



PROSPECTUS 2014

Advanced postgraduate courses in
obesity care for health care professionals



Welcome to the College of Contemporary Health and the Postgraduate Certificate in Obesity Care



The College of Contemporary Health (CCH) is a private institution dedicated to educating and training the large number of healthcare professionals who are needed to deal with the increasing numbers of people suffering from complex disorders exacerbated by 21st Century lifestyles.

Our courses are offered exclusively online, using our specially designed CCH-X learning environment, to enable busy healthcare professionals, in the UK and abroad, acquire the knowledge they need in a particular professional discipline. Our initial course focuses on obesity because there is a widespread recognition that there is a major shortfall of trained personnel in obesity care in virtually every clinic, doctor's surgery, and hospital throughout the UK and beyond.

Oversight and direction for academic content, policies, approaches and assessment is provided by leading experts in obesity management and

education who constitute our Academic Advisory Board (AAB), and our Director of Education.

Why choose **CCH**?

Our mission is to make the healthcare profession in the UK the most 'obesity literate in the world' by preparing our graduates to confront the problem with more innovative, yet practical solutions, focusing on the individual with a compassionate approach. The course is designed so that the knowledge gained can be applied in a variety of settings such as public health, community settings, private and public clinics, primary care settings, maternity settings as well as children's settings (including schools).

We are well aware that health professionals have busy lives so our Postgraduate Certificate in Obesity Care uses the latest online technology to enable us to provide you with a flexible learning platform that is easily accessible using desktops, laptops, tablets and even smart phones.



Even after the first week I have felt much more comfortable and able to talk to my patients about their weight problems and physical activity levels by doing this course'

GP, Edinburgh

My first module has been fascinating and really enjoyable – very thought provoking. I already feel it has been of assistance in my field of work.

Lucy, Weight-Loss Programme Manager



A key feature of our curriculum is the unique opportunity to engage in debate and discussion with your peers, not only within a module but

across modules, ensuring the sharing of views, opinions and best practice both within, and between, disciplines and professions.

The focus of the course is to ensure that there is a more complete understanding, at the primary care level, of the complexity of the obese condition and the appropriate treatments to be used in managing it in an individualised care plan. Our approach seeks to challenge existing understandings of obesity as it is treated, develop greater understanding of interdisciplinary practices, and emphasise the practice of dialoguing with others to develop appropriate care plans.

Tuition fees include membership of the Royal Society of Medicine. Students will be able to take advantage of all the benefits of being a member of the Royal Society of Medicine including access to all of their online materials and use of their international clubs, as well as receive a certificate of membership.

Student Support

CCH prides itself on the support offered to its participants. This starts with our Welcome Pack and access to our Student Online Readiness Tool (SORT) that can be used to assess the variety of skills necessary to participate in an online course.

In order to give a general introduction to the CCH-X learning environment and the tools available to you, we have provided the CCH-X video help series.

Students are allocated a personal tutor who is a contact point during the module and who provides support and guidance while studying at CCH. Besides offering personal tutorial time they also hold regular academic tutorials for a group of students that are recorded and available for those that cannot participate.



Details of the course

The Postgraduate Certificate in Obesity Care consists of 3 modules, of 20 credits each, that run over a ten week Study Period. A module requires the equivalent of 200 hours of student effort so students are advised to spend 15 - 20 hours/week participating in the course, though this can vary depending on experience and the activities in any particular week. All the material is available at the start of the module so students can do it as and when they have the time, providing great flexibility to suit the varying commitments of professional people.

The modules involve interactive e-learning units and presentations, critical reflective practice, casework and research-based assignments. The modules run concurrently, and participants in one module will be encouraged to garner opinions from those in other modules. Material is presented in a variety of formats to cater for different learning styles. It is recognised that participants will have come to the course with varying levels of knowledge and skills so they are expected to take advantage of the tool offered to help them identify their own learning needs (SORT) and the associated resources.



There are a variety of tasks and assessments used in the course in order to assess the stated learning outcomes for each module and develop the associated skills and graduate attributes.

You will need to demonstrate depth of knowledge, the ability to synthesise ideas and critically evaluate literature and other forms of information. There are no formal examinations, however, there will be assignments based on case studies and practical problems/issues in clinical practice of obesity care. For each module, there are two written pieces of case work, as well as evaluation of your participation in the course through a student log and online discussion forum. Each student chooses the context of the case that is most relevant, or of most interest to them, and they use this selected case to work on throughout the module.



