

Preventative Cardiovascular Medicine

Postgraduate Diploma and MSc Courses





Postgraduate Diploma

Delivered over 1 year, the online, part-time, Postgraduate Diploma course is specially developed for busy health professionals. Formatted in 6 modules, each 6 weeks in duration, the course is designed to be practical and clinically focused.

MSc

The MSc runs over 2 calendar years, with the first year comprising of the Postgraduate Diploma. The second year starts with an initial 12 week online module to develop skills in critical appraisal and knowledge of research methodologies. Students then complete the professional project module.

Why study Preventative Cardiovascular Medicine with us?

Taught completely online, our Postgraduate Diploma and MSc course in Preventative Cardiovascular Medicine have been developed to holistically address the approach to vascular disease. The breadth that the courses cover, and their focus on integrating all of preventative care makes them truly unique.

These courses will provide an integrated approach to preventative cardiovascular medicine. Focusing on applying scientific principles to direct patient care, and create healthcare professionals who can independently assess, evaluate and disseminate the evidence base related to preventative cardiovascular medicine.

Applicants taking our courses in Preventative Cardiovascular Medicine will typically be GPs, Secondary Care Trainees in Diabetes, Vascular Surgery, Cardiology, Medical Biochemistry, Junior Doctors, Paramedics, Dietitians, Allied Health Professionals, Specialist Nurses working in FH and Practice Nurses running CV clinics who wish to develop their skills in this area of work.

Our Preventative Cardiovascular Medicine courses are offered in conjunction with our partner, the University of South Wales, who have developed a strong reputation for delivering innovative learning. Students may apply for the MSc in Preventative Cardiovascular Medicine as a two-year course, firstly completing the Postgraduate Diploma (120 credits), followed by the MSc (60 credits).

Preventative Cardiovascular Medicine

Postgraduate Diploma

Course Modules

Our online Preventative Cardiovascular Medicine Postgraduate Diploma allows you to study for just one calendar year and is a part-time, distance-learning course. The course is worth 120 credits and comprises six modules of 20 credits, each running over a period of six weeks.

Module 1 - Principles of Preventative Cardiovascular Medicine

Aim of the module:

- Develop a critical understanding of the science underpinning preventative cardiovascular medicine and the assessment of cardiovascular risk as applied to clinical practice.

Synopsis of module content:

- Candidates will establish an understanding of the concept of risk and how this applies to traditional and emerging risk factors for cardiovascular disease.
- They will study the science behind cardiovascular function and how this relates to clinical practice, as well as emerging methods of risk calculation.

On completion of this module, students will be able to:

1. The ability to appraise and apply the use of cardiovascular risk assessment tools in clinical practice and discuss the utility of emerging tools for cardiovascular risk assessment, including imaging techniques.
2. An understanding of the pathophysiology of vascular disease and examine its application to current clinical practice.

Module 2 - Cardiovascular Risk Management

Aim of the module:

- To develop a critical understanding of nutrition and lifestyle factors in the development of cardiovascular disease.

Synopsis of module content:

- Factors, other than lipid status and hypertension, may have an important impact on cardiovascular risk. Smoking, nutrition, diabetes mellitus and physical activity are of particular importance. The impact of these factors on cardiovascular disease will be evaluated in detail. Topical issues such as macronutrient and micronutrient content of diet and their impact on cardiovascular disease will be evaluated.
- Candidates will evaluate the role of legislation in prevention of cardiovascular disease.
- Candidates will assess and employ strategies to reduce

On completion of this module, students will be able to:

1. Understand and apply clinical strategies to reduce smoking.
2. Understand and appraise the role of dietary modification in the reduction of cardiovascular disease.
3. Be able to critically evaluate the role of obesity and physical activity in contributing to cardiovascular disease.

Module 3 - Lipid Metabolism in Clinical Practice

Aim of the module:

- To develop a comprehensive understanding of lipid metabolism and disorders, and their presentation and assessment in clinical practice.

Synopsis of module content:

- Lipid metabolism in health and disease and how this relates to clinical presentation. Familial hypercholesterolaemia, the commonest cause of inherited premature cardiovascular disease, will be considered in detail, including the role of family cascade testing in clinical practice. This will also include evaluation of how molecular testing and modern biochemical analysis is enhancing our understanding of lipid disorders in clinical practice.

On completion of this module, students will be able to:

1. Understand lipid metabolism in both health and disease and demonstrate expertise in how different lipid disorders present in clinical practice and their underlying pathophysiology.
2. Understand and critically evaluate diagnostic techniques used in the clinical assessment of lipid disorders.

Module 4 - Management of Lipid Disorders

Aim of the module:

- To critically understand the management of inherited dyslipidaemias, with a particular focus on familial hypercholesterolemia.

Synopsis of module content:

- Management strategies for lipid disorders. Specific non-pharmacological interventions for lipid disorders as well as current and emerging pharmacological therapies will be evaluated.

On completion of this module, students will be able to:

1. The ability to demonstrate a critical understanding of the management of lipid disorders.
2. The ability to critically appraise the potential role of novel therapies in the management of lipid disorders.



