

Anti-ageing Medicine (The University of South Wales)

Postgraduate Certificate





Postgraduate Certificate

Delivered over 6 months, the online, part-time, Postgraduate Certificate course is specially developed for busy health professionals. Formatted in 3 modules, 6 weeks each; the course is designed to be practical and clinically focused.

Why Study Anti-ageing Medicine with us?

Taught completely online, our Anti-ageing Medicine programme is designed to help healthcare professionals specialise in their career and aid the need for more anti-ageing professionals. The Anti-ageing Medicine Postgraduate Certificate is applicable to all GPs, Practice Nurses, Specialist Nurses and Pharmacists.

Our Anti-ageing Medicine programme satisfies the growing international demand for Anti-ageing experts. Having a specialist knowledge in Anti-ageing is an increasingly important asset for healthcare professionals.

The Postgraduate Certificate is aimed at GPs, doctors, nurses, physicians and pharmacists. For healthcare professionals who successfully complete a qualification, career progression would likely be facilitated, as well as the direct opportunity to improve patient care.

Anti-ageing Medicine Postgraduate Certificate

Course Modules

Our online Anti-ageing Medicine Postgraduate Certificate allows you to study for 6 months and is a part-time, distance-learning course.

Module 1 - Science and Endocrinology of Ageing

Aim of the module:

- To develop a comprehensive understanding of the scientific basis and endocrinological mechanisms that underlie the ageing process

Synopsis of module content:

- Introduction to the science of ageing
- The biology of ageing and cellular mechanisms
- Environmental and nutritional influences on ageing
- Assessment of ageing on fitness and organs
- Hormonal changes and age-related disorders
- Fundamentals of biological clocks and therapeutic interventions

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

1. Demonstrate a comprehensive knowledge of the foundational concepts in the science and endocrinology of ageing, encompassing cellular mechanisms, environmental influences, and hormonal changes
2. Apply advanced interdisciplinary approaches to assess the effects of ageing on fitness, organs and health and proficiently devise evidence-based interventions for age-related disorders, and biological clock optimisation.

Module 2 - Lumps, Bumps and Skin Cancer

Aim of the module:

- To equip healthcare professionals with the knowledge to advise patients on the latest cosmetic interventions while prioritising patient safety and informed decision-making.

Synopsis of module content:

- The skin and ageing
- Topical therapies: Cosmeceuticals and peels
- Injectable therapies: Toxins and fillers
- Other therapies: Platelet-rich plasma therapy, mesotherapy, body sculpting and lipolysis
- Non-surgical hair restoration and treatment of hirsutism
- Ethical considerations, complications and patient support

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

1. Develop a comprehensive understanding of the intricate relationship between skin and the ageing process, exploring the underlying physiological changes and their implications for cosmetic and aesthetic anti-ageing strategies.
2. Critically analyse and apply other innovative techniques such as platelet-rich plasma therapy, mesotherapy, body sculpting, and lipolysis, along with non-surgical hair restoration and hirsutism treatment, addressing ethical concerns, complications, and providing patient support effectively.

Module 3 - Therapeutic Anti-ageing Interventions

Aim of the module:

- To empower healthcare professionals to implement innovative therapeutic strategies to enhance patients' quality of life as they age.

Synopsis of module content:

- Age-related chronic diseases and lifestyle management
- Nutritional interventions for healthy ageing
- Anti-ageing therapies: metformin and rapamycin
- Anti-ageing endocrine therapies: growth hormone, sex steroids, menopause, andropause
- Therapeutic approaches to weight management
- Emerging Evidence in anti-ageing therapies

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

1. Develop and in depth knowledge of age related chronic diseases, exploring their underlying mechanisms and the significance of lifestyle management in mitigating their impact on healthy ageing.
2. Critically analyse and implement a diverse array of nutritional strategies to foster healthy ageing, intricately considering the multifaceted role of dietary interventions in averting and addressing age-related chronic conditions across various settings.

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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



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.

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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

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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 Dermatology in Clinical Practice.

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 completing 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.





What do our students think?

Since 2010, over 6000 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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