



Advanced Topics – Nutrition & Diets: A Guide for Medical Interpreters Presented by - Bernardo Alfredo Valencia, MD

Date: November 04, 2025, Tuesday

Time: 6:00 pm – 9:15 pm (inclusive of 15 minutes break)

Location: Live Streaming Via Zoom Events (ZOOM Link will be shared after successful completion of payment)

Education Level: Intermediate to Advanced

Credits/Contact Hours:

CCHI- Application has been made to the Certification Commission for Healthcare Interpreters for approval of CEAP units.

IMIA: Application has been made to the International Medical Interpreters Association for approval of CE hours.

MassRID CEU: MassRID is an approved RID CMP sponsor for continuing education activities. Application has been made to MassRID for Professional CEU units.

Workshop Fees: \$45

CEU Fee: \$45 workshop fee is inclusive of CEU fees for CCHI and IMIA
RID CEUs are free to all members in good standing pending proof of attendance and completion of CEU request form and evaluation.

Workshop Description:

Nutrition conversations span routine counseling to complex inpatient orders. This interpreter-focused workshop builds practical fluency with the terms, concepts, and rationales behind common diets and therapies. We start with Nutrients 101, definitions, the MyPlate model (and why the old pyramid is obsolete), macronutrients and micronutrients, and food examples. Next, we take a simple tour of digestion and absorption; what happens to carbs, proteins, and fats from the mouth to the intestine and ultimately to the blood and liver. We then explain metabolism and total daily energy expenditure (TDEE): where energy comes from, which organs use it, and why NEAT often matters more than gym time. Major diet patterns (Mediterranean, DASH, plant-forward, low-carb/keto, intermittent fasting) are defined with evidence, indications, and cautions. Finally, we connect to clinical practice: hospital diet orders (NPO → clear → full → soft/regular), and an introduction to enteral (tube) and parenteral (IV) nutrition, including refeeding syndrome labs. Three brief case studies anchor terminology, cultural sensitivity, and teach-back phrasing. Workshop is designed for educational purposes only, not for medical advice.



Presenters, coordinators, and participants of this educational opportunity, agree to promote an environment of mutual respect free from bias and discrimination.

Learning Objectives:

During and at the conclusion of this session, participants will be able to:

1. **Describe** core nutrition concepts (macros, micros, MyPlate vs. pyramid) and explain food examples.
2. **Explain** digestion and absorption, stepwise pathways for carbs, proteins, and fat, and **identify** common clinical terms (e.g., bile, pancreatic enzymes, malabsorption).
3. **Describe** TDEE (BMR/REE, TEF, NEAT, exercise), including typical percentage ranges and organ roles in everyday energy use.
4. **Identify and compare** major diet patterns (definition, rationale, evidence, indications, and cautions) and apply interpreter-appropriate phrasing for hospital diet orders and EN/PN basics.



About the Trainer:

Bernardo Alfredo Valencia, MD, is a medical doctor and medical interpreter currently serving as a Postdoctoral Research Fellow at Beth Israel Deaconess Medical Center in Boston, Massachusetts. Dr. Valencia earned his Doctor of Medicine degree from Universidad Anáhuac in Mérida, Mexico, and completed a Medical Interpreter Training Program at UMass Chan Medical School. With over four years of dedicated experience in hepatology and liver transplantation, he skillfully combines his medical expertise with linguistic and cultural proficiency, facilitating healthcare communication for Spanish-speaking patients.

Successful Completion Requirements:

Participants are expected to sign-in at the required time, must attend the entire program for 3 hours, and complete a CEU request form and an evaluation. Certificates will be distributed to participants by email within 6 to 8 weeks following the program. The moderator will monitor attendance throughout the event.

Refunds:

No refund will be provided after 10 full calendar days prior to the date of the program.

Special Requests:

For any special requests requiring accommodations, please contact Lynn Carson at 508-856-4306 or lynn.carson2@umassmed.edu at least 15 days before the training.