

 **Learna** | **Diploma MSc**

Clinical Nutrition

Postgraduate Certificate



**THE UNIVERSITY OF
BUCKINGHAM**



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 Clinical Nutrition with us?

The field of clinical nutrition is an essential cornerstone in promoting the comprehensive health and development of individuals. It encompasses a range of patient needs, from specific deficiencies to overall health. It addresses individual nutritional needs to optimise well-being across the healthcare spectrum.

Our Postgraduate Certificate in Clinical Nutrition will allow students to gain a deeper understanding of how nutrition can affect medical conditions and lifestyles in varying population groups, and to gain a better insight into the various presentations related to nutrition that they could encounter.

The Postgraduate Certificate is aimed at Dietitians, Medical doctors, Pharmacists, Speech and language therapists, Occupational therapists, Physiotherapists..

These clinical nutrition courses offer the skills and insights needed to advance your career in clinical nutrition.

Clinical Nutrition Postgraduate Certificate

Course Modules

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

Module 1: Applied and Clinical Nutrition in Adult Medicine

Aim of the module:

- The module provides a systematic understanding and specialist theoretical and methodological approaches of the fundamentals of nutrition in adult medicine, covering the physiology and pathophysiology of diet, metabolism, appetite and food science, including macronutrients (carbohydrates, proteins, fats), micronutrients (vitamins, minerals) and their metabolic roles.

Indicative content:

- Food science, including Foods, nutrients, metabolism, diet and appetite
- Macronutrients
- Micronutrients
- Physiological functions
- Biochemical mechanisms
- Diets

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

1. Demonstrate a systematic understanding of the fundamentals of nutrition in health.
2. Critically evaluate current research and guidelines relating to dietary patterns and nutrient intake in adults, in a range of settings.
3. Apply an advanced knowledge and understanding of the dietary variety, nutritional intake patterns, functions of nutrients, absorption and metabolism.

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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

Module 2: Nutritional Assessment, Screening, Diagnosis, and Body Composition

Aim of the module:

- This module will equip students with the knowledge and skills to conduct integrated nutritional assessments, calculate individual energy and nutrient requirements, and foster interdisciplinary collaboration in addressing nutritional concerns, whilst providing in-depth knowledge of body composition in healthy individuals, assessment methods, and factors influencing nutritional status.

Indicative content:

- Nutritional risk, nutritional status and body composition changes (changes throughout the life cycle)
- Methods for assessing nutritional risk and nutritional status body composition (practical and research applicability)
- Dietary intake questionnaires to assess current and previous dietary patterns.
Nutritional history
- Previous intake of food and nutrients (consumption of supplements and drugs)
- Biochemical analysis
- Social and individual aspects relevant to access and intake of food (isolation, housing conditions, economic factors, functional disabilities)

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

1. Demonstrate an in-depth knowledge of the physiological changes in body composition across various life stages and the implications for overall health, integrating knowledge of metabolic processes, hormonal influences, and nutritional requirements.
2. Critically evaluate and apply advanced methodologies for assessing body composition in clinical and research contexts, synthesising information from multiple sources to interpret anthropometric data, bioimpedance measurements, and imaging techniques accurately.
3. Synthesise the evidence and critically interpret this into the delivery of processes to conduct comprehensive nutritional assessments, including obtaining dietary history, analysing nutrient intake data, and interpreting weight variations over time, to make informed recommendations for dietary interventions and personalised health strategies.

Module 3: Nutrition in Preventative Care

Aim of the module:

- The overall aim of this module is to equip postgraduate healthcare professionals with advanced knowledge, analytical skills, and practical expertise in utilising clinical nutrition as an integral component of preventative care strategies for promoting optimal health and mitigating chronic disease risk across diverse patient populations.

Indicative content:

- Importance of nutrition in disease prevention
- Obesity and chronic disease prevention
- Cardiovascular disease prevention
- Bone and joint health, neurological health
- Gut health and immune function
- Cancer prevention

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

1. Demonstrate an advanced knowledge of the role of specific dietary patterns, functional foods, and nutraceuticals in the prevention of chronic diseases, such as cardiovascular disease, cancer, and obesity-related conditions.
2. Critically analyse current research findings and evidence-based guidelines to formulate comprehensive nutritional strategies for the prevention and management of various health conditions in diverse patient populations.
3. Devise and justify personalised nutrition care plans for patients, incorporating appropriate dietary modifications, lifestyle recommendations, and patient education strategies for effective preventative care.



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 Certificate in Clinical Nutrition.

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 6.5 (with a minimum of 6.0 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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admissions@learna.ac.uk
or call +44 (0) 29 2192 1312