



**Ahfad University for Women**  
**جامعة الأحفاد للبنات**

**School of Health Sciences**

**Postgraduate Diploma in Diabetes Education**

**BACKGROUND ON HOSTING SCHOOL:**

The School of Health Sciences was launched on 2006, based on the former School of Family Sciences, i.e. after four decades of graduating family scientists. The school is intended to offer a B.Sc. Honors in different disciplines of Health Sciences. The School is also offering graduate studies on the levels of M.Sc. and Ph.D. in the discipline of human nutrition, and a postgraduate diploma in teaching family sciences. The School of Health Sciences is closely associated with the Nutrition Centre for Training and Research (NCTR) which conducts different training and research activities in the field of nutrition and community health.

The School of Health Sciences mission is to promote excellence in teaching, research, and community services within a multicultural environment and interdisciplinary approach to develop professionals who provide leadership in evidence-based practice that ensures and promotes nutrition, the health and wellbeing of individuals, families, and communities. The pillar of this mission is a learning experience, enhanced by curricula that blend general education, basic sciences with career specific knowledge and professional skills, reflecting AUW's mission.

**PROGRAM JUSTIFICATION:**

Diabetes is the most common non-communicable disease in Sudan. Importantly, minority and vulnerable populations such as the older adults are more seriously affected by this disease. Management of diabetes is predominantly self-directed, in that individuals are responsible for the day-to-day decisions related to controlling their disease. Effective management requires patients to understand and use multiple technologies for glucose monitoring and medication administration as well as complex treatment strategies and problem-solving skills. Healthcare professionals alone cannot manage diabetes; the challenge is to provide the environment in which diabetes can be jointly managed, promoting self-care and empowerment. Diabetes educators are healthcare providers who, by virtue of education, experience, and credentialing possess the knowledge and skills needed to effectively care for people with or at risk for diabetes. Thus, this diploma program has been developed to provide the knowledge and skills needed by Diabetes educators. Moreover, Ahfad University takes the lead in coordinating with the stakeholders and the society to respond to their needs in an educational program or

a community outreach activity as an integral part of the curriculum across the university.

**PROGRAM MISSION:**

To recognize diabetes education as a distinct healthcare specialty for promotion of diabetes self-management education and training as an integral part of diabetes care for an active, diligent, effective treatment of the disease.

**PURPOSE OF DEGREE:** The aims of the degree are:

- To train professionals, capable of effective delivery of Diabetes education to the people with diabetes and their families, according to local needs and International standards.
- To help people with diabetes in their fight against the disease by creation of a better understanding of diabetes and the diabetes-care program required.

**BRIEF DESCRIPTION OF PROGRAM**

The curriculum of the program is based on “International Curriculum for Diabetes Health Professional Education” designed by International Diabetes Federation (IDF) with extra topic adapted to the Sudanese situation of the disease.

The course is divided into two parts:

- During the first 10 weeks of the course, there will be an intensive teaching and practical training at Ahfad University for Women.
- The second part of the course will consist of an Internship of 28weeks duration, during which the trainee educator will be posted at a peripheral diabetes center.
- During the internship the students will be assessed on the internship training.

**FREQUENCY OF PROGRAM:** every year (9 months)

**TARGET PARTICIPANTS AND ENROLLMENT REQUIREMENTS:**

- Candidate should have a Bachelor’s degree from health or medical discipline.
- The selection of candidates would be based on communication skills, personal qualities, insight, interest and commitment to work.
- The Final selection is based on an interview

**LANGUAGE OF INSTRUCTION:** English

**MODE OF DELIVERY:**

- ✓ Lectures and practicals
- ✓ Workshop/seminar (face-to-face)

- ✓ Student presentations
- ✓ Clinical experience

### **EXPECTED LEARNING OUTCOMES AND SKILLS:**

The graduate will be able to:

- Apply and follow the individual patient training program and Standards:
  - \*Demonstrates familiarity with diabetes care provider level
  - \*Provides diabetes support and care in a culturally manners
  - \*Applies principals of behavior change to facilitate self management skills of individuals with diabetes.
  - \*works with an interdisciplinarily care team to tailor interventions to individual patients self management education needs.
- Identify potential barriers to behavior change, including: cognitive and physical limitations, literacy, lack of support systems, negative cultural influences.
- Effectively communicate Disease Knowledge in different training settings (Disease knowledge includes and not limited to glucose monitoring, Hypoglycemia and hyperglycemia signs and symptoms and treatment, injection techniques, Role of Diet and exercise and other general health care education related to Diabetes).
- Adapts communication style according to audience style / need.
- Supports commitment and goal to become the preferred partner through providing innovative solutions to Diabetic patients.
- Plans, delivers and evaluate individual and group patient education sessions
- Offers advice and promote awareness among the community particularly the persons at risk to diabetes.
- Register and keep records of patients in health facilities.

