



NUI Galway
OÉ Gaillimh



Masters in Preventive Cardiology

Multidisciplinary Approaches to Cardiovascular Health and Lifestyle Medicine

The scientific evidence for cardiovascular disease prevention and rehabilitation is compelling but translating this evidence into effective patient care is a challenge. This innovative programme in Preventive Cardiology, delivered in the Croí Heart & Stroke Centre, provides students with the knowledge and practical skills required to bridge this implementation gap and achieve the recommended lifestyle and therapeutic targets. Delivered within the wider context of chronic disease management, this course will enable students to provide effective self-management support to individuals living with cardiovascular disease, diabetes and other related long-term conditions.

Course level: Level 9

Duration: 1 year full-time in service using a blended learning approach

Entry Requirements:

Successful applicants will possess at least a Second Class Honours, Grade 1 degree in an appropriate life science, biological science, medicine or nursing. For those who do not hold a primary degree at the required level, a special case will be made if they have demonstrated aptitude for the course material through at least 3 years of high quality work experience in a relevant field of cardiovascular health. Candidates coming to Ireland from abroad who do not have a degree from Ireland or the UK will be asked to provide evidence of an acceptable result in one of the recognised English language proficiency tests, e.g. IELTS total score of 6.5

Fees: €8,180 (EU); €16,440 (Non-EU)

Applying: www.pac.ie/nuigalway

Closing date: 31st August annually



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Why study this programme?

This course equips students with the knowledge and skills required to make meaningful contributions to the discipline of cardiovascular disease prevention and rehabilitation. The taught modules address the development and practical use of cardiovascular risk estimation tools, implementation of healthcare policy, behavioural change strategies, lifestyle approaches to risk factor modification and medical management of risk factors including hypertension, dyslipidaemia, diabetes mellitus, obesity and smoking. Students have the opportunity to actively engage with patients participating in a preventive cardiology programme at the Croí Heart & Stroke Centre in Galway. Small group case-based discussions and clinical activities supplement the didactic lecture programme. The course has online learning and guided self-directed learning dimensions as well as residential elements, enabling students to adapt their learning to their professional lives.

Programme outline

CORE MODULES	ECT	Semester	Continuous Assessment	End of Module
Fundamentals of Preventive Cardiology	15	1	✓	✓
Research Methods	5	1	✓	✓
Reflective Clinical Practice & Professionalism	10	1&2	✓	
Research Project & Dissertation*	30	1&2	✓	✓
ELECTIVE MODULES	ECT	Semester	Continuous Assessment	End of Module
Lifestyle Risk Factor Modification	30	2	✓	
Cardiac Rehab	30	2	✓	

Employment and career opportunities

Graduates of this course will be positioned as leaders in cardiovascular disease prevention and will find ample opportunities to apply their learning across a variety of clinical settings in both primary and secondary care. There will also be employment opportunities in public health, health promotion, healthcare management, academic and research settings and the pharmaceutical industry. Clinician graduates will benefit from career advancement within their chosen disciplines. Masters students completing the 5,000 word 'ready-for-publication' dissertation will be supported in preparing their work for submission to a peer-reviewed journal which will further augment their career prospects.

Graduate/student profile

"I accepted a place on the MSc in Preventive Cardiology as I was very interested in the unique perspective on chronic disease prevention. The course content and teaching were really excellent and the learning I gained during that year continues to support me in my career - it has been the springboard for my move from a Physiotherapy clinical post to my current role as Healthy Ireland Project Manager within a large acute hospital group. The learning gained is applied every day as I strive to implement the Healthy Ireland Framework. I would have no hesitation in wholeheartedly recommending the programme to any potential students"



Laura Tobin, Course Graduate

Find out more/ Enquiries to:

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