



NUI Galway  
OÉ Gaillimh



## Postgraduate Certificate in Health Promotion Approaches to Cardiovascular Health and Diabetes Prevention

The Postgraduate Certificate in Health Promotion offers students a unique opportunity to further their knowledge of cardiovascular health and diabetes prevention. The programme aims to enhance health professionals understanding of determinants of health, prevention, lifestyle factors and associated patterns of inequality. It is particularly suited to health professionals working in nursing, public health, pharmacy, physiotherapy, medicine, and the health and weight loss industry.

Designed for healthcare professionals, the programme equips students with an in-depth understanding of how to critically assess the evidence base, understand national and international approaches to the promotion of cardiovascular health and the prevention of diabetes, and appreciate the role of advocacy in influencing health and environmental (public) policies.

Course participants will gain skills and competencies for effective implementation of Health Promotion interventions and project management.

**Course Level:** National Qualification Framework Level 9

**Duration:** 1 academic year, part-time

**Entry Requirements:** A primary degree, each applicant is assessed individually on relevant professional experience, level of motivation and suitability as per personal statement submitted via online application

**Places Available:** This programme has an intake every September subject to a prescribed minimum registering

**Fees:**

[www.nuigalway.ie/courses/fees-and-funding/#art](http://www.nuigalway.ie/courses/fees-and-funding/#art)

**Applying:**

[www.nuigalway.ie/postgraduateapplications](http://www.nuigalway.ie/postgraduateapplications)

Course Code: 1PCH1

# Postgraduate Certificate in Health Promotion Approaches to Cardiovascular Health and Diabetes Prevention

## Discipline of Health Promotion

The Discipline was established in 1990 at the National University of Ireland Galway. It is part of the College of Medicine, Nursing and Health Sciences. The Discipline is the only one of its kind in Ireland and was established with the support of the Department of Health. Its function is to develop training and education courses in the field of Health Promotion and to undertake relevant research through the Health Promotion Research Centre, which is a World Health Organization Collaborating Centre for Health Promotion research.

## Course Duration

The Postgraduate Certificate in Health Promotion is a part-time course of one academic year duration. The programme runs from September to the following May.

## Course Delivery

This is a blended learning programme, with a combination of teaching techniques employed to support learning. This includes participatory workshops, project work, self-paced learning using instructional materials, as well as other resources such as articles, websites and research reports. Academics in the Discipline of Health Promotion, together with contributions from practitioners in the specialist field of study, deliver the lectures and workshops. This course takes place at the NUI Galway campus.

## Continued Professional Development

This is a Level 9 programme comprising of 30 European Credit Transfer System (ECTS) points in total. Each module is worth 10 ECTS points. Successful graduates who wish to apply to the MA/Postgraduate Diploma in Health Promotion programme, offered by NUI Galway, can carry forward up to 15 ECTS.

## Programme Structure

The programme comprises three modules. The first two modules include participation in workshops and self-paced instructional materials with assignments for independent study, while the third module focuses on project work.

### 1. Concepts and Principles of Health Promotion

This module includes:

- Definitions of health and Health Promotion
- Health Promotion programme development
- Current issues and discourse in Health Promotion policy and practice
- Communication training and facilitation skills.

### 2. Specialism Module

This module includes:

- The determinants of cardiovascular health and type 2 diabetes
- Lifestyle factors and health promotion interventions
- Advocacy and policy in the promotion of cardiovascular health and the prevention of type 2 diabetes
- Promoting cardiovascular health through behaviour change
- Skills and competencies for effective practice.

### 3. Project Development

This module includes:

- Students' designing a Health Promotion Intervention in the area of cardiovascular health and the prevention of type 2 diabetes, working with a specific population group.

## Further Information

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## What our Students say ...

*Before I started this certificate, I had lots of experience in primary care, (pharmacist for 11 years) but this course provided me with a fascinating overview of all the socioeconomic issues that affect our healthcare outcomes. I gained an understanding of what health promotion actually is: the intersection of medicine, policy, law, economics and sociology, and how these all affect the management and prevention of chronic illnesses such as diabetes. As the year progressed, the course became more practical and we heard from a diverse range of speakers from Croí etc. which cemented my belief that this course will benefit my practice and my patients for years to come. I would recommend this course to anyone who has an interest in the future of healthcare and how to best manage the current epidemic of diabetes.*

(Ruth Garahy, Pharmacist).

*Having worked previously in a private capacity in nutrition and health I could see there was a growing problem with non-communicable diseases in Irish society. This is when I became interested in the concept of Health Promotion in a broader sense. Through taking part in this course I learned a massive amount about public policy, identifying barriers to health, designing interventions to suit specific population groups and the importance of monitoring and quantifying your effects and outcomes. I have progressed in my career and am now working on large interventions in health and wellbeing for homeless populations in Dublin's Simon Community. Overall this course has strengthened my working prospects, skill-set in this area and my confidence.*

(John Treanor, Health and Wellbeing, Dublin Simon Community).