Doing a course, all online is a lot more convenient for me around my clinical role so that's why I chose to study with Learna... I really like how flexible the course was, I liked the freedom I got with the professional project and I was well supported throughout the whole 2 years!

- Lisa Jayne Edwards, Medical Education MSc graduate

Module 5 - Hypertension: Diagnosis and Management

Aim of the module:

- To develop a critical understanding of the pathophysiology and management of hypertension.

Synopsis of module content:

- Candidates will consider the pathophysiology of hypertension, including genetic determinants. They will evaluate both primary and secondary causes of hypertension. Diagnostic aspects will be considered, such as use of ambulatory monitoring and the use of tests to evaluate secondary hypertension.
- Modern management of hypertension will be considered in detail, including resistant hypertension.

On completion of this module, students will be able to:

1. The ability to demonstrate a critical understanding of the pathophysiology of hypertension and its diagnosis in clinical practice.
2. The ability to critically evaluate the use of current drugs used to treat hypertension and their limitations.
3. The ability to critically appraise future targets for the treatment of hypertension.

Module 6 - Preventative Cardiovascular Medicine in Special Situations

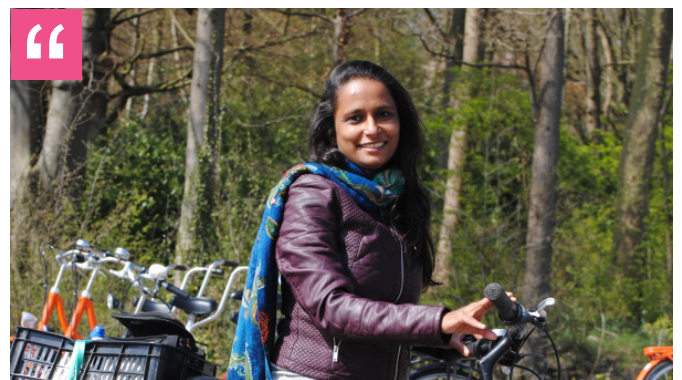
Aim of the module:

- To gain a critical understanding of preventative cardiovascular medicine in a wide range of relevant clinical conditions.

Synopsis of module content:

- A detailed understanding of the role of preventative cardiovascular medicine in conditions where this is of particular or emerging importance. The examples of diabetes mellitus, renal disease and Human Immunodeficiency Virus (HIV) infection will be considered in detail. The importance of preventative cardiovascular medicine in individuals with mental health conditions and chronic inflammatory disease, such as rheumatoid arthritis will be evaluated.
- Preventative cardiovascular medicine in children and older people will also be explored in detail.

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"When I enrolled into the course I had no idea about the opportunities it would provide me with. Having my first paper published through this course helped me overcome my apprehensions of academic writing and made me more confident to pursue it further. "

- Rutu Dave



On completion of this module, students will be able to:

1. Critically evaluate the role of chronic disease in the pathogenesis of cardiovascular disease.
2. Discuss strategies for reducing cardiovascular disease in patients with specific medical conditions.

Teaching Methods

Our courses are conducted entirely online through self-directed distance learning. However, you will receive guidance throughout with tutor-stimulated academic discussions, which are based on clinically-rich case scenarios. These usually occur within groups of 10-15 students, allowing you to clearly communicate with both your tutor and fellow students.

You will participate in a combination of group and individual activities, which are recorded in a reflective journal. This innovative teaching method enables you to envisage the translation of your studies into your every day work and practice.

Our dedicated Student Support Team are also available to help with any problems you may face. From navigating our online platform to advising you on deadlines, our team can assist with any questions or challenges you may have along the way.

Study Skills week

Once you have secured your place on the course, you will be required to attend our Study Skills week. This will give you the opportunity to participate in workshops on Harvard referencing, scientific and reflective writings, and levels of evidence in preparation for your studies. It is compulsory for you to attend this induction, as it'll provide you with a sturdy introduction to the course.

Preventative Cardiovascular Medicine Postgraduate Diploma

Entry Requirements

Documents required:

- A copy of your updated CV including your address and date of birth.
- A copy of your undergraduate degree certificate.
- The name and email address of someone who is able to provide a reference, this can be a work colleague, employer or former tutor.
- A detailed personal statement explaining why you would like to undertake the course.

Health professionals working within a clinical setting, both UK and overseas, with a related Healthcare Science degree (including international qualifications) are eligible to apply for the Postgraduate Diploma in Preventative Cardiovascular Medicine.

Applicants without the above academic criteria but relevant/suitable experience can apply. Applications will be judged on the individual specifics of background and qualifications including ability to work at postgraduate level (applicants may be asked to submit a piece of work for assessment to confirm that they are able to work comfortably at postgraduate level and demonstrate requisite clinical/professional knowledge).

Applicants should submit copies of the following with their application:

Proficiency in the English language is also essential to complete our courses. If English is NOT your first language, we ask for proof of competency during the application process. We are able to accept an IELTS overall score of 6.0 (with a minimum of 5.5 for each band) or an equivalent qualification.



