Merck Foundation Nationwide Diabetes & Hypertension Blue Points Program

Postgraduate Diploma in Diabetes Management

Delivered over one year, the online part time distance learning Postgraduate Diploma in Diabetes course is specially developed for busy health professionals. The online diabetes course is designed to be practical and clinically focused.

This program specifically focuses on the following topics:

- Principles of Diabetes.
- Approaches to Care.
- Promoting Self Care.
- Management of Diabetes.
- Complications (microvascular)
- Complications (macrovascular)



Postgraduate Diploma in Diabetes Management, University from UK	
Duration	1 - year online learning platform
Eligibility	• Bachelor's degree in Medicine and Surgery (Primary Medical Qualification)(e.g.: MBBS or MBChB) • Candidates working within a public sector clinical setting (preferably) • Recommendation from the Ministry of Health or Office of The First Lady (For Asian Countries- Recommendation letter from The Ministry of Health or Vice Chancellor/Dean/Rector of the Medical University or President of respective Society or Medical Association) • Proof of English language proficiency (details provided below) • Accessibility to stable Internet connection

Course Structure

The online course lasts one calendar year and is a part time distance learning course. It consists of 6 modules per year, each of 6 weeks duration.

Module 1 - Principles of Diabetes

Aims of the module:

- To understand the diagnosis, classification and presentation of diabetes, recognizing the person with diabetes as the center of care.
- To gain an overview of the epidemiology and pathophysiology of diabetes mellitus.

Synopsis of the module Content

- Definition of diabetes.
- Incidence and prevalence.
- Aetiology.
- Diagnostic criteria of diabetes, its classification, presentation and epidemiology.
- The anatomy, physiology and pathophysiology underlying the different types of diabetes. Insulin action and resistance.
- Awareness and classification of the metabolic syndrome.
- Screening for diabetes.

Module 2 - Approaches to Care

Aims of the module:

- To gain a critical and applied understanding of the different approaches to delivering diabetes care including multi-disciplinary working in complex/unpredictable cases and situations while maintaining a person-centered approach.

Synopsis of the module content:

- The role of the diabetes educator and other members of the multi-disciplinary team.
- The perspective of the person living with diabetes.
- User/public involvement in care.
- Teaching and Learning theory and application.
- Education programmes available.
- Psycho-social and behavioural approaches – theory and application.

- Community awareness and health promotion theory and application.

Module 3 - Promoting Self Care

Aims of the module:

- To facilitate the promotion of self care activities in the management of diabetes.

Synopsis of the module content:

- Promoting self care: The role of lifestyle management with emphasis on diet and exercise.

- Physical activity: the effects of physical activity, appropriate investigations, recommendations for physical activity, difference between metabolic and cardiovascular fitness targets, adjusting energy expenditure, prevention of hypo/hyperglycaemia, barriers to increasing daily activities and strategies to overcome them, appropriate activities for people with co-morbidity and/or complications.

- Nutrition: principles of a healthy diet; familial, social, religious and cultural influences on eating and food choices, availability of food, glycaemic index, nutritional assessment, setting dietary goals, educational methods. Knowledge of the potential benefits of structured education programmes for people with diabetes.

Module 4 - Management of Diabetes

Aims of the module:

- To gain knowledge and skills in the pharmacological and other therapeutic options of people with diabetes and to be aware of the emerging therapies available in the management of people with diabetes to help them manage their own condition.

Synopsis of the module content:

- Pharmacology and appropriate use of the oral and injectable therapies available to treat diabetes and its complications.
- Dose adjustment, treatment regimens (local and global) and side effects.
- Adherence issues.
- Commencing insulin therapy.
- Physiological principles that underlie various therapies used in the treatment of patients with diabetes.

- Emerging therapies in diabetes.
- Identifying appropriate treatment aims.
- Complementary therapies used in the treatment of diabetes

Module 5 - Complications (microvascular)

Aims of the module:

- To provide an overview of the short and long term complications of diabetes, taking into account the perspective of the person with diabetes.
- To review the evidence base and apply strategies for the prevention, delay and treatment of complications. Synopsis of the module content:
- Short-term complications; hypoglycaemia and hyperglycaemia/ ketoacidosis and Hyperglycaemic hyperosmolar state (HHS) – signs and symptoms, causes, treatment, reducing the risk of recurrent episodes; management of home emergencies.
- Long term complications: microvascular disease, retinopathy, maculopathy, nephropathy, neuropathy, sexual dysfunction – epidemiology, recognition, signs and symptoms, assessment, treatment and management, prevention and follow-up

Module 6 - Complications (macrovascular)

Aims of the module:

- To gain an in-depth understanding of the risk factors for and management of macrovascular complications, taking into account the perspective of the person with diabetes.

Synopsis of the module content:

- Macrovascular disease to include cardiovascular disease, cerebro-vascular disease, peripheral vascular disease and the diabetic foot.
- Cardiovascular risk factors, management of risk factors.
- Primary and secondary preventative measures.
- Treatment targets and interventions

Assessment

Assessments are done using clinical scenarios to enhance problem-solving, critical analysis and evidence-based care. Each of the 6 modules has the same assessment format. Due to the online nature of the course, students are expected to login and participate in the course regularly throughout the module.

- Academic Forum - 40%
- Individual learning portfolio - 10%
- Group/individual Assignments - 20%
- Case based examination - 30%

Eligibility Criteria

- Bachelor's degree in Medicine and Surgery (Primary Medical Qualification)(e.g.: MBBS or MBChB)
- Candidates working within a public sector clinical setting
- Recommendation from the Ministry of Health or Office of The First Lady (For Asian Countries- Recommendation letter from The Ministry of Health or Vice Chancellor/Dean/Rector of the Medical University or President of respective Society or Medical Association)
- Proof of English language proficiency
    - Proof of English language proficiency
      Proficiency in the English language is essential to completing courses. If English is NOT your first language, proof of competency during the application process is to be submitted.
    - An IELTS overall score of 6.0 (with a minimum of 5.5 for each band) or an equivalent qualification is required as proof of English Language Proficiency.
- Accessibility to stable Internet connection

Applicants should submit copies of the following with their application:

- A copy of your updated CV including your address and date of birth.
- Copy of qualification certificates.
- English language qualification.
- Personal statement.
- Recommendation from the Ministry of Health or Office of The First Lady (For Asian Countries- Recommendation letter from The Ministry of Health or Vice Chancellor/Dean/Rector of the Medical University or President of respective Society or Medical Association)
- Income proof (one month Salary/Pay slip or Salary Statement or 3 months bank statement)