The college is very supportive as they are aware that you have work commitments and other responsibilities.

Alionye, Nurse

The content is good and the tutor is helpful and responds quickly.

Suzie, Nurse

The causes of obesity are **complex** and the solutions for individuals are equally so. Healthcare professionals need to understand the complexities connected with people being obese.



If current trends continue, by 2050, **50% of women** and **60% of men** will be obese and that the annual direct and indirect costs of obesity would rise to approximately **£50 billion.**

Foresight 2008

Course Aims

The course aims:

- To equip participants with the knowledge and skills to engage positively in a wide spectrum of activities in the prevention and management of obesity and related clinical consequences
- To provide a curriculum that will produce critical, effective and reflective practitioners
- To enable participants to follow particular areas of interest in obesity care through selection of assignment topics
- To encourage participants to be proactive in effecting changes that will benefit those suffering from obesity and its associated comorbidities
- To develop the use of online facilities to share best practice in obesity care
- To provide opportunities for debating the issues concerning social, political, organisational, cultural and environmental issues in relation to obesity
- To ensure a compassionate and empathetic approach to dealing with those requiring obesity care.

These aims are met as participants examine the evidence-base for current best clinical practice, explore patient experiences and options in terms of effective weight loss, and debate the issues concerning environmental and organisational influences.

Key Features of the course

- ▶ **Concurrent running of modules:** As all three modules run concurrently, participants may complete one or more of the three modules simultaneously and in any order.
- ▶ **Easy to access:** All you need is access to an internet connected device such as a desktop computer, laptop, tablet computer or a smartphone.
- ▶ **Flexible learning:** Any time, any place. Work at your own pace and save time, money and energy on travel. No need to take time off from work.
- ▶ **Latest e-learning technology:** CCH uses the most advanced e-learning tools, developed by e-learning professionals, that increase the capacity to learn and is second to none in the Higher Education sector.
- ▶ **Cross class conversations:** Share your knowledge and experience and enhance your professional practice through cross module discussions.
- ▶ **Support:** Our tutors and your peer group are there to support you – make use of our discussion forums and contact us if you need help.
- ▶ **A dedicated e-learning tutor:** To support your particular needs and queries.
- ▶ **Resource database:** Online, easy to search Resource Central Database that accumulates useful articles and other source material as the course progresses.
- ▶ **Membership of the Royal Society:** All students will automatically become the members of Royal Society of Medicine to be able to access all of their e-learning resources, extensive library and other benefits.

Modules:

The curriculum for the modules has been informed by the numerous reports and recommendations by Foresight, NICE, the British Psychological Society and the various Medical Royal Colleges that require a more innovative approach to education and training of health professionals to address the obesity crisis. Individual modules may be eligible for CPD/CME purposes.



Obesity: **Causes and Consequences**

This module explores in depth the causes of obesity in order to facilitate a greater understanding of the problem and of the individual patient and/or client. Key questions will be asked about the role of the food industry, changes in food consumption, food policy and the individual. The module also includes an overview of the comorbidities of obesity and their pathogenesis including: type 2 diabetes, complications of pregnancy, cognitive effects, sleep apnoea and cardiovascular complications. The physiology of adipose tissue and the pathological, emotional and economic consequences of obesity, together with the impact of an obesogenic environment and lifestyle changes, are also reviewed. This module will change the way you look at obesity. It will provide you with the tools to classify your patients/clients by causes and lead you to question current paradigms of obesity care.



Key questions will be asked about the **role** of the food industry, **changes** in food consumption, **food policy** and the individual.

The online format works well for me as I can fit my study in around my other commitments and the use of the discussion boards and cross class conversation has allowed me to have interactions with other students and get their opinions and feedback.

Barbara, GP

Obesity is estimated to **reduce life expectancy** between **3 and 13 years**.

Department of Health 2008



Obesity: The Solutions?

This module reviews the current treatment strategies for obesity, with particular focus on weight loss through diet and exercise, and discusses reasons for their lack of success. Consideration will be given to how obesity care pathways and delivery of obesity care can be improved to provide a patient-centred, multi-disciplinary approach. Such an approach needs to address the highly complex and interconnected range of factors which underpin obesity. The module will also discuss how governments can do more to prevent obesity through public health policies, taxation, legislation, media and changes to the physical environment.

