



Mediversal

Nutrition

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Nutrition

Overview

Nutrition is defined as the mechanical and physiological process by which nutrients are absorbed and assimilated by living organisms for sustenance.

In this course, the student will be introduced to basic concepts of calories and energy expenditure; nutrition in special populations such as pregnant women and the elderly; and malnutrition. For optimal comprehension, students should be familiar with the basics of biomolecules and their metabolic pathways.

Nutritionists are experts in the study of nutrition. They play a crucial role in the healthcare team by providing individualized assessments of caloric needs and required intake, and by providing suggestions on the most appropriate formulations that can supply these needs.

Importance of the field of nutrition for the medical career and in general: A basic understanding of nutrition is helpful in both inpatient and outpatient care and can be used to make sound lifestyle recommendations or ensure the recommended caloric intake in chronically ill individuals who are in the ICU.

Topics

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| Nutrition | 16 Videos |
| Vitamins | 12 Videos |
| Nutrition, Health Promotion and Maintenance | 07 Videos |
| FEN (Fluids, Electrolytes, Nutrition) – Pediatric Nursing | 14 Videos |



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Nutrition

- Energy Considerations in Nutrition
- Use of Calories
- Body Mass Index (BMI)
- Introduction to Vitamins
- Vitamin B1 and B2
- Vitamin B3, B5, B6 and B7
- Vitamin B9 (Folic Acid)
- Vitamin B12 (Cobalamin)
- Vitamin C (Ascorbic Acid)
- Vitamin A (Retinol, Retinoic Acid, Retinal)
- Vitamin K (Quinone) and Vitamin E (Tocopherols)
- Vitamin D (Calciferol, Calcitriol)
- Pregnancy Nutrition
- Newborn Feeding
- Considerations for Older Adults
- Malnutrition

Vitamins

- Vitamin A: Introduction
- Vitamin A: Steps in Light Detection
- Vitamin A: Color Detection, Visual Cycle and Retinoic Acid Function
- Vitamin D: Introduction
- Vitamin D3 and Calcium
- Vitamin D and Calcium Levels
- Vitamin D and Intracellular Actions
- Vitamin K
- Vitamin E

- Folate Metabolism and Recycling
- Folate Metabolism Overview and Health

Nutrition, Health Promotion & Maintenance

- Nutrition and Diets
- Nutrition: In a Nutshell
- Activity and Exercise
- Activity and Exercise: In a Nutshell
- Sleep and Health
- Sleep Hygiene and Factors Influencing Sleep
- Sleep: In a Nutshell

FEN (Fluids, Electrolytes, Nutrition) – Pediatric Nursing

- Pediatric Fluid Balance (Nursing)
- Pediatrics vs. Adult Fluid Differences (Nursing)
- Fluid Intake and Output (Nursing)
- Dehydration and Fluid Loss (Nursing)
- Acute and Chronic Diarrhea in Children (Nursing)
- Types of Dehydration: Hypotonic, Isotonic, and Hypertonic (Nursing)
- Dehydration: Signs and Symptoms and Diagnosis (Nursing)
- Dehydration: Case Study (Nursing)
- Oral Rehydration Therapy (Nursing)
- Calculating Daily Maintenance Fluid Requirements (Nursing)
- Management of Dehydration: Fluid Bolus Therapy (Nursing)
- Management of Dehydration: Fluid Bolus with Fluid Overload (Nursing)
- Fluid Overload (Nursing)
- Pediatric Case: Fluid Overload (Nursing)

Why Mediversal?

| | Mediversal | Competitor |
|---|--|---------------------------------------|
| CPD hours/ Credit | ✓ 110 hours/Credit | ⚠ 3—50 hours/Credit |
| NMC Guideline | ✓ Advantages in accordance with provision 1.4.2 of NMC regulations | ⚠ Not all. (Very few) |
| Renowned International faculties | ✓ Yes | ⚠ Only for few subjects |
| Faculty to learner ratio | ✓ 1:10 | ✓ 1:50 or 1:75 |
| Case based learning | ✓ Yes | ✗ No |
| AI supported learning | ✓ Yes | ✗ No |
| Live Interaction Sessions | ✓ Yes | ✗ No |
| Clinical Attachments | ✓ Yes (Case to Case basis) | ✓ Yes |
| Associated with Hospitals for Clinical Training | ✓ Yes | ✓ Yes |
| Books | ✓ Yes (Printable Pdf copy) | ✗ No |
| Complementary e-Learning Module & Certification | ✓ Yes | ✗ No |
| Learner Support | ✓ Yes | ✗ No |
| Community of Doctors for peer support (Mediversal Alumni only) | ✓ Yes | ✗ No |
| Alumni Support | ✓ Yes | ⚠ Only a few |
| e-Certification | ✓ Yes | ✓ Yes |
| Physical Certification | ✓ Yes | ⚠ Only a few |
| Lifetime certificate validity | ✓ Yes | ✓ Yes |
| Digital Marketing and Business Support for your hospital/clinic | ✓ Yes | ✗ No |
| Admission process | ✓ Smooth, Transparent & all details provided | ⚠ Spamming through multiple channels. |
| Data and privacy protection | ✓ Yes | ✗ No |
| CME access | ✓ Yes (Lifetime) | ✗ No |
| Medico Legal Session | ✓ Yes (Free. By renowned high court advocates) | ✗ No |
| National Level Felicitation Award (for Mediversal Alumni) | ✓ Yes | ✗ No |



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