

## Programme Specification

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### Diabetes Best Practice (2021-22)

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	Master of Science (MSc)
Name of award	Diabetes Best Practice
Interim Exit awards	Postgraduate Certificate in Higher Education Postgraduate Diploma in Higher Education
FHEQ level of final award	Level 7
UCAS code	
Programme code	6157(FT) 6158(PT)
QAA Subject Benchmark or other external reference	
Programme Lead	Susie Rebelo Hopkins

### Programme Overview

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#### 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, nutrition, lifestyle and insulin/medicines management, work-based learning, as well as research and dissemination skills. 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 one module delivered by 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.

We also accommodate students on our “step on, step up” programme, allowing you to start accumulating credits with single modules before completing a Postgraduate Certificate, a Postgraduate Diploma, or the full MSc.

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**

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, workshops, group work, peer teaching, problem-solving approaches and coursework.
- Skills in diagnostic testing, and use of medical devices appropriate to diabetes are learned through a combination of workshops and practical sessions where you may be able to experience 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 may be consolidated at attendance at recognised diabetes clinics and use of our specialised e-learning videos 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 e-learning materials.
- Additional support is provided by direct access to tutors.
- Understanding research methods and applying them to the discipline of diabetes is taught through interactive lectures, workshops and group work, integration of research with established protocols during lectures, by planning a research project (during the taught part of the programme) and through personal supervision and performing a dissertation project (Research or Professional Project).

### **Assessment**

Our assessments are designed to encourage your deeper learning and understanding. Your knowledge and understanding will be tested through a combination of formative and summative assessments that may include essays and other written assignments including case reports, as well as multiple choice questions, interviews and oral presentations.

## **Special Features of the programme**

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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). It also provides an opportunity to carry out research in the diabetes field, providing unique insights in depth in a topic of your choice. 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

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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, there can be an increased understanding and improvement in diagnosis, management, self-management and psychological well-being.
- 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, and develop the skills needed to successfully complete a dissertation project.

## Programme Learning Outcomes

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Having successfully completed this programme you will be able to demonstrate knowledge and understanding of:

### Knowledge and Understanding

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

- A1. Discussion of the complex mechanisms involved in diabetes and its management.
- A2. Integration of the biomedical and psychosocial aspects of diabetes into your approach for diagnosing and treating people with diabetes.
- A3. Application of your knowledge and understanding to optimize the methods you use for the diagnosis, treatment and management of diabetes including insulin and carbohydrate counting.
- A4. Synthesis of theoretical and practical knowledge of 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.
- A5. Development of a comprehensive understanding of research methodologies or methods of enquiry and justify why they are appropriate for investigating the processes of diabetes management and supporting self-management.
- A6. Application and justification of new research findings to improving the management of people with diabetes.
- A7. Discussion of 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, workshops, group work, peer teaching, problem-solving approaches and coursework.

- Skills in diagnostic testing, and use of medical devices appropriate to diabetes are learned through a combination of workshops and practical sessions where you may be able to undertake testing procedures e.g. self-monitoring of blood glucose, insulin pumps and continuous blood glucose monitors.
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- Innovative and relevant materials to aid self-directed learning on the application of acquired knowledge are also provided through e-learning materials.
- Additional support is provided by direct access to tutors.
- Understanding research methods and applying them to the discipline of diabetes is taught through interactive lectures, workshops and group work, integration of research with established protocols during lectures, by planning a research project (during the taught part of the programme) and through personal supervision and performing a dissertation project (Research or Professional Project).

### **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**

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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. Develop and 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, workshops, practicals, group working, case-based learning, e-learning, 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 MSc students in the Faculty you will produce several written assignments and a dissertation during your studies which will employ each of the listed skills.

## **Transferable and Generic Skills**

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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. Select 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. Develop 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**

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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**

#### **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 modular postgraduate programme is normally suited to 12 months full-time or 2 to 5 years (60 months) of part-time study, leading to 90 ECTS (European Credit Transfer System) (180 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 welcome students on our flexible "step on, step up" programme allowing you to start with individual modules before accumulating sufficient credits to be awarded the Postgraduate Certificate in Diabetes Best Practice, or a Postgraduate Diploma and or even upgrading to the full MSc. Equally students registered for the full MSc can exit with a Postgraduate Certificate or a Postgraduate Diploma 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.

To be awarded a Postgraduate Certificate (PGCert) students are required to have successfully completed the module Foundations of Diabetes, and 2 others from: Diabetes in the Young; Management of Adult Diabetes in Primary and Secondary Care; Modern Management of Diabetes, Nutrition and Pharmacology; Psychosocial Aspects of Diabetes; and Work Based Learning in Diabetes (total of 30 ECTS). Programme and module learning outcomes should have been met (please see MSc programme learning outcomes and individual module profiles).

To be awarded a Postgraduate Diploma (PGDip) students are required to have successfully completed the module Foundations of Diabetes, and 5 others from: Diabetes in the Young; Management of Adult Diabetes in Primary and Secondary Care; Modern Management of Diabetes, Nutrition and Pharmacology; Psychosocial Aspects of Diabetes; Work Based Learning in Diabetes; Clinical Research Skills; and Teaching the Teachers to Teach (total of 60 ECTS). Programme and module learning outcomes should have been met (please see MSc programme learning outcomes and individual module profiles).

