutrition-nervous-system-pathologies)

# Index

01

Introduction

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*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 18*

05

Methodology

---

*p. 22*

06

Certificate

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*p. 30*

# 01

# Introduction

The treatment through physiotherapy of pathologies related to the neurological system such as cerebral palsy or neurovascular accidents is very frequent and can be highly beneficial for the patient's recovery. However, in most cases, these people also require specialized nutritional assistance to help them make up for the nutritional deficiencies caused by the disease. For this reason, and with the aim that the graduate can get up to date in this field in order to offer a combined service between both specialties, TECH has decided to launch this very complete program. It is a 100% online program thanks to which you will be able to learn in detail the latest developments in Nutrition associated with the management of patients with pathologies of the nervous system in less than 150 hours and with the best material in the university academic sector.





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*Can you imagine the benefits you could achieve in your patients through the combined use of physical therapy and nutritional assistance? Don't think about it any longer and make it happen with this Postgraduate Certificate"*

Numerous investigations carried out over the last decades have determined that the nervous system requires, in order to guarantee its proper functioning, the contribution of specific nutrients that behave as essential. This issue is especially relevant in patients suffering from some type of neurological disease: Multiple Sclerosis, Stroke, Parkinson's, Cerebral Palsy, spinal cord injuries, etc. These patients require a personalized dietary intake adapted to the deficiencies caused by the pathology, which is often combined with physical therapies to accelerate their recovery process or to improve their quality of life.

For this reason, and with the aim that the Physiotherapy professional can learn in detail the latest developments in Nutrition applied to these cases, TECH and its team of experts in Diet Therapy and Endocrinology have developed a Postgraduate Certificate that fits your academic needs. Through 150 hours of the best theoretical, practical and additional material, the specialist will be able to delve into the specific plans for the prevention of cognitive impairment and dementia, as well as the most effective nutritional strategies related to the most common disorders and pathologies that usually affect the nervous system.

All this in a convenient and accessible 100% online program designed based on the most modern and efficient teaching methodology and in which the most innovative academic tools in the current university sector have been used. In addition, all the content will be available from the beginning of the program and can be downloaded for later consultation on any device with an Internet connection. It is, therefore, a unique opportunity to perfect your service in only 6 weeks and from the hand of the best professionals in the area.

This **Postgraduate Certificate for Nutrition in Nervous System Pathologies** 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 experts in Nutrition 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



*A perfect academic plan designed for you to learn in detail the most innovative aspects of Nutrition in patients with nervous system pathologies in 6 weeks and 100% online"*

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*Thanks to the specificity with which this Postgraduate Certificate has been designed, you will be able to implement in your practice the nutritional strategies that best suit patients with Epilepsy or Neuralgias”*

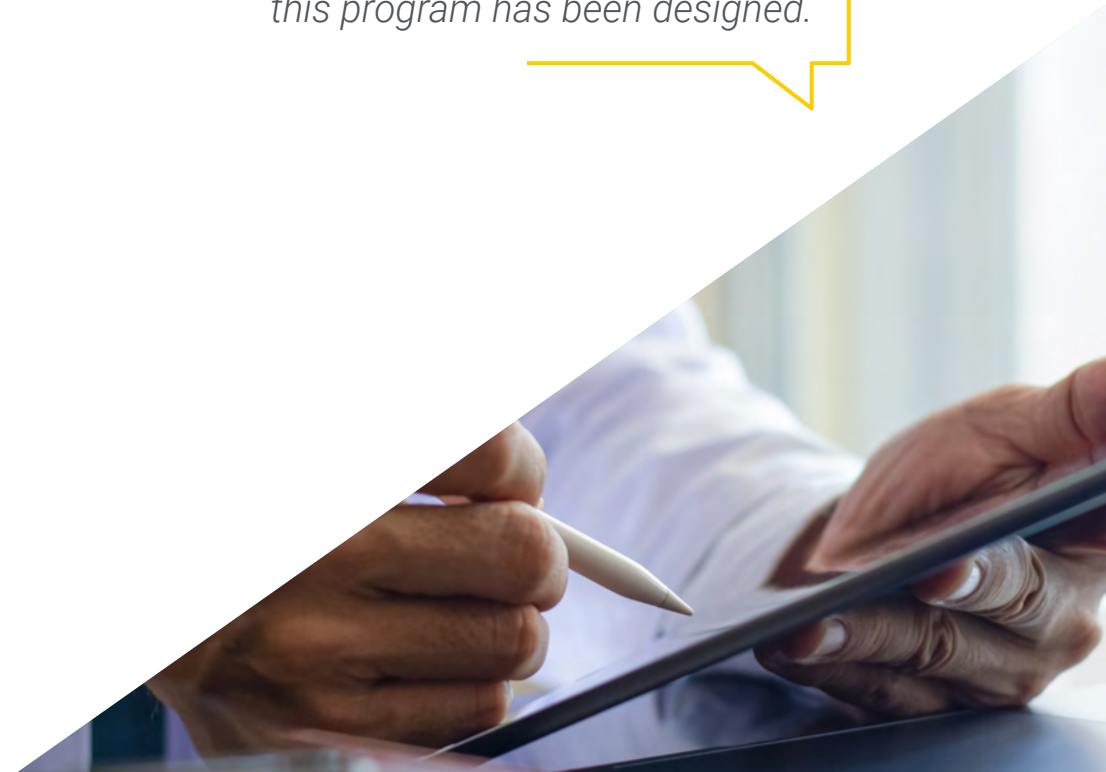
The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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 students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*The entire content will be available for download from the beginning of the course, so that you can better organize this academic experience.*