### **QUALIFICATION GAINED ON SUCCESSFUL COMPLETION:**

Postgraduate Diploma in Diabetes Education

### **JOB OPPURTUNITIES:**

- Hospitals
- Diabetes centers
- Private clinics
- Geriatric Houses
- Governmental / Non-governmental organizations in health education services

## By-laws:

**Title**

Postgraduate Diploma in Diabetes Education (DDE)

**Medium of instruction**

English

**Duration of the diploma**

The period of certified study and training for the Postgraduate Diploma is 9 month (38 weeks) for the award of the degree.

### 1. Admission Requirements:

1.1 An applicant for the DDE should hold Bachelor degree in relevant health or medical sciences from AUW or an equivalent recognized university.

1.2 All eligible students must fill in the University application form and attach all requested items.

- Copy of University degree and transcripts
- English proficiency certificate (CPE/ 5 TOEFL) or the AUW English exam result.
- Copy of ID/Passport

The University graduate application form is available at the admission office of AUW and its webpage (<http://www.ahfad.org/>). All application forms must be correctly submitted before the 30<sup>th</sup> of June of each year. English Tests at AUW English Institute are twice a year on 5<sup>th</sup> of May and 15<sup>th</sup> of June of each year.

1.3 Application forms are screened and potential candidates will be announced via the official channels.

### 2 Registrations and Enrollment:

2.1 An applicant upon School Graduate Studies Committee (SGC) admission approval should register at the prompt dates of study commencement usually first week of July of each year. Applicants should satisfy the financial requirements (registration/tuition fees), before being enrolled in the course of study.

2.4 For the fulfillment of the degree of DDE, students will be registered for 33 credit hrs spanning over an equivalent of 38 weeks.

2.5 Full-time registration is mandatory.

2.6 registration/tuition fees is 3 thousands Sudanese pounds

2.7 In case of illness necessitating absence exceeding a week, a student should submit an application for sick leave to the SGC together with a certificate signed or countersigned by the Director of AUW Health Center. Student who wishes to obtain a leave of absence for more than a week for non-medical reasons should apply in writing to the SGC beforehand, stating the reasons for which leave of absence is sought. Such applications will be subject to the approval of by SGC.

### **3 Evaluation rules:**

#### **3.1 Courses grading system:**

3.1.1 Grades are based on the 100% marking scale for course evaluation.

3.1.2 The minimum pass mark for the AUW English proficiency test is 40%.

3.1.3 The minimum pass mark in every course for the DDE program is 50%.

3.1.4 In cases the student failed to obtain 50% grade in any course, the student is allowed to repeat a maximum of 2 modules, as a supplementary. Failing in more than 2 modules will end in dismissal.

3.1.5 Upon acceptable reasons to the SGC, if the student is unable to attend any academic activity during the module, including the final examination, the student might be granted a substitute for that activity, including any type of examination.

3.1.6 Failing to attend 75% of activities in each module, will result in termination of registration of that module and an (F) grade will be conferred in this case.

#### **3.2 Internship:**

3.2.1 A student should undergo training for 6 continuous calendar months at a peripheral diabetes center following the DDE internship manual instructions (Developed by School of Health Sciences).

3.2.2 A contract of agreement will be signed between the DDE program coordinator, the student and the peripheral diabetes center student preceptor.

3.2.3 The student will submit every month a progress report to the DDE program coordinator endorsed by the center preceptor.

3.2.4. Log book will be required to record activities s and verified by the preceptors.

3.2.5 A final Diabetes educator practice skills assessment scale will be submitted by the center preceptor to be endorsed by the SGC as the student evaluation criteria. Beside a report will be presented orally by the intern reflecting knowledge and skills gained from the internship.

3.2.6 A final examination for all interns will be at the school testing diabetes educator competencies.