

Clinical Nutrition

Postgraduate Diploma and MSc Courses



THE UNIVERSITY OF
BUCKINGHAM



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 begins with an 8-week focus on research methods, covering research techniques, evidence-based practice, and health evaluations. Students then develop a Professional Project (dissertation), considering the necessary ethical issues required by the University.

Why study Clinical Nutrition with us?

Our Postgraduate Courses 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 Courses are 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.

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Our courses in Clinical Nutrition equips healthcare professionals with advanced skills to excel in rapidly evolving medical scenarios. This programme is ideal for those seeking to enhance their expertise in a geriatric care setting.

Dr. Paula Ravasco, Learna | Diploma MSc Programme Leader

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Clinical Nutrition Postgraduate Diploma

Course Modules

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

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.

Synopsis of module 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.

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.

Synopsis of module 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)

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.

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.

Synopsis of module 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.

Module 4: Nutrition in Acute and Chronic Conditions

Aim of the module:

This module aims to equip healthcare professionals with advanced understanding and practical skills in clinical nutrition assessment and management across acute and chronic conditions. Participants will develop interprofessional collaboration abilities, enhance clinical decision-making through case studies, and gain expertise in specialised nutrition support techniques.

Synopsis of module content:

- Gastrointestinal (GI) diseases
- Intensive care units (ICU), critically ill patients; surgery, burns
- Obesity, cardiovascular disease (CVD)
- Diabetes, high-blood pressure (HBP),
- Dyslipidemia
- Kidney disease and disorders
- Cancer

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

1. Critically evaluate the pathophysiological mechanisms underlying malnutrition in acute and chronic conditions, and appraise the metabolic response to various states such as injury, recovery, cardiovascular disease, and diabetes.
2. Systematically and critically evaluate current research and guidelines relating to the diagnosis, investigation, and management of nutritional status in acute and chronic conditions.



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: Dietary Counselling and Behavioural Change

Aim of the module:

This module aims to provide students with an advanced understanding of various dietary patterns, including cultural, regional, and individual differences, and their impact on health and well-being.

Synopsis of module content:

- Dietary history, food preferences, current intake, comorbidities, symptoms, drug therapy, social and cultural background
- Behavioural change, psychological mechanisms underlying dietary behaviours
- Motivational interviewing, goal setting, and active listening
- Tailoring dietary Interventions, communication
- Addressing Barriers to Change
- Sustainable Behaviour Change, evaluation and Monitoring of Progress
- Ethical Considerations in Counselling

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

1. Critically evaluate how individual, cultural, and systemic factors impact dietary behaviours and nutrition outcomes.
2. Develop tailored nutritional interventions using advanced behavioural change theories and counselling strategies for diverse healthcare contexts.

Module 6: Nutrition Along the Continuum of Care

Aim of the module:

To impart a comprehensive understanding of the principles and applications of clinical nutrition therapy across the healthcare continuum.

Synopsis of module content:

- Decision making process for nutrition intervention with a multidisciplinary approach, including ethical and cultural considerations
- Therapeutic diets
- Nutritional supplements
- Medical nutritional therapy, artificial nutrition (enteral and parenteral)
- Therapeutic diets and artificial nutrition in specific conditions
- Multidisciplinary nutrition team

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

1. Demonstrate an in-depth and systematic knowledge of the decision making process involved in nutrition intervention, with an emphasis on ethical and cultural considerations presented in complex and varied settings.
2. Critically evaluate emerging approaches to the treatment of nutritional disorders to develop effective methodologies that justify recommendations in complex nutritional contexts along the continuum of care.



"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

Module 7: Professional Project

Aim of the module:

The Research Methodologies and Critical Appraisal element of the module will help students recognise, understand, interpret and apply methods used in healthcare research and critically appraise the various methodologies related to the specialty.

The Professional Project Proposal and Professional Project elements will develop students' ability to critically appraise specific areas of clinical, research and/or organisational practice and develop skills in independent research, study and writing for publication.

Synopsis of module content:

Research Methodologies and Critical Appraisal:

- Key epidemiological terms: prevalence, incidence, sensitivity, specificity, false positives/negatives.
- Interpretation of data visuals: Kaplan-Meier curves, forest plots, meta-analyses.
- Research calculations: relative/absolute risk, number needed to treat.
- Statistical tests: t-tests, ANOVA, chi-square.
- Qualitative research methods.
- Basics of evidence-based practice in clinical settings.
- Health economics, audit, and quality improvement principles.
- Importance of patient and disease-specific registers.
- Research on educational methods for healthcare providers and patients.

Professional Project: Students will complete a subject-related project relevant to their practice, which may include:

- Literature review and evidence appraisal.
- Practice audit (clinical or organisational).
- Review and application of evidence-based practice.
- Qualitative or quantitative research.
- Case-based and quality of service review with critical appraisal.
- Case report, literature review, or organisational assessment.

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

1. Select and apply different methodological perspectives and tools to answer research questions in the field.
2. Critically analyse and interpret research in the subject area.
3. Critically evaluate practice and suggest improvements or change.
4. Incorporate knowledge of the research process in developing services appropriately.
5. Critically analyse and interpret research to assess its application to delivery/service development.
6. Evaluate ethical considerations in research and the process of engagement with ethical committees.
7. Design and undertake a professional project related to the field of practice in order to produce an extensive piece of literature which may be suitable for peer-reviewed publication.
8. Create evidence-based recommendations to add to the knowledge base of the subject area.
9. Demonstrate critical evaluation skills enabling an in-depth critique of the academic literature.



Teaching Methods

Our courses are conducted entirely online through our online learning platform. 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.

Clinical Nutrition: Postgraduate Diploma and MSc Courses

Entry Requirements

English Requirements

- IELTS with an overall score of 6.5 or above.
- GMC / NMC (Nursing Midwifery Council) / GPhC / HCPC registered – with a licence to practise.
- Proof of study at a UK, USA, Australian, New Zealand or Canadian University or membership to a medical body from one of these countries.

Educational Requirements

- Possess an undergraduate degree in a relevant subject awarded by a UK university or overseas equivalent.
- Provide evidence in the personal statement as to how they can apply learning to a practical setting and reflect on practice.
- Basic IT skills (e.g. word processing, email and internet).
- If English is not the student's first language they must hold an English language qualification.

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 Clinical Nutrition courses.

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).





What do our students think?

Since 2010, over 8000 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 Kinattapurayil, 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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