*You will be able to update your knowledge related to psycho-affective pathologies and their nutritional needs in a guaranteed way thanks to the austerity with which this program has been designed.*



# 02 Objectives

As it has been demonstrated, the combined use of physical therapies and personalized nutritional assistance can be two determining factors in the recovery process of patients with any type of neurodegenerative disease. For this reason, the objective of this Postgraduate Certificate is to make available to the graduate the latest information regarding this sector, through the academic tools that will allow them to accomplish this mission easily and in less time than they expect.







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*Thanks to the new and innovative academic technology that TECH employs in its programs, you will be able to achieve your academic goals in less time than you think”*



## General Objectives

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- ♦ Develop a broad, specialized and updated knowledge on nutrition in patients with nervous system pathologies
- ♦ Improve the management skills of this type of patients based on the latest scientific evidence in the field of Nutrition and Dietetics

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*You will be able to approach  
in a more personalized and  
updated way to patients with  
anorexia, bulimia or BED”*





## Specific Objectives

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- ♦ Update on the scientific evidence of the relationship between nervous system pathologies and nutrition
- ♦ Assess the patient's needs and difficulties, in addition to an adequate assessment of the nutritional status
- ♦ Learn the main psychological aspects of patients with alterations of behavioral disorders



03

# Course Management

For any professional, regardless of their specialty or background, having the support of a teaching team versed in their area when pursuing any type of degree is an incentive that not only should motivate them to get more out of it, but will ensure the acquisition of updated knowledge and adapted to market needs. For this reason, TECH has selected a group of specialists in Endocrinology and Nutrition, who will be at your disposal to guide you during this academic experience.





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*The teaching team has selected for this program real clinical cases based on patients with pathologies of the nervous system, so that you can put into practice your skills in the development of nutritional plans"*



## Management



### Dr. Vázquez Martínez, Clotilde

- Corporate Head in the University Hospital Endocrinology and Nutrition Departments, Fundación Jiménez Díaz
- Head of the Endocrinology and Nutrition Service at Ramón y Cajal University Hospital
- Head of the Endocrinology and Nutrition Service at Severo Ochoa University Hospital
- President of The Society of Endocrinology, Nutrition, and Diabetes of the Community of Madrid SENDIMAD ()
- Coordinator Therapeutic Education Group Group of the Spanish Society of Diabetes
- Doctor of the Faculty of Medicine of the Autonomous University of Madrid
- Degree in Medicine and Surgery from the Faculty of Medicine of the University of Valencia
- Specialist in Endocrinology and Nutrition via Medical Residency by the University Hospital Fundación Jimenez Díaz
- 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. Sánchez Jiménez, Álvaro**

- ♦ Specialist in Nutrition and Endocrinology at Jiménez Díaz Foundation University Hospital
- ♦ 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 of the Master's Degree in Obesity and Comorbidities at the Rey Juan Carlos University
- ♦ Professor at the Course of Excellence in Obesity at the University Hospital Fundación Jimenez Díaz
- ♦ Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid
- ♦ Nutrition and Food for the Elderly by the Complutense University of Madrid
- ♦ Nutrition and Sports for Professionals by the Fundación Tripartita
- ♦ Refresher Course on Practical Diabetes Type 1 and 2 for Health 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's Degree 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. López Escudero, Leticia

