

Metabolic Medicine

Postgraduate Certificate





Postgraduate Certificate

Our online Metabolic Medicine Postgraduate Certificate allows you to study for just six months and is a part-time, distance-learning course. The course is worth 60 credits and comprises three modules of 20 credits, each running over a period of six weeks.

Why Study Metabolic Medicine with us?

In response to the rising global prevalence of metabolic disorders among the population, for healthcare professionals with a relevant undergraduate degree, you now have the opportunity to enhance your expertise through our Postgraduate Certificate in Metabolic Medicine.

Our new Metabolic Medicine Course offers high-quality, specialist education in metabolic medicine to healthcare professionals worldwide, equipping you with the knowledge and skills required to provide the highest levels of care to patients with metabolic disorders such as diabetes, obesity and hypertension.

Complete your metabolic medicine course in just 6 months with Learn | Diploma MSc, and enjoy the flexibility of part-time learning delivered 100% online. This allows you to continue to work full-time, while studying at a time that suits you.

This Postgraduate Certificate in Metabolic Medicine is exclusively designed for healthcare professionals who hold a University undergraduate qualification in a medical field.

Stay at the forefront of advancements in technology and new research within the dynamic field of metabolic medicine and clinical biochemistry with this cutting-edge online course. We have designed this metabolic medicine PGCert to equip healthcare professionals with an extensive understanding of the diagnosis, treatment and management of metabolic conditions.

When you undertake this metabolic medicine course online, not only will you learn from practising field experts, you will also join a multidisciplinary group of healthcare professionals around the world, with whom you can share best practice and develop a global perspective.

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Course Modules

Module 1 - Diabetes

Module aims:

- To enable participants to critically analyse the underlying mechanisms and contributing factors in the development of different types of diabetes.
- To equip participants with advanced skills in the assessment, diagnosis, and management of diabetes mellitus, considering individual patient characteristics and evidence-based guidelines.
- To promote a multidisciplinary approach to diabetes care, fostering collaboration among healthcare professionals for comprehensive patient support.

Content summary:

This module provides an in-depth exploration of diabetes mellitus, encompassing type 1, type 2 and gestational diabetes. Weekly topics will include:

- Diagnosis and Classification of Diabetes
- Lifestyle Management in Diabetes
- Pharmacotherapy for Diabetes
- Complications and Comorbidities of Diabetes
- Diabetes in Special Populations
- Technological Advances in Diabetes

Learning outcomes:

1. Critically evaluate the evidence relating to the diagnosis, treatment and management of diabetes, applying a systematic understanding of these principles to a variety of settings.
2. Critically implement evidence-based strategies into a range of scenarios within current clinical practice, to support and inform the prevention, detection and management of diabetes.

Module 2 - Obesity

Module aims:

- To develop a deep understanding of the pathophysiology, behavioural factors, and health consequences of obesity in diverse patient populations.
- To equip participants with the skills to assess, diagnose, and manage obesity, utilising a patient-centred and compassionate approach.
- To foster interdisciplinary collaboration in addressing obesity, promoting continuity of care and long-term patient success.

Content summary:

This module delves into the complexities of obesity as a metabolic disorder and a significant risk factor for various health conditions, topics covered within this module include:

- Pathophysiology of Obesity and Appetite
- Epidemiology and Morbidity of Obesity
- Behavioural Interventions in Obesity
- Pharmacological Interventions
- Bariatric Interventions

Learning outcomes:

1. Critically apply a systematic understanding of the pathophysiology, behavioural factors, and health consequences of obesity, as well as specialist theoretical and methodological approaches to practice, when applied to diverse patient populations.
2. Critically evaluate the evidence base for various weight management interventions, including dietary, exercise, and behavioural approaches and apply this knowledge to clinical practice, optimising patient health and well-being.

Module 3 - Hypertension

Module aims:

- To enable participants to investigate and evaluate the diverse factors contributing to hypertension development and its impact on cardiovascular health.
- To equip participants with the skills to implement evidence-based guidelines for hypertension diagnosis, monitoring, and management.
- To promote interdisciplinary collaboration in hypertension care, enhancing treatment adherence and patient outcomes.

Content summary:

With a focus on the assessment, diagnosis and management of hypertension, a common yet critical component of metabolic medicine, topics covered on this module include:

- Pathophysiology and Risk Factors
- Evaluation and Diagnosis of Hypertension
- Non-Pharmacological Management
- Pharmacological Treatment of Hypertension
- Hypertension in Special Populations
- Hypertensive Emergencies and Complications

Learning outcomes:

1. Critically evaluate the evidence relating to different diagnostic approaches and classification systems for hypertension, ensuring accurate assessment and appropriate management.
2. Critically evaluate the pharmacological and non-pharmacological interventions for blood pressure control in diverse patient populations, and implement personalised hypertension management plans that would consider individual patient characteristics, comorbidities, and potential drug interactions.



Programme Leader - Dr Soha Zouwail

Current post: Consultant in Medical Biochemistry/Metabolic Medicine and Clinical Lead of acute Biochemistry, University Hospital of Wales, Cardiff

Dr Zouwail's sub-specialty interests include cardiovascular risk management including hyperlipidaemia and Familial Hypercholesterolaemia, metabolic renal stone disease and electrolyte imbalance. She has contributed significantly to research in basic science and clinical projects, having secured grants for vital studies in cardiovascular risk and acute kidney injury.

With a strong commitment to medical education, Soha Zouwail has been involved in various teaching roles at both undergraduate and postgraduate levels. Dr Zouwail is a member of key professional societies, including the Association of Clinical Biochemists and the Welsh Association of Chemical Pathologists.

Dr Soha Zouwail's career is marked by her dedication to patient care, impactful research and medical education, perfectly placing her to lead programmes in Metabolic Medicine and Calcium and Bone Medicine here at Learn | Diploma MSc.



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 everyday work and practice.

Our dedicated Student Support Team is 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 writing, and levels of evidence in preparation for your studies. It is compulsory for you to attend this induction, as it will provide you with a sturdy introduction to the course.

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Entry Requirements

Since our courses are conducted entirely online, they are accessible to both UK and international registered healthcare professionals.

Applicants will typically hold a first degree or equivalent (including international qualifications) in a relevant professional healthcare field, such as a medical or nursing degree.

Registered healthcare professionals without these recognised qualifications will be considered on an individual basis and a wide range of prior experience may be taken into account. In some cases, applicants may be asked to submit a piece of work for assessment in order to confirm that they are able to work comfortably at postgraduate level, and demonstrate the requisite clinical and professional knowledge.



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.
- A copy of your proof of English competency (see English language requirements).

English Language Requirements

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.

If you do not meet these requirements, please don't worry. The University of South Wales run a number of English Language Programmes at the Centre for International English to prepare you for your academic studies. You can also contact our admissions team on admissions@diploma-msc.com for more information on the qualifications we accept.

Should you have already successfully completed the 1 year Postgraduate Diploma and wish to convert to the MSc and complete only the second year of the programme this is possible. Please contact our admissions department admissions@diploma-msc.com to find out more.



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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