

## Fees and funding

Please contact the Course Administrator for fees information.

Applicants who will be employed by the NHS in the East Midlands while they are undertaking their studies may be eligible to apply for Learning Beyond Registration (LBR) funding through the East Midlands Healthcare Workforce Deanery. Funding is available for both individual courses and full programmes. All candidates must complete an LBR funding form or self-funding form. To check if you qualify for funding and obtain the appropriate form, please contact the Course Administrator.

## How to apply

You must seek permission from your line manager before applying. You can apply online at [www.nottingham.ac.uk/pgstudy/how-to-apply](http://www.nottingham.ac.uk/pgstudy/how-to-apply). Please contact the Course Administrator for a helpful booklet to guide you through the process, or view this on our web pages [www.nottingham.ac.uk/biosciences/shortcourses/dietitians](http://www.nottingham.ac.uk/biosciences/shortcourses/dietitians)

## Where will I study?

Courses are based at the Sutton Bonington Campus, a self-contained site only 20 km south of Nottingham. The campus is a 25-minute bus or car journey to University Park Campus and Nottingham city centre, with a free bus service between campuses. East Midlands Airport and rail links are nearby.

## Find out more

For further information, please contact:

Academic enquiries:

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General enquiries

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w: [www.nottingham.ac.uk/biosciences/shortcourses/dietitians](http://www.nottingham.ac.uk/biosciences/shortcourses/dietitians)

Details of masters, diploma and certificate courses:

[www.nottingham.ac.uk/pgstudy/biosciences](http://www.nottingham.ac.uk/pgstudy/biosciences)

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Front cover image: Demonstration of how to pass a nasogastric feeding tube



# Short courses for practising dietitians and other healthcare professionals

These short courses are designed for practising dietitians and other healthcare professionals to update your individual knowledge and skills.

Depending on your professional background, a combination of these courses can lead to either a postgraduate certificate, postgraduate diploma or masters qualification in Advanced Dietetic Practice.



## Our courses

**Our programmes are specially developed by professionals in the Division of Nutritional Sciences. We have a dynamic teaching team and offer the opportunity to learn under the guidance of expert practitioners, educators and researchers.**

During your studies with us, you will have the opportunity to:

- gain a thorough knowledge of the principles of professional development
- develop skills of critical thinking, problem solving and reflective practice
- develop practical skills in relation to accepted theories

### Clinical Supervision

This course is designed to provide an understanding of the role of placement supervisors with allied health students. You will consider the evidence base associated with effective learning on placement, develop skills for use in placement supervision and enhance ability to reflect on practice.

### Advanced Clinical Supervisory Skills

The course is designed to provide in-depth knowledge of the process of learning, including planning appropriate learning opportunities for uni-professional and inter-professional learners.

### Obesity Management

This course is designed to increase awareness of the complexity of obesity from the point of view of both the patient and the practitioner. You will also develop greater understanding of the tools, skills and strategies available to treat obesity, the evidence base for their use and their practical application.

### Public Health Nutrition Policy

This course is designed to provide an introductory understanding of the role of health and social care professionals in the community in relation to strategic planning and nutrition policy in public health.

### Public Health Nutrition Management

This course is designed to follow on from Public Health Nutrition Policy. You will develop an understanding of how to plan and manage resources for a number of key chronic conditions, with reference to both national and local public health nutrition policies.

### Enhancing Communication Skills for One to One Consultations

The course is designed to provide students with knowledge relating to the fundamental aspects of one-to-one communication with clients. You will understand the theoretical basis, develop your own communication skills and enhance your ability to reflect on your own practice.

### Advanced Communication Skills

This course follows on from Enhancing Communication Skills for One to One Consultations and offers the opportunity to explore various psychosocial issues that may make these consultations more challenging.

### Paediatric Nutrition

This course offers a comprehensive understanding of the role of diet in children and young people and their requirements in health and disease. You will also consider the treatment of disease with nutritional therapy, including obesity, diabetes, cystic fibrosis, phenylketonuria, allergy, coeliac disease, eating disorders and cancer.

### Nutrition Support

On this course you will explore nutrition support strategies and gain the skills and knowledge to design, assess and monitor routine enteral and parenteral feeding regimens in the prevention and treatment of malnutrition.

### Diabetes 1

This course is suitable for the Band 5/6 practitioner who is new to working in the area of diabetes. It will enable you to understand the current trends and evidence base underpinning the dietary management of people with diabetes and achieve the competencies required to support more specialist skills. Different nutrition and dietetic approaches for different sub-groups of people with diabetes will be considered.

### Diabetes 2

This course is designed for the practitioner who is working at Band 6/7 level and already has a reasonable level of experience of working with people with diabetes.

### Gastroenterology

This course is for the practitioner already working at Band 5/6 level and has limited experience of working with people with gastroenterological conditions, or for the community practitioner who requires a broad knowledge for out-patient support. You will further your knowledge and understanding of the current trends and evidence base underpinning the nutritional management of people with gastrointestinal diseases and achieve the competencies required to support more specialist skills.

### Professional Practice 1

This course is designed to provide a work-based learning opportunity, which will benefit your practice and that of your department. You will be able to evaluate healthcare and dietetic practice and to adopt a reflective and critical approach to your work, integrating theory and practice. Taught content is minimal on this course.

### Professional Practice 2

This course is designed to provide a work-based learning opportunity, enabling the learner to demonstrate an improvement in professional practice expertise. You will also develop high level skills in experiential and reflective learning as a basis for lifelong learning and demonstrate an ability to recognise self-transformation and self-direction through the development of a learning contract. Taught content is minimal on this course.



### Renal Nutrition

This course will provide a comprehensive understanding of the role of diet and other treatments in the management of renal disease (chronic renal failure, end stage renal failure, acute renal failure and nephrotic syndrome). Malnutrition, drug therapy and transplantation will also be covered.

### Research Strategies in Healthcare

(Please note: This course should be taken after Professional Practice 1 and Professional Practice 2)

This course is designed to enable health and community care practitioners to develop their skills of critical review and knowledge of research methods appropriate to their field of practice. The course equips you with knowledge concerning the importance of theoretical paradigms, research design, sampling strategies, data collection and analysis methodologies to healthcare research. It also focuses on the development of advanced search skills and the ability to integrate research findings into clinical practice.

### Understanding and Changing Behaviour

This course provides an introduction to fundamental concepts from psychology and sociology and explores their contribution to understanding and changing of food-related behaviour.

### One day study course on Teaching Skills

Most healthcare professionals and healthcare support workers are involved in teaching at some point in their working lives. This course will enhance your ability to plan, deliver and evaluate teaching sessions as well as helping you to identify areas for future development.

### One day study course on Irritable Bowel Syndrome (IBS) and use of the FODMAP diet

Many dietitians see patients with IBS and the use of the FODMAP diet is emerging as an evidence-based approach to improve the management of the symptoms associated with IBS. This one day course has been developed to help dietitians develop their skills and build confidence in this important area. An optional second day of study is also available, about setting up a dietetic-led gastroenterology clinic to help patients with IBS.

### Availability

To check the dates and current availability of all our short courses, please contact us using the details overleaf.

You can read more details about the content of each course on our web pages at [www.nottingham.ac.uk/biosciences/shortcourses/dietitians](http://www.nottingham.ac.uk/biosciences/shortcourses/dietitians)



Group work on the Teaching Skills course.