

## Module Specification

### Module Summary Information

<b>1</b>	<b>Module Title</b>	Psychological and psycho-social aspects of diabetes
<b>2</b>	<b>Module Credits</b>	10
<b>3</b>	<b>Module Level</b>	7
<b>4</b>	<b>Module Code</b>	LBR7593

<b>5</b>	<b>Module Overview</b>
<p>Our psychological and psycho-social aspects of diabetes module offers an opportunity to critically consider and investigate the intricacies and complexities of living with diabetes. People with diabetes can experience disproportionately high rates of mental ill health including increased incidences of depression, anxiety, distress and eating disorders.</p> <p>Effective management of diabetes requires constant effort from the person living with diabetes. This can be compounded by social exclusion from health services. Emotional health is necessary to manage diabetes effectively so practitioner awareness of caring for emotions is paramount to promote self-management and knowledge gain in people with diabetes. Also educational and support resources, aimed to enable people to engage in effective self-management and enablement to learn how to live with their diabetes can help reduce psychological distress. Psychological care should be integrated with diabetes care in order to optimise health outcomes and improve the experience and quality of life of people living with diabetes.</p> <p>This module is delivered as a standalone, or as part of the MSc in Advancing Diabetes Care pathway. This module is core in the PG Cert in Diabetes Care. This module aligns with the post-graduate philosophy and is designed to be flexible and practice-led. You will have the opportunity to develop skills of enquiry, reflection and problem solving. An online learning approach is taken. You will be encouraged to think critically and share practice experiences within an online discussion forum with your fellow students, as well as engaging in both directed and self-directed learning activities. You will be an active partner in your own learning and development and in return you will receive regular feedback and feed forward aimed at developing your academic skills, and have the opportunity to discuss your progress with the module team.</p>	

<b>6</b>	<b>Indicative Content</b>
<ul style="list-style-type: none"> <li>• The relationship between psychological and psychosocial influence of living with diabetes.</li> <li>• An individualised approach to recognising each person's understanding, decision making processes &amp; care strategies.</li> <li>• Quality of life &amp; adjustment to living with diabetes.</li> <li>• Language matters &amp; communications skills.</li> <li>• Solution focussed approaches.</li> <li>• Motivational interviewing.</li> <li>• Emotional health promotion.</li> <li>• Health narrative &amp; individual health appraisal.</li> </ul>	

- Screening.
- Inclusion.
- Lived experience of diabetes.
- Cultural competence.

<b>7</b>		<b>Module Learning Outcomes</b>
<b>On successful completion of the module, students will be able to:</b>		
	<b>1</b>	Consider and apply reflectivity to assess your current approaches in your clinical area to identify individuals coping strategies with their lived experience of diabetes.
	<b>2</b>	Critique the evidence surrounding integrating individualised psychologically supported diabetes care within partnership work opportunities.
	<b>3</b>	Synthesise and explore opportunities to engage with people experiencing diabetes distress and focus on making every contact count to deliver individualised self-management approaches.
	<b>4</b>	Recognise and support development of culturally competent approaches to reach people living with diabetes within diverse communities.

<b>8</b>		<b>Module Assessment</b>		
<b>Learning Outcome</b>		<b>Coursework</b>	<b>Exam</b>	<b>In-Person</b>
<b>1 - 4</b>		<b>X</b>		

<b>9</b>		<b>Breakdown Learning and Teaching Activities</b>	
<b>Learning Activities</b>		<b>Hours</b>	
<b>Scheduled Learning (SL)</b> includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable		20	
<b>Directed Learning (DL)</b> includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE		10	
<b>Private Study (PS)</b> includes preparation for exams		70	
<b>Total Study Hours:</b>		100	