Preventative Cardiovascular Medicine MSc

Course Modules

Module 1 - Research Methodologies and Critical Appraisal

Aim of the module:

- To help students recognise, understand, interpret and apply methods used in healthcare research.
- Understand, interpret and apply basic statistics and epidemiological terms.
- Understand and critically appraise the various methodologies specific to Preventative Cardiovascular Medicine research.
- Understand and critically appraise the various studies used in clinical and scientific research such as single blind studies, double blind placebo controlled studies and meta-analyses.

Synopsis of the module:

- Basic terminology used in epidemiology and research studies such as prevalence, incidence, sensitivity, specificity, false positive and false negatives.
- Interpreting graphical representation of epidemiological and statistical data such as Kaplan-Meier Curves, Forrest Plots and Meta-analyses.
- Calculations used in the assessment of research data such as relative risk, absolute risk, and number needed to treat.
- Basic statistical tests and their applications including T-Tests, ANOVA, Chi-Squared Tests. Methodologies as applied to Preventative Cardiovascular Medicine research.
- Fundamentals of evidence based practice and its application into the clinical setting.
- Establishing patient registers and the value of disease specific registers.
- Research into educational principles for both medical practitioner and patient. Understanding what may work for the patient as well as the educator.

On completion of this module, students will be able to:

1. Interpret research in preventative cardiovascular medicine.
2. Display a critical understanding of the clinical implications of research and its impact upon healthcare delivery and service development.
3. Implement evidence based practice into care.

Module 2 - Professional Project

Aim of the module:

- To develop an ability to critically evaluate areas of professional practice.
- To critically appraise specific areas of clinical, research and organisational practice.
- To develop skills in independent research and study.
- To develop skills relevant to scientific publications.

Synopsis of the module:

The module will depend on the creation of a piece of work based upon a specific clinically related project relevant to the person's practice.

This project may comprise:

- Literature review and appraisal of the evidence. Audit of practice including organisational or clinical.
- Review and implementation of evidence-based practice.
- Qualitative or quantitative research (formal research involving human subjects is not anticipated).

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- Case(s)-based and quality of service review with critical appraisal.
- Case report, review of literature and organisational assessment.

On completion of this module, students will be able to:

1. Produce an extensive piece of literature which may be suitable for peer-reviewed.
2. Demonstrate an ability to recognise and implement good practice.
3. Critically evaluate practice and suggest improvements or change.

Teaching Methods

Module 1 - Research Methodologies and Critical Appraisal

MSc teaching methods for this module are similar to the postgraduate diploma course modules, however it is run over 12 weeks.

Module 2 - Professional Project

To produce the professional project, students continue to use the online course; however much of the work is self-directed.

Students are expected in the first 8 weeks to interact with their tutor on a weekly basis.

Students select a specific project and submit a project summary/ proposal (approximately 1,500 words).

Once the proposal has been approved, the professional project (10,500 words) itself is then completed through online guidance and supervision offered by the tutor. The student and tutor will interact regularly (weekly) on the dedicated students/ tutor discussion area or through any other means of communication deemed appropriate by both parties (telephone/ SKYPE/ email). Note of any verbal communication with the tutor is recorded in the student's journal by the student.

Entry Requirements

Entry to the one year Preventative Cardiovascular Medicine MSc will require successful completion of the Preventative Cardiovascular Medicine Postgraduate Diploma (120 credits). This can be from Diploma MSc, the University of South Wales or another UK university (having completed similar modules). We can discuss this with you during your application.

Individuals who have not completed the postgraduate diploma can apply for the Preventative Cardiovascular Medicine MSc as a two year course consisting of eight modules (180 credits) with the first 120 credits deriving from the postgraduate diploma.

Entry requirements for the two-year course are as for the Postgraduate Diploma.

Applicants should be working in a clinical setting, either in the UK or overseas, and have a science degree in a relevant subject.

You will also need to submit copies of the following with your application:

- Qualification certificates
- A maximum of two professional and/or academic references
- IELTS score of 6.0 with a minimum of 5.5 for each band (or an equivalent qualification)

Graduates of this course will receive a Master of Science award.

The Preventative Cardiovascular Medicine Postgraduate Diploma provides a progression route for the MSc course in Preventative Cardiovascular Medicine.



What do our students think?

Since 2010, over 1000 students have progressed their medical career by enrolling in one of our qualifications. We ourselves have learned a lot during this time and continually seek to improve the student learning experience. Here is what some of our previous students have said:

"I found the online learning very interesting. It enabled me to save money and time."

Dr Imad Eddin Rahamtalla, Doctor

"I strongly recommend Diploma MSc to all those busy physicians who are working in remote areas and wish to upgrade their knowledge."

Dr Junaid Zaffar, Diabetologist

"The learning was fun and enjoyable. The course was awesome and it increased my confidence."

Dr Sankar Nath Jha, Assistant Professor





"I found learning with Diploma MSc interesting, it helped to update my academic knowledge."

Dr Prasanth Kinattupurayil, Doctor

"I love that it was flexible and that I could log in at my convenience. I found this course to be very in-depth, informative, challenging and stimulating."

Kerri-Ann Best PGDip, RD



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