- ♦ Nutritionist at Diet Clinic
- ♦ Dietician and clinical nutritionist at the Jiménez Díaz Foundation University Hospital.
- ♦ Dietician and Clinical Nutritionist at the University Hospital Infanta Elena
- ♦ Professor in graduate studies Degree in Human Nutrition and Dietetics
- ♦ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ♦ Master's Degree in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ♦ Master's Degree in Nutrition in Physical Activity and Sport, Open University of Catalunya (UOC)

### Dr. Modroño Móstoles, Naiara

- ♦ Doctor Specialist in Pediatric Endocrinology and Nutrition at the University Hospital Fundación Jimenez Diaz
- ♦ Doctor Specialist in Endocrinology the Infanta Elena University Hospital.
- ♦ Doctor Specialist in Endocrinology at the University Hospital of Getafe
- ♦ Author of various articles published in scientific journals
- ♦ Diploma in Treatment of Diabetes Mellitus Type 2 at the Autonomous University of Barcelona

**Dra Prieto Moreno, Ana**

- ◆ Nutritionist in the Department of Endocrinology and Nutrition at University Hospital Fundación Jiménez
- ◆ Nutritionist at the General Hospital of Villalba
- ◆ Nutritionist at the Infanta Elena University Hospital
- ◆ Nutritionist in the Superior Sports Council
- ◆ Nutritionist at the WWF
- ◆ Nutritionist at Medicadiet
- ◆ Nutritionist at anitas Sociedad Anónima de Seguros
- ◆ Nutritionist at La Paz University Hospital
- ◆ Nutritionist at Fundación Mapfre
- ◆ Nutritionist at Copernal Publishing
- ◆ Nutritionist at Revista Diabetes
- ◆ Master's Degree in Obesity and its Comorbidities, Prevention Strategies, Diagnosis and Integral Treatment at the University of Alcalá
- ◆ Master's Degree in Physical Anthropology, Human Evolution and Biodiversity at the Complutense University of Madrid
- ◆ Degree in Human Nutrition and Dietetics at the Autonomous University of Madrid

**Dr. Labeira Candel, Paula**

- ◆ Clinical nutritionist in the Bariatric Endoscopy Unit at HM Hospitales
- ◆ Sports and clinical nutritionist at the Quirónsalud Clinical Institute of Overweight and Obesity
- ◆ Nutritionist Sports and Clinical at Medicadiet, Slimming & Nutrition
- ◆ Sports Nutritionist at the CF TrivalValderas de Alcorcón
- ◆ Food and water quality analyst in the Andalusian Health Service.
- ◆ Diploma in Human Nutrition and Dietetics at the Pablo Olavide University of Seville
- ◆ Bachelor's Degree in Food Science and Technology.
- ◆ Diploma in Human Nutrition and Dietetics
- ◆ Master's Degree in Sports Training and Nutrition at the European University of Madrid



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

# 04

# Structure and Content

This Postgraduate Certificate has been designed following the strict quality guidelines that define TECH, as well as the most austere and innovative information related to the field of Nutrition and Endocrinology and its specific application in patients with pathologies of the nervous system. Thanks to this, it has been possible to conform 150 hours of the best theoretical material, additional practical, the latter presented in different formats so that the graduate can not only contextualize the agenda, but delve, in a personalized way, in its different aspects.





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*You will work on nutritional recommendations for patients with degenerative pathologies such as Multiple Sclerosis or muscular dystrophies in a dynamic and exhaustive way”*

## Module 1. Nutrition in Nervous System Pathologies

- 1.1. Nutrition in the Prevention of Cognitive Impairment, Dementia and Alzheimer's Disease
- 1.2. Nutrition and Psychoaffective Pathologies
  - 1.2.1. Depression
  - 1.2.2. Bipolar Disorder
- 1.3. Pathologies with Altered Eating Behavior
  - 1.3.1. Schizophrenia
  - 1.3.2. Borderline Personality Disorder
- 1.4. Eating Disorders
  - 1.4.1. Anorexia
  - 1.4.2. Bulimia
  - 1.4.3. BED
- 1.5. Nutrition in Degenerative Pathologies
  - 1.5.1. Multiple Sclerosis
  - 1.5.2. Amyotrophic Lateral Sclerosis
  - 1.5.3. Muscular Dystrophies
- 1.6. Nutrition in Pathologies with Uncontrolled Movement
  - 1.6.1. Parkinson's Disease
  - 1.6.2. Huntington's Disease
- 1.7. Nutrition in Epilepsy
- 1.8. Nutrition in Neuralgias
  - 1.8.1. Chronic Pain
- 1.9. Nutrition in Severe Neurological Injuries
- 1.10. Toxics, Bioactive Compounds, Intestinal Microbiota and their Relationship to Nervous System Diseases