Core modules: The Foundations of Diabetes module 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. All MSc students will also receive training in research skills and statistics in preparation for their dissertation in the form of our core module, Clinical Research Skills. The dissertation is undertaken for the MSc itself and can be traditional research or a professional project and is 600 hours of study time. This should normally only begin once the Foundations of Diabetes and the Clinical Research Skills modules have been successfully completed.

Optional modules: In addition, we offer a range of 6 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; (3) Modern Management of Diabetes, Nutrition and Pharmacology; (4) Management of Adult Diabetes in Primary and Secondary Care; (5) Work Based Learning in Diabetes; and (6) Teaching the Teachers to Teach. This allows students to choose modules that suit their own professional needs and personal interests, and provides an opportunity to gain important skills for meeting the Diabetes Best Practice Tariff ([www.diabetes.org.uk](http://www.diabetes.org.uk)).

50 ECTS (100 CATS) must be taken from the MSc Diabetes Best Practice programme modules offered, with an option of 10 ECTS (20 CATS) from around the University, with prior agreement of the programme leader. Options include modules such as Amputation Rehabilitation and Prosthetic Use HLTH6160, Leadership in Health and Social Care NQCG3114, Self-Leadership HLTH6226, Prescribing Skills (variety of modules available), Public Health (variety of modules available), and Demographic Change, Ageing and Globalisation GERO6019.

All our 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](http://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.

Normally each student will attend the University for the teaching blocks of 3-6 days per 10 ECTS (20 CATS) module. Work Based Learning is a virtual module, not requiring attendance. The Diabetes Dissertation project runs for 25 weeks for full time students, or part time over 12 months. The Diabetes Dissertation module should normally only begin once Foundations of Diabetes and Clinical Research Skills have been successfully completed. Timing may overlap with other modules depending on your module choice.

All modules once selected are core. All the diabetes taught modules are worth 10 ECTS (20 CATS) and the Dissertation module is worth 30 ECTS (60 CATS). Each 10 ECTS (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.

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.

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

Please check the PG Certificate and PG Diploma requirements above to see which modules qualify for these exit awards. The PG Certificate is unclassified.

### Part I Core

Code	Module Title	ECTS	Type
MEDI6082	Clinical Research Skills 2021-22	10	Core
MEDI6105	Diabetes Dissertation 2021-22	30	Core
MEDI6107	Foundations of Diabetes 2021-22	10	Core

### Part I Optional

Students should select 80 CATS from the following:

Code	Module Title	ECTS	Type
MEDI6106	Diabetes In the Young 2021-22	10	Optional
HLTH6092	Management of Adult Diabetes in Primary and Secondary Care 2021-22	10	Optional
MEDI6108	Modern Management of Diabetes, Nutrition and Pharmacology (MODNAP) 2021-22	10	Optional
MEDI6109	Psychosocial Aspects of Diabetes 2021-22	10	Optional
MEDI6218	Teaching the Teachers to Teach 2021-22	10	Optional
MEDI6110	Work Based Learning in Diabetes 2021-22	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* Any exemptions or variations to the University regulations, approved by AQSC are located in *section VI of the University Calendar*.

## 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.
- in consultation with the Module Leader you will identify or will be allocated with a local supervisor and / or a University supervisor for your dissertation projects.
- academic staff and administrative staff.
- a personal academic tutor (PAT)
- a student representative

## Methods for evaluating the quality of teaching and learning



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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. Staff/Student Liaison Committees, School 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.

Further details on the University's quality assurance processes are given in the [Quality Handbook](#).

## Career Opportunities

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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

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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 they take 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	<p>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 typically also have to pay for:</p> <ul style="list-style-type: none"><li>· Books and Stationery Equipment (such as lab equipment and consumables if carrying out a laboratory-based dissertation project, recording equipment, stethoscopes)</li><li>· Materials (such as laboratory materials, textbooks, computer back-up)</li><li>· IT equipment as appropriate (usually a laptop)</li><li>· Software licenses</li><li>· Clothing (such as protective clothing, lab coats, specific shoes and trousers suitable for clinical or laboratory wear)</li><li>· Printing and photocopying costs (note- assignments, including dissertations, are submitted online).</li><li>· Work experience and placements (including accommodation costs near the placement, additional insurance costs)</li><li>· Travel costs for placements, field trips and to and from the University and various campus locations (including travel insurance).</li><li>· Paying for immunisation and vaccination costs before being allowed to attend placements.</li><li>· Obtaining Disclosure and Barring Certificates or Clearance</li></ul> <p>Subsistence Costs</p> <ul style="list-style-type: none"><li>· Translation of birth certificates (for programmes abroad)</li><li>· Parking costs (including on placements at hospitals)</li><li>· Replacing lost student ID cards</li><li>· Other activities</li><li>· Costs of attending a graduation ceremony (e.g. hiring a gown for graduation).</li></ul>

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/](http://www.calendar.soton.ac.uk/).