Programme Specification

Diabetes Best Practice (2019-20)

This specification provides a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if s/he takes full advantage of the learning opportunities that are provided.

Awarding Institution	University of Southampton
Teaching Institution	University of Southampton
Mode of Study	Full-time
Duration in years	1
Accreditation details	None
Final award	Postgraduate Diploma
Name of award	Diabetes Best Practice
Interim Exit awards	Postgraduate Certificate in Higher Education
FHEQ level of final award	Level 7
UCAS code	
Programme code	8174(FT) 6995(PT)
QAA Subject Benchmark or other external reference	
Programme Lead	Susie Rebelo Hopkins (vlrh1e12)

Programme Overview

Brief outline of the programme

The programme covers pathophysiology, epidemiology and aetiology, management of diabetes in adults and separately in the young (ages 0-25 years), psychosocial aspects of diabetes through the ages, nutrition, insulin/medicines management, and work-based learning. This provides a broad training in a wide range of skills required to understand and manage people with diabetes to help them achieve optimal self-management and psychological well-being. This programme is delivered mainly in the Faculty of Medicine, with some modules delivered in the School of Health Sciences.

It is designed to help healthcare professionals including GPs, hospital-based doctors, specialist nurses, practice nurses, dieticians, podiatrists, psychologists and other professionals in many healthcare sectors to gain a greater understanding of the complexities of living with diabetes and how best to support optimal self-management by being able to translate this knowledge into their everyday practice. This postgraduate education programme will provide you with effective education and training in the diagnosis, treatment, psychology and management of diabetes. It will enable you to support adults and young people with diabetes more effectively. Through the

knowledge and understanding you will gain with us, you will be able to develop and improve your health care provision, through your ability to cascade education to your colleagues, and adult and paediatric patients and their families. The programme provides opportunities for you to develop and demonstrate scientific understanding, clinical knowledge, professional and educational skills, and critical thinking qualities.

Your contact hours will vary depending on your module/option choices. Full information about contact hours is provided in individual module profiles.

Learning and teaching

A variety of learning and teaching methods will be adopted to promote the development of a wide range of skills. Adult learning methods will be used throughout and an emphasis placed upon interactive learning, including seminars, group work, tutorials, practical demonstrations and discussions surrounding interpretation of data and clinical scenarios to reinforce learning. These methods are designed to integrate theory and practice, to foster a spirit of enquiry, promote collaborative learning and meet a range of learner needs and styles.

Specialist lecturers from a range of academic and health care professional backgrounds will ensure a breadth and depth of perspective is offered, giving a good balance between background theories, principles and practical management advice. Students will be encouraged to use our guided e-learning packages with self-assessment available as an online package for students to take advantage of in their own time. Key transferable skills are encouraged via the learning and teaching activities throughout the programme. The Faculty is committed to supporting you to enable you to fulfil your academic and personal potential. We will work with you to facilitate your learning, within a multi-cultural context underpinned with mutual respect.

Assessment

Your knowledge and understanding will be tested through a combination of formative and summative assessments that may include essays and other written assignments, multiple choice questions, practical work, questions and answers and oral presentations.

Your knowledge and understanding will be tested through a combination of formative and summative assessments according to the assessment guidelines within the module profile. The assessment methods are designed to help you integrate theory and practice, maximise your skills of critical thinking and analysis, and develop your understanding of diabetes. Study is assessed by written assignments, oral presentations, and interdisciplinary group work. The assessment methods enable you to demonstrate achievement of the programme learning outcomes as you progress through each module on your pathway.

Special Features of the programme

The programme is constructed to give an overview of best practice in diabetes care. It provides the options to specialise in areas highlighted as specially lacking in current diabetes care (Psychosocial, Paediatrics, and Nutrition). Students will be taught by internationally renowned experts in their field, including clinicians and research-active staff.

Please note: As a research-led University, we undertake a continuous review of our programmes to ensure quality enhancement and to manage our resources. As a result, this programme may be revised during a student's period of registration; however, any revision will be balanced against the requirement that the student should receive the educational service expected. Please read our Disclaimer to see why, when and how changes may be made to a student's programme.

Programmes and major changes to programmes are approved through the University's programme validation process which is described in the University's Quality handbook.

