



## **Programme Specification**

### **Sleep Medicine [Frenchay]**

Version: 2023-24, v1.0, 07 Dec 2023

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## Section 1: Key Programme Details

### Part A: Programme Information

**Programme title:** Sleep Medicine [Frenchay]

**Highest award:** PGCert Sleep Medicine

**Awarding institution:** UWE Bristol

**Teaching institutions:** UWE Bristol

**Study abroad:** No

**Year abroad:** No

**Sandwich year:** No

**Credit recognition:** No

**School responsible for the programme:** CHSS School of Applied Sciences,  
College of Health, Science & Society

**Professional, statutory or regulatory bodies:** Not applicable

**Modes of delivery:** Full-time

**Entry requirements:** Recruitment of students will be managed by the NSHCS with NHSE, with details being provided to UWE subsequently in order to compete the admissions process. Candidates will already be employed within a healthcare setting and must meet the entry requirements, namely a 1st or 2:1 undergraduate honours degree, or integrated master's degree in a pure or applied science subject relevant to the specialism, a healthcare subject, or equivalent. Exceptionally and in agreement with the academic provider a 2:2 honours degree may be accepted if accompanied by suitable experience. The degree should include Human Anatomy and Physiology and research skills.

**For implementation from:** 01 January 2024

**Programme code:** C9P100

## Section 2: Programme Overview, Aims and Learning Outcomes

### Part A: Programme Overview, Aims and Learning Outcomes

**Overview:** NHS England and NHS Improvement established a national Diagnostics Programme Board to coordinate the implementation of recommendations in the Richard's Report (Diagnostics: Recovery and Renewal - Report of the Independent Review of Diagnostic Services for NHS England), which followed on from the NHS Long-Term Plan. Diagnostics forms over 85% of all clinical activity and is one of the main enablers for restoring patient services. Developing and growing the current diagnostic workforce is key to achieving this, as well as to meeting the growing needs in terms of staffing Community Diagnostic Centres (CDCs) and backfilling positions created as existing practitioners move to more advanced positions.

Getting it Right First Time (GIRFT) is a national programme designed to improve medical care within the NHS, across all speciality areas. Highlighted within the Long-Term Plan, Richard's Report and GIRFT Programme National Speciality Report for Respiratory Medicine, was the need to expand provision in sleep services. Sleep medicine is a sub-speciality that covers over 100 different diagnoses. The most common sleep-related condition is sleep apnoea, the increasing incidence of which is placing additional demand on diagnostic services. Increased capacity to provide rapid assessment, diagnosis and initiation of treatment (typically continuous positive airway pressure, CPAP) is required to reduce waiting times and improve quality of life for patients. This was set out in Recommendation 8 within the GIRFT report - 'Improve care for patients in sleep medicine by addressing delays in diagnosis of sleep problems and CPAP initiation, together with resolving gaps in infrastructure'.

To overcome the recognised shortfall in sleep medicine provision, NHS England commissioned a pathway that will respond more rapidly to the urgent workforce needs. The University of the West of England (UWE) was the sole higher education institute awarded the contract to deliver the Postgraduate Certificate in Sleep Medicine. The aim of the programme is to enable healthcare professionals with

transferable skills and knowledge to upskill in this sub-speciality. UWE is ideally placed to deliver this, as a modern civic university with a focus on partnership working to "transform futures: powering the future workforce, shaping the health of our communities" (UWE Strategy 2030).

The 12-month, full-time postgraduate programme integrates the fundamentals of respiratory and non-respiratory physiology, related to sleep disorders. The graduate attribute-enabling programme will provide the theoretical and practical skills required to become a qualified sleep practitioner and hence to increase the national sleep medicine workforce.

The programme is practice-led by design. Trainees will be employed within NHS trusts across England. Through their training within the workplace and education at UWE they will be provided with a wealth of opportunities to practice diagnostic as well as appropriate and professional patient interaction skills, with 'patient' participation being embedded into teaching sessions.

Students will have access to extensive academic, scientific, and clinical experts who will be delivering the content of the programme, thus ensuring that it is scholarly, evidence-based and relevant to current practice. UWE has close links with NHSE and multiple NHS acute trusts both regionally and nationally, enabling us to work collaboratively in delivering the highest level of education in sleep medicine.

Anticipated outcomes for the wider health system include:

- An increase in the national sleep medicine workforce, with the expansion of diagnostics in this area into wider areas of clinical practice (including medical, nursing and allied health professions).
- Stronger collaboration for building provision of quality education between academic institutes and the wider healthcare system.
- The development of a recognised career pathway for graduates from multiple scientific disciplines.

**Features of the programme:** A new, fast-track training route for upskilling existing healthcare professionals and graduates from related subjects in the theory and

practice of sleep medicine, to address shortfalls in the diagnostic workforce. Programme development has been informed by accredited clinical scientists, patients, carers and lay associates. The coherent, progressive curriculum ensures competence in core knowledge, together with the personal and practical skills required to enhance the trainees' clinical competence and professional development.

The programme will be delivered by specialist academic staff and clinical practitioners. Trainees will study within specialist areas of sleep medicine while maintaining academic breadth and depth of knowledge in the wider discipline. Extensive support will be provided throughout their programme of study.

**Educational Aims:** This programme will use an innovative, blended learning delivery model. This flexible provision will enable trainees to develop, advance and maximise their theoretical and practical knowledge, skills and application in the field of sleep medicine. The programme is based on, and will deliver, the most current knowledge and evidence in the field. It aims to produce practitioners who are confident in the subject area and who are competent in applying skills with respect to completing practical sleep medicine examinations and applying clinical knowledge to interpret the data obtained.

