



# Advanced Certificate Course on Bariatric Nutrition Is Now Endorsed By



&



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## Surgical Weight Loss



# Advanced Certificate Course on Bariatric Nutrition

## About Course

This 12-week online advanced certificate course in bariatric nutrition offers doctors, dietitians, nutritionists, nurses & nutrition students and other healthcare professionals, an in-depth exploration of bariatric nutrition designed to equip participants with specialized knowledge and practical skills, the course addresses the comprehensive nutritional needs of patients undergoing bariatric surgery, right from pre-operative preparation to post-surgical care and long-term maintenance.

The modules integrates real-world case studies, allowing participants to apply theoretical knowledge in practical scenarios. Also video recordings of bariatric surgeries will be presented to provide clear understanding of the surgical procedures, weekly readings & assignments, interaction with expert faculty, quiz questions and case presentations will provide hands-on experience that enhances knowledge, critical thinking prepares participants to successfully handle & overcome patient-specific challenges in clinical practice.

Upon completion, participants will earn a certificate in advanced course in bariatric nutrition, with credits endorsed by renewed associations signifying their readiness to provide specialized nutritional care to bariatric patients at all stages of their journey. This course is an exceptional opportunity to develop expertise in a specialised rapidly growing field and improve outcomes for patients undergoing bariatric surgery.

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## COURSE FACULTY



### Dr. Abhishek Katakwar

Chief Bariatric Surgeon, AIG hospitals, Hyderabad  
Fellow Metabolic and Bariatric Surgery, FMBS (Eda hospital, Taiwan)  
Fellow American Society for Metabolic and Bariatric Surgery (FASMBS)  
Fellow of American College of Surgeon (FACS)



### Ms. Deepthi Harkar

MS, RDN, LDN

RD with American Academy of Nutrition and Dietetics, Bariatric Dietitian



### Dr. Sunitha Premlatha

PhD, MSc, RD

Chief Dietitian, Bariatric Nutrition Specialist  
Hyderabad

## Who should attend ?

- Doctors
- Healthcare Professionals
- Dietitians
- Students who have completed post graduation in nutrition course



Course Duration 3 Months Starts  
in January 2025



25,000/- for 3 months

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## Overview of the Course:

### 1. Understanding Obesity and Its Implications

Defining obesity, global and Indian prevalence of overweight and obesity  
Key risk factors contributing to obesity and its complications.

### 2. Digestive System Essentials

Physiology, gut hormones and role of the digestive system in weight management

### 3. Evidence-Based Weight-Loss Strategies

Proven non-surgical methods for effective weight loss & bariatric surgery evolutionary timeline and it's benefits and efficacy.

### 4. Fundamentals of Bariatric Surgery

Types of bariatric surgeries: benefits, mechanisms, and risks  
Anatomy and physiological changes post-surgery.

### 5. Dietitians' Role in Bariatric Nutrition

Comprehensive responsibilities of dietitians before and after surgery

### 6. Overview of Bariatric Procedures and their nutritional implications

Key procedures: gastric band, gastric balloon, gastric sleeve, and gastric bypass-  
Indications, eligibility criteria, nutritional implications and expected outcomes for each procedure

### 7. Gastric Band & Balloon Procedure

Detailed overview and physiological impact of gastric banding & gastric balloon procedure

### 8. Gastric Sleeve Procedure

Key insights into the physiology and expected outcomes of gastric sleeve surgery

### 9. Gastric Bypass Procedure

Physiological mechanisms and anticipated effects of gastric bypass surgery

### 10. Preoperative Preparation for Bariatric Surgery

Preoperative nutrition screening, assessment, diet planning, lifestyle, and behavioural changes, lab monitoring and managing micronutrient deficiencies

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11. Nutrition Management for Post-Bariatric Surgery Patients

Postoperative Diet Progression

MNT, diet planning, calculations & step wise diet advancement: clear liquids, full liquids, pureed, soft, and regular diets- low calorie menus

12. Macronutrient Needs in Bariatric Patients

Protein, carbohydrates, fats, and fluid requirements

Calculating energy and other nutrient needs as per dietary guidelines.

13. Micronutrient Requirements and Deficiency Management

Essential micronutrients, common deficiencies, laboratory monitoring schedule and treatment - supplementation dosages

14. Enteral Nutrition in Bariatric Surgery Patients

Enteral access, Formula selection, Initiation of feeding, monitoring protocols and handling potential complications

15. Parenteral Nutrition in Bariatric Surgery

Parenteral access, Components of PN, Initiation, Daily requirements for macronutrients, minerals, vitamins and trace elements in parenteral nutrition.

16. Gastrointestinal complications of bariatric surgery and Management - Addressing common issues like vomiting, dumping syndrome, dehydration, constipation, gall stones, malnutrition, anaemia, hernias, postprandial hypoglycaemia etc.

17. Post-Surgical Diet-Related Complications

Identifying and managing complications: vitamin deficiencies, hair loss, muscle weakness, nausea, vomiting, diarrhoea, etc.

18. Psychological Aspects of Bariatric Surgery

Psychological Consequences of Obesity, Behavioural Assessment Before Bariatric Surgery, components for the behavioural assessment Psychological changes post-surgery and behaviour modification techniques and their impact on recovery.

19. Behavioural Support and Preventing Weight Regain

Addressing risky eating behaviours, maladaptive eating patterns- binge eating, emotional eating, body image and promoting long-term weight maintenance

20. Managing Medical Conditions Post-Surgery

Special considerations for conditions such as kidney disease, PCOD, high-risk pregnancy and solid organ transplant

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## 21. Exercise Recommendations in the management of obesity

Tailored exercise guidelines for post-surgery patients to support weight management and physical recovery

## 22. Lifetime Considerations

Key lifestyle and dietary practices essential for long-term success after bariatric surgery

## 23. Revision Class

Comprehensive review of all course materials to reinforce key concepts

## 24. Final Examination

Assessment through on-line exam to evaluate participants' understanding and readiness to apply bariatric nutrition principles in practice.

Note: only those participants who have at least 80 percent attendance would be eligible to appear for the exam

## Key learnings

- ⇨ Obesity causes and contributors
- ⇨ Pathophysiology of the digestive tract
- ⇨ Nutrition screening and assessment tools and techniques
- ⇨ Bariatric surgery details
- ⇨ Pre and post surgery nutritional management
- ⇨ Post surgery complications
- ⇨ Nutrient supplementation
- ⇨ Healthy low calorie recipes
- ⇨ Latest research and guidelines
- ⇨ Organizing patient support group programs

## Highlights

Case studies, Weekly assignments, Quiz, Nutrition counselling training & Resources & Study material, Online exam & Course certification

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