Educational Aims of the Programme

The aims of the programme are to:

- Enhance your educational and professional expertise in all core areas of diabetes, having developed appropriate knowledge, understanding and professional skills to improve your practice.
- Develop your ability to integrate research evidence into all aspects of decision-making and to apply knowledge, analytical and critical thinking skills to make sound judgements about data applicable to the care of people with diabetes.
- Enable you to demonstrate leadership in clinical diabetes and diabetes-related issues
- Evaluate the psychological impact of living with diabetes so that through empathy, the diagnosis, management, self-management and psychological well-being can be improved.
- Develop your approach to solving problems, building on a logical and hierarchical approach that enables you to justify personal and professional decisions through critical evaluation and synthesis of relevant theories, empirical evidence and experience to best optimise professional practice.
- Develop strategies for your continuing professional development and lifelong learning in relevant aspects of diabetes.
- Apply an evidence-based approach to critically evaluate the current literature.

Programme Learning Outcomes

Knowledge and Understanding

On successful completion of this programme you will have knowledge and understanding of:

A1. Comprehend and explain the complex mechanisms involved in diabetes and its management.

A2. Integrate your understanding of the biomedical and psychosocial aspects of diabetes into your approach for diagnosing and treating people with diabetes.

A3. Apply your knowledge and understanding to optimize the methods you use for the diagnosis, treatment and management of diabetes including calculating basal and bolus dosing of insulin using insulin to carbohydrate ratios, sick day rules, cognitive development, different learning styles and acquisition of necessary skills for diabetes self-management, psychosocial aspects of diabetes for people with diabetes and their families, adapting to life with a chronic condition, prejudice and stigma associated with diabetes and approaches to the management of maladaptive responses.

A4. Demonstrate a comprehensive understanding of research methodologies or methods of enquiry that are appropriate for investigating the processes of diabetes management and supporting self-management.

A5. Apply new research findings to improving the management of people with diabetes.

A6. Understand how to translate your knowledge of diabetes into improving your professional practice.

Teaching and Learning Methods

To help you develop your knowledge and understanding of diabetes you will be exposed to a variety of methods of teaching and learning.

- The understanding of the processes involved in diabetes including history taking, diagnosis, management of a patient and building diabetes teams, is acquired through lectures, group work, peer teaching, guided e-learning, problem-solving approaches and coursework.
- Skills in diagnostic testing, and use of medical devices appropriate to diabetes are learned through a combination of small group tutorials and practical sessions where you can actively undertake the testing procedures e.g. self-monitoring of blood glucose, insulin pumps and continuous blood glucose monitors.
- Knowledge of the most up-to-date treatments and how to use them in the management of

diabetes is acquired through a combination of lectures and attendance at recognised diabetes clinics to observe approved diagnostic and management protocols in action.

- Innovative and relevant materials to aid self-directed learning on the application of acquired knowledge are also provided through guided e-learning materials. Additional support is provided by direct access to tutors.

Assessment Methods

Your knowledge and understanding will be tested through a combination of formative and summative assessments that may include essays and other written assignments, multiple choice questions, practical work, questions and answers and oral presentations.

Subject Specific Intellectual and Research Skills

On successful completion of this programme you will be able to:

B1. Reason critically, select and utilise appropriate information sources

B2. Develop new ideas using scientific and clinical concepts.

B3. Conceptualise and frame complex problems systematically, at times in the absence of complete information or data.

B4. Critically appraise, summarise, evaluate and apply scientific and clinical evidence to the development of new ideas

B5. Demonstrate self-direction and originality in tackling and solving problems in the field of diabetes.

Teaching and Learning Methods

To help you develop your subject-specific intellectual and research skills you will be exposed to a variety of methods of teaching and learning. Seminars, tutorials, discussions and problem-solving approaches will be used in addition to formal lectures. Each module involves discussion of key issues; practice in applying concepts, both orally and in writing, including analysis and interpretation of material and feedback on work produced.

Assessment Methods

Each of the range of assessment methods employed emphasize the requirement for you to demonstrate your subject specific and research skills through the production of coherent written and oral responses either to problems or set tasks. In common with all students in the Faculty you will produce several written assignments during your studies which will employ each of the listed skills.

Transferable and Generic Skills

On successful completion of this programme you will be able to:

C1. Compose and communicate ideas effectively, both orally and in writing.

C2. Construct effective working relationships with peers, experts, patients and their families.

C3. Organise and integrate your own learning with existing commitments, and produce work to deadlines.

C4. Develop self-directed learning skills that are essential for the taught component of the course which is completed largely at a distance.

C5. Find relevant information using information technology.