### **Programme Learning Outcomes:**

On successful completion of this programme graduates will achieve the following learning outcomes.

### **Programme Learning Outcomes**

- PO1. Evaluate patients presenting with suspected sleep disorders including obtaining a patient history, assessment and identification of symptoms and contributing factors.
- PO2. Develop investigative strategies for patients presenting with complaints of sleep disorders to confirm or refute a diagnosis .
- PO3. Interpret results of tests and assessments for sleep disorders with respect to differential diagnosis.

- PO4. Formulate, implement, and review management plans for patients with sleep disorders considering patients choice, suitability and effectiveness of treatments.
- PO5. Assess patients with suspected sleep disorders for fitness to engage in vigilance critical activities, interpreting guidelines and making recommendations.
- PO6. Communicate effectively with patients, family members/carers, and fellow healthcare professionals, applying appropriate confidentiality.
- PO7. Apply a patient-centred approach to practice, considering the patient's experience, quality of life and the impact on family and society.
- PO8. Practice effectively in partnership with other clinical specialties and the wider multidisciplinary team to deliver safe and effective patient care.

**Assessment strategy:** All assessments have been designed with a focus on a programmatic approach, to provide a varied experience for learners whilst ensuring all key attributes and skills are appraised. Assessments have been designed to have an applied and practice-led focus, and a range of assessment types are included to accommodate different learner backgrounds and learning styles.

The two modules run in parallel, allowing for the integration of knowledge and skills. Each module will have two summative assessments, with the weighting for the second being higher to reflect the increasing level of knowledge and skill required. There will be opportunities to receive relevant formative feedback before each of the summative assessments.

A focus on applied, problem-based and scenario-based learning lends itself to assessments such as case studies and practical skills assessment. In addition, one of the later written assessments will incorporate clinical scenarios and questions that test decision-making skills. A presentation and defence is included to help develop communication skills.

Within assessments such as the case studies and presentation there are opportunities for flexibility, with learners able to tailor their assignment according to their interests and career goals. For example, topics within an assessment can be

focused on a particular specialist area of sleep medicine.

Learners will also be required to complete a work-based portfolio of competence, as part of the assessment for the Sleep Disorders module, which is assessed as pass/fail. Support for this will be provided by a work-based training officer and from the programme team. Final sign off is required in order to complete the programme.

The taught course provides the theoretical framework underpinning the practice of sleep medicine, which will then be applied in the workplace. Practical activities in block weeks will enable students to develop the skills required to perform and analyse diagnostic tests, and to learn effective communication, patient-centred practice and multidisciplinary working within the context of sleep medicine. For example:

- Students will be introduced to the multidisciplinary nature of Sleep Medicine practice in the UK during starting block and will experience and develop multidisciplinary communication throughout.
- Students will have formative opportunities to develop communication skills in a variety of formats e.g. small and large group discussions; oral presentations; scientific posters.
- Summative assessments include observations of clinical practice and assessment of the students patient communication and the formulation/delivery of patient-centred plans.

**Student support:** The unique partnership between UWE, NHSE, NSHCS, and NHS partners will enable students to access support and guidance from a wide range of stakeholders, as well as from their own place of employment.

Ongoing academic and pastoral support will be provided by staff teaching on the programme and wider professional services at UWE. The latter includes study skills training through the library, wellbeing and disability support, and access to student advisors, and employability and enterprise advisors.

## Part B: Programme Structure

### Year 1

The student must take 60 credits from the modules in Year 1.

### Year 1 Compulsory Modules

The student must take 60 credits from the modules in Compulsory Modules.

Module Code	Module Title	Credit
USSKJF-30-M	Introduction to Sleep Medicine 2023-24	30
USSKJX-30-M	Sleep Disorders 2023-24	30

## Part C: Higher Education Achievement Record (HEAR) Synopsis

Successful graduates will have developed an in-depth knowledge of sleep medicine, set within the context of current regulatory frameworks, existing practise and real-world healthcare challenges. Graduates will have benefitted from working with both academic and practice-based leaders in the field. The applied nature of each module will have enabled analytical and critical evaluation skills to be developed, crucial for a range of careers. Development of transferrable and leadership skills will have equipped students with a skill set critical for many advanced sleep medicine roles, fostering leaders of the future in this field.

## Part D: External Reference Points and Benchmarks

The specification for this programme was written by clinical specialist in conjunction with the NSHCS and NHSE. Learning outcomes have been written in accordance with the UWE Enhancement Framework, and QAA Framework for Higher Education Qualifications (FHEQ). Specifically, the following have also been carefully considered:

- HCPC Standards of Education and Training (June 2017)
- QAA subject Benchmark Statement for Health Studies (November 2019)



- NSHCS Guidelines for Higher Education Institutions in England Commissioned to Provide New MSc Degree Programmes in Clinical Science (January 2016)
- UK Quality Code for Higher Education (October 2019)
- AHCS Good Scientific Practice Standards (April 2021)
- AHCS Standards of Education and Training for Undergraduate and Postgraduate Training Programmes (January 2023)
- UWE Bristol Strategy 2030, aligning particularly with the inclusivity and collaborative focus, with this programme contributing to the key priority areas for course development in 'health and wellbeing'.

### **Part E: Regulations**

Approved to University Regulations and Procedures: Academic regulations and procedures.