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*A unique academic option, comfortable and adapted to your needs, as well as to the current market demand. Don't think twice and enroll now"*



# 05 Methodology

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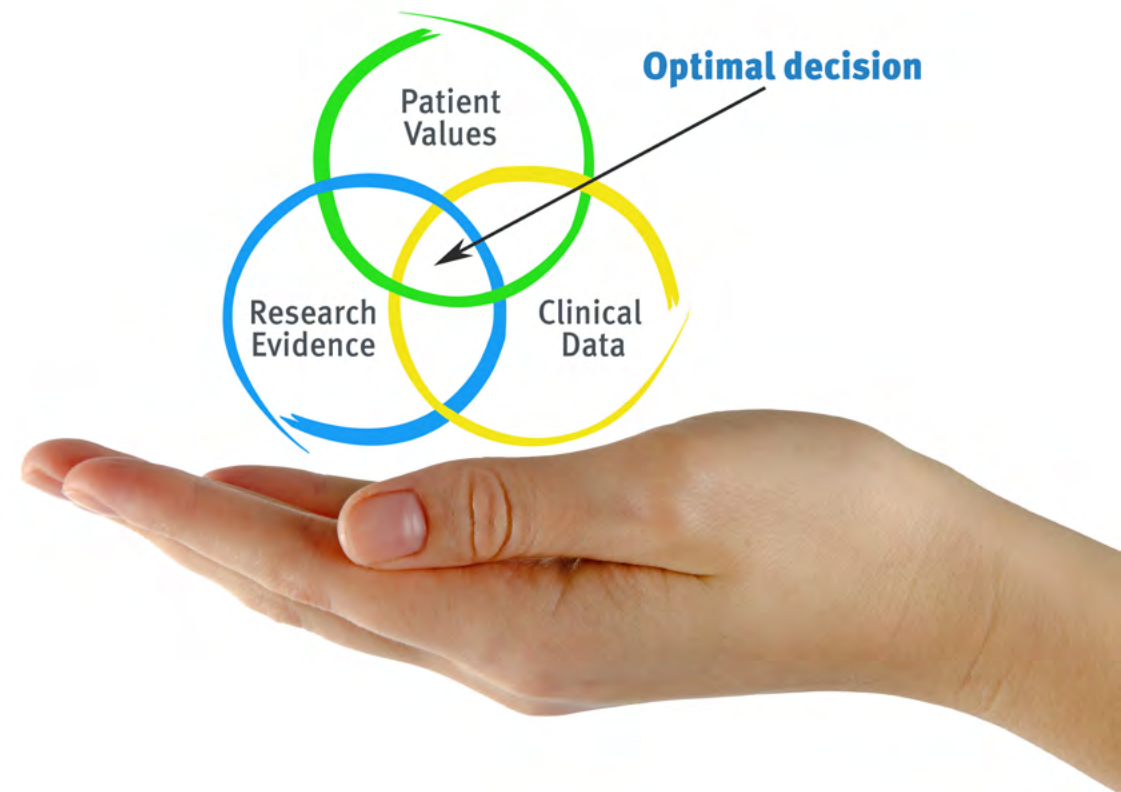
*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”*



## 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

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*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 enabled more than 65,000 physiotherapists/kinesiologists with unprecedented success in all clinical specialties, regardless of the workload. Our educational 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 education, 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