C6. Evaluate the relevance and importance of the emerging ideas and concepts.

C7. Propose and justify the decisions you make in complex and unpredictable situations.

C8. Solve problems in clinical investigation and related activities.

C9. Design studies and analyse data.

C10. Display initiative and personal responsibility.

Teaching and Learning Methods

To help you develop your general skills you will be exposed to a range of teaching and learning methods that enhance both written and oral presentation skills, and that give you the opportunity to develop your transferable skills.

Assessment Methods

Your general skills will be assessed throughout the programme.

Programme Structure

The programme structure table is below:

Information about pre and co-requisites is included in individual module profiles.

Where optional modules have been specified, the following is an indicative list of available optional modules, which are subject to change each academic year. Please note in some instances modules have limited spaces available.

Part I

The programme can be tailored to best meet your career aspirations, and lets you plan your specific programme route at the start of your studies with us. Our part time course provides flexibility to cater for the needs of a diverse range of students, enabling you to study alongside your other commitments. This postgraduate programme is normally suited to 1 year of full-time study, or up to 4 years of part-time study, leading to 60 ECTS (European Credit Transfer System) (120 CATS credits) at HE7 level. This award is classified (pass, merit, distinction). Further information can be found under the General Academic Regulations: https://www.southampton.ac.uk/calendar/sectioniv/index.page

We also accommodate students on our "step on, step off" programme allowing you to start the Diploma, with the option to exit with a Postgraduate Certificate in Diabetes Best Practice, Students may also register for standalone assessed modules and if successful will be awarded ECTS, or take the modules as non-assessed CPD courses and receive a transcript of attendance where appropriate.

Core modules: The Foundations of Diabetes, gives a comprehensive overview of the mechanisms and management of diabetes. It provides basic science and clinical knowledge along with study skills, providing you with the underpinning for the rest of your postgraduate studies.

Optional modules: In addition we offer a range of 7 optional modules for students to tailor the course to their needs. Our optional modules are: (1) Diabetes in the young; (2) Psychosocial aspects of diabetes through the ages; (3) Modern Management of Diabetes, Nutrition and Pharmacology (MODNAP); (4) Management of diabetes in primary and secondary care (adult module); (5) Work based learning in Diabetes; (6) Teaching the Teachers to Teach; (7) Clinical Research Skills. This allows students to choose modules that suit their own needs, and provides an opportunity to gain

important skills for meeting the Diabetes Best Practice Tariff (www.diabetes.org.uk).

In addition to the diabetes modules offered on this programme, students are also able to take a module worth up to 20 CATS from around the University. Options include modules such as Amputation Rehabilitation and Prosthetic Use HLTH6160, Leadership in Health and Social Care NQCG3114, Self-Leadership HLTH6076, Prescribing Skills (variety of modules available), Developing Public Health Practice MEDI6070, and Demographic Change, Ageing and Globalisation GERO6019, and Public Health, Law and Ethics LAWS6127. All of these modules align with current leading bodies who provide ongoing guidance relating to benchmark diabetes care, such as the World Health Organisation, the International Diabetes Federation, the Royal College of Paediatric and Child Health, and the Royal College of General Practitioners.

A range of course study materials for all of our modules are available to students via our virtual learning environment, Blackboard (www.blackboard.soton.ac.uk). This will allow you to continue your investigation in your own home and/or work environments when producing your course work. We pride ourselves on having helpful and approachable teaching and support staff and encourage students to contact us whenever support or guidance is needed.

This course varies from the standard University semester and term dates published in the Calendar.

This is a modular postgraduate programme allowing students to study alongside their other commitments. Of the taught component (120 CATS), 100 CATS must be taken from the MSc Diabetes Best Practice programme modules offered, with an option of 20 CATS at level 7 from modules available across the University that can be chosen by the student with prior agreement by the Programme Leader. Normally each student will attend the University for the teaching blocks of 4-6 days per 20 CATS module. Work Based Learning is a virtual module, not requiring attendance.

All modules once selected are core. All the taught modules are worth 20 CATS. Each 20 CATS module represents 200 hours of student learning and endeavour, with teaching where appropriate (including seminars, class presentations and class practical sessions). Teaching and assessments may occur outside University term time.

This award is classified (pass, merit, distinction).

The structure of programmes are as per the University General Regulations found in Section IV of the University Calendar and the programme specifications. Information about pre and co-requisites is included in individual module profiles.

Please check the PG Cert programme specification to see which modules qualify for this exit award.