Obesity: Behavioural Aspects

This module reviews emotional and psychological issues around eating and obesity to explore the possible aetiologies that affect an individual's eating behaviour. The module will explore food addiction, reviewing research that claims neuronal pathways leading to addiction are influenced by food. Key questions will be asked around the effects of social stigmas attached to being overweight, and their impact on the ability to lose weight and maintain that loss. The module also considers the relationship between obesity and mental health in that mental health is a risk factor for weight gain, as is obesity a risk factor for mental health problems. The module assesses various screening methods and means of lifestyle assessment for determining dysfunctional eating behaviours and considers some of the possible treatment options, such as talk therapies and other techniques that help to support and sustain change in eating behaviour.

Taken together, the modules seek to ensure development of personal, professional and academic knowledge through activities that specifically intend to develop core knowledge, challenge existing beliefs to transform thinking and practice, cultivate critically reflective practice,



and generate complex problem solving activities. These areas of development are achieved through interactive tasks that draw out multi-disciplinary perspectives as these are progressively applied to a mode of obesity care that recognises and responds to individually different client and patient levels of awareness, motivation, engagement, and self-management.

Admission Requirements

Entry to the Postgraduate Certificate in Obesity Care is for health-care professionals and requires at least an undergraduate degree in nursing, pharmacy, physiotherapy, medicine, dietetics, nutrition, occupational therapy or other relevant subject area, with appropriate work experience sufficient to facilitate study at postgraduate level. It may be possible for us to enrol experienced health professionals lacking Bachelor's level qualifications based on their practical experience alone; this will be evaluated on a case by case basis.

Proficiency in the English Language (equivalent of IELTS 6.5, min 6 in all components) is essential.

Study Periods

Although it is recommended that you take just one module per study period, especially if you are working, you can do more if you wish. All three modules are offered in each Study Period and once registered to do the course you have three years to complete, so you can select to opt out of one Study Period if your schedule does not allow you to study.



Study Periods for 2014/2015 are:

2014 Study Period — 2	Mon Sept 22 — Sun Nov 30
2015 Study Period — 1	Mon Jan 12 — Sun Mar 29
2015 Study Period — 2	Mon April 13 — Sun Jun 21
2015 Study Period — 3	Mon July 6 — Sun Sept 13
2015 Study Period — 4	Mon Sept 28 — Sun Dec 6

When you have registered for a module, you are normally expected to complete all assessment and finish the module in line with the cut-off dates in that Study Period, details of which will be given in the Module Handbook.

The landmark Global **Burden of Disease report** published at the end of 2012 highlighted obesity as a **more significant health crisis globally** than hunger and/or malnourishment and as the leading global cause of disabilities.

Credit Suisse Report 2013

'health professionals either lack appreciation of the health and medical consequences of obesity or lack confidence and the ability to help [...and that...] too often health professionals ignore the obvious signs or symptoms of obesity or simply instruct the individual to go on a diet and lose significant weight.'

Royal College of Physicians 2010

There is now growing acknowledgement from policy makers and healthcare professionals that we are grappling with **one of the biggest threats to public health in the 21st century.**

Academy of Medical Royal Colleges 2013



Application process

The entire application process is online. Prospective students are required to complete an application form which will be reviewed by the Admissions Panel. Applicants may be required to submit additional supporting information. Upon successful application a Welcome Pack will be sent that contains further information about the learning site and the course.

[Click here to apply](#)

Course Fees

The tuition fee for the Postgraduate Certificate in Obesity Care (including all three modules) is £2,850*. Students have the flexibility of enrolling on one module at a time at a cost of £1,000* per module. There are a range of payment options available to assist you with your tuition fees.

Tuition fees include membership to the Royal Society of Medicine. Students will be able to take advantage of all the benefits of being a member of the RSM including access to all of their online materials and use of their international clubs as well as receive a certificate of membership.

*There is a one-off administration fee of £200 payable at initial registration and enrolment in any CCH course.

Enquiries

We will be happy to help you with any questions regarding the College and our courses.

 [020 3542 7995](tel:02035427995)

Visit us:

One Lyric Square, Hammersmith
London W6 0NB

 info@contemporaryhealth.co.uk

Connect with us

 www.contemporaryhealth.co.uk

 @CCHHealth

 The College of Contemporary Health