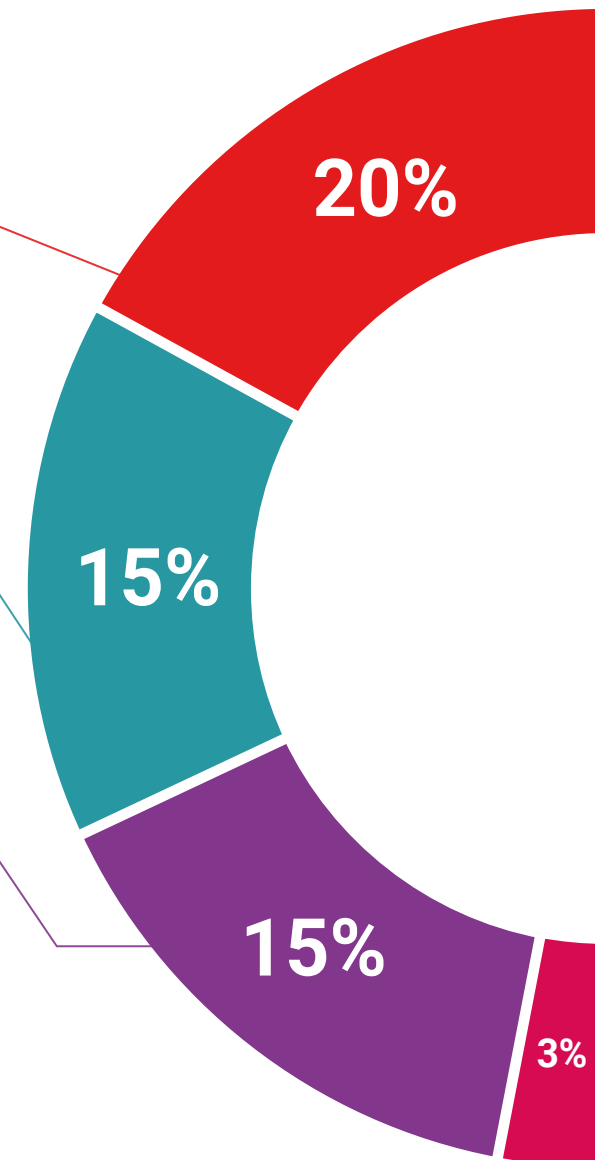
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".

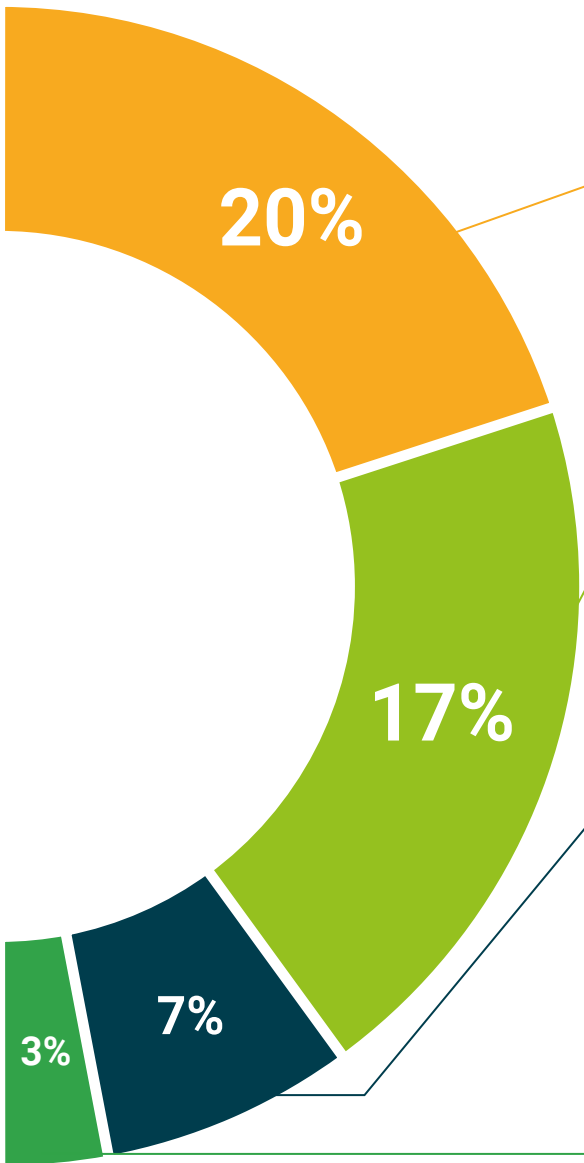


#### Additional Reading

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 Nervous System Pathologies guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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

This **Postgraduate Certificate Nutrition in Nervous System Pathologies** 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 Certificate issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **Postgraduate Certificate in Nutrition in Nervous System Pathologies**

Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION 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  
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