Part I Core

Code	Module Title	ECTS	Type
MEDI6107	Foundations of Diabetes 2019-20	10	Core

Part I Optional

Select 50 ECTS from the following modules:

Code	Module Title	ECTS	Type
MEDI6082	Clinical Research Skills 2019-20	10	Optional
MEDI6106	Diabetes In the Young (Paediatrics through Young Adulthood) 2019-20	10	Optional

HLTH6092	Management of Adult Diabetes in Primary and Secondary Care 2019-20	10	Optional
MEDI6108	Modern Management of Diabetes, Nutrition and Pharmacology (MODNAP) 2019-20	10	Optional
MEDI6109	Psychosocial Aspects of Diabetes (through the ages) 2019-20	10	Optional
MEDI6218	Teaching the Teachers to Teach 2019-20	10	Optional
MEDI6110	Work Based Learning in Diabetes 2019-20	10	Optional

Progression Requirements

The programme follows the University's regulations for ***Progression, Determination and Classification of Results : Undergraduate and Integrated Masters Programmes*** and ***Progression, Determination and Classification of Results: Postgraduate Master's Programmes*** as set out in the University Calendar: http://www.calendar.soton.ac.uk/sectionIV/sectIV-index.html

Support for student learning

There are facilities and services to support your learning some of which are accessible to students across the University and some of which will be geared more particularly to students in your particular Faculty or discipline area.

The University provides:

- library resources, including e-books, on-line journals and databases, which are comprehensive and up-to-date; together with assistance from Library staff to enable you to make the best use of these resources
- high speed access to online electronic learning resources on the Internet from dedicated PC Workstations onsite and from your own devices; laptops, smartphones and tablet PCs via the Eduroam wireless network. There is a wide range of application software available from the Student Public Workstations.
- computer accounts which will connect you to a number of learning technologies for example, the Blackboard virtual learning environment (which facilitates online learning and access to specific learning resources)
- standard ICT tools such as Email, secure filestore and calendars.
- access to key information through the MySouthampton Student Mobile Portal which delivers timetables, Module information, Locations, Tutor details, Library account, bus timetables etc. while you are on the move.
- IT support through a comprehensive website, telephone and online ticketed support and a dedicated helpdesk in the Hartley Library.
- Enabling Services offering support services and resources via a triage model to access crisis management, mental health support and counselling. Support includes daily Drop In at Highfield campus at 13.00 – 15.00 (Monday, Wednesday and Friday out of term-time) or via on-line chat on weekdays from 14.00 – 16.00. Arrangements can also be made for meetings via Skype.
- assessment and support (including specialist IT support) facilities if you have a disability, long term health problem or Specific Learning Difficulty (e.g. dyslexia).
- the Student Services Centre (SSC) to assist you with a range of general enquiries including financial matters, accommodation, exams, graduation, student visas, ID cards
- Career and Employability services, advising on job search, applications, interviews, paid work, volunteering and internship opportunities and getting the most out of your extra-curricular activities alongside your degree programme when writing your CV
- Other support that includes health services (GPs), chaplaincy (for all faiths) and 'out of hours' support for students in Halls and in the local community, (18.00-08.00)
- A Centre for Language Study, providing assistance in the development of English language and study skills for non-native speakers.

The Students' Union provides

- an academic student representation system, consisting of Course Representatives, Academic Presidents, Faculty Officers and the Vice-President Education; SUSU provides training and support for all these representatives, whose role is to represent students' views to the University.
- opportunities for extracurricular activities and volunteering
- an Advice Centre offering free and confidential advice including support if you need to make an academic appeal
- Support for student peer-to-peer groups, such as Nightline.

Associated with your programme you will be able to access:

- a welcome session for orientation and programme overview.
- student module guides and timetables.
- an introduction to the library and Information Technology (IT).
- extensive library and other learning resources and facilities within the Faculty and University.
- the Programme Leader.
- the Module Leaders who are academic members of staff, who will be responsible for overseeing your progress throughout the module.
- the MSc Diabetes Best Practice Senior Tutor for pastoral needs.
- the International Officer.
- academic staff and administrative staff.
- a personal academic tutor (PAT)
- a student representative

Methods for evaluating the quality of teaching and learning

You will have the opportunity to have your say on the quality of the programme in the following ways:

- Completing student evaluation questionnaires for each module of the programme
- Acting as a student representative on various committees, e.g. Programme Board, Staff Student Liaison Committees, PGT Programmes Committee OR providing comments to your student representative to feedback on your behalf.
- Serving as a student representative on Faculty Scrutiny Groups for programme validation
- Taking part in programme validation meetings by joining a panel of students to meet with the Faculty Scrutiny Group

The ways in which the quality of your programme is checked, both inside and outside the University, are:

- Regular module and programme reports which are monitored by the Faculty
- Programme validation, normally every five years.
- External examiners, who produce an annual report
- Professional body accreditation
- The national Teaching Excellence Framework
- The national Research Excellence Framework (our research activity contributes directly to the quality of your learning experience)
- Institutional Review by the Quality Assurance Agency
- MSc Diabetes Best Practice Programme Board meetings
- Peer observation of teaching
- Ongoing review of subject/professional benchmarking standards
- Ongoing review of the development of diabetes services

Further details on the University's quality assurance processes are given in the *Quality Handbook.*

Career Opportunities

This postgraduate programme is designed to help you treat your patients better; we provide health care professionals with effective education and training in the mechanisms, diagnosis, treatment and management

of diabetes. Our course will enable you to manage both adults and children with diabetes more effectively.

Through the knowledge and understanding you will gain with us, you will also be able to develop and improve your health care provision, through your ability to cascade education to your colleagues, and adult and paediatric patients and their families.

External Examiner(s) for the programme

Name: Dr Peter Zeh - University of Coventry

Students must not contact External Examiner(s) directly, and external examiners have been advised to refer any such communications back to the University. Students should raise any general queries about the assessment and examination process for the programme with their Course Representative, for consideration through Staff: Student Liaison Committee in the first instance, and Student representatives on Staff: Student Liaison Committees will have the opportunity to consider external examiners' reports as part of the University's quality assurance process.

External examiners do not have a direct role in determining results for individual students, and students wishing to discuss their own performance in assessment should contact their Personal Academic Tutor in the first instance.

Please note: This specification provides a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if s/he takes full advantage of the learning opportunities that are provided. More detailed information can be found in the programme handbook.

Appendix 1:

Students are responsible for meeting the cost of essential textbooks, and of producing such essays, assignments, laboratory reports and dissertations as are required to fulfil the academic requirements for each programme of study. In addition to this, students registered for this programme also have to pay for:

Additional Costs

Type	Details
Other	Students are responsible for meeting the cost of essential textbooks, and of producing such essays, assignments and laboratory reports as are required to fulfil the academic requirements for each programme of study. In addition to this, students registered for this programme typically also have to pay for: [insert relevant bullet points from the following list]: · Books and Stationery Equipment (such as Lab equipment, Field Equipment, Art equipment, Recording Equipment, stethoscopes, fob watch, Excavation equipment, Approved Calculators) · Materials (such as laboratory materials, textbooks, drawing paper, fabric, thread, computer disks, Sheet Music) · IT equipment as appropriate (usually a laptop) · Software Licenses · Clothing (such as Protective Clothing, Lab Coats, specific shoes and trousers) · Printing and Photocopying Costs (such as Printing coursework for submission, Academic Poster (A1) printing). · Typing Costs · Field Trips (including accommodation costs for the field trips) · Work Experience and Placements (including accommodation costs near the placement, additional insurance costs) · Travel Costs for placements, field trips and to and from the University and various campus locations (including travel insurance). · Paying for immunisation and vaccination costs before being allowed to attend placements. · Obtaining Disclosure and Barring Certificates or Clearance Subsistence Costs · Paying for a Music accompanist · Translation of birth certificates (for programmes abroad) · Conference expenses · Professional exams · Parking costs (including on placements at hospitals) · Replacing lost student ID cards · Other activities (e.g. visiting specialist marine stations and other institutions) · Costs of attending a graduation ceremony (e.g. hiring a gown for graduation). In some cases you'll be able to choose modules (which may have different costs associated with that module) which will change the overall cost of a programme to you. Details of such costs will be listed in the Module Profile. Please also ensure you read the section on additional costs in the University's Fees, Charges and Expenses Regulations in the University Calendar available at www.calendar.soton.ac.uk/

In some cases you'll be able to choose modules (which may have different costs associated with that module) which will change the overall cost of a programme to you. Details of such costs will be listed in the Module Profile. Please also ensure you read the section on additional costs in the University's Fees, Charges and Expenses Regulations in the University Calendar available at www.calendar.soton.ac.uk/