

Leading the way in healthcare



I want to extend a warm welcome to you from my colleagues and myself in the Faculty of Health Sciences. As Dean, I contribute to the development of national policy for healthcare, particularly in the field of cancer care, my specialist area of practice and research. I hope you will find in Southampton, an academic environment conducive to your learning and development as a student and ultimately as a professional; I have personally sought this kind of environment to support my own career development.

In establishing Health Sciences, we have developed a world-class Faculty that focuses on the improvement of health outcomes and the transformation of healthcare delivery. University of Southampton students are increasingly from beyond the UK, making us a University with an international outlook on global issues of health and healthcare and an exciting environment in which to study and socialise. Our programmes benefit from close partnerships with practice settings, clinical leaders and close involvement with healthcare service users.

Students on undergraduate, post-graduate and doctoral programmes are exposed to an extensive array of learning opportunities in real and simulated practical and theoretical sessions in which technologically enhanced learning is gaining an increasing presence. Leading professors contribute to the educational and research experience of our students whilst undertaking research of international renown themselves. We are student-centred, meeting the needs of students with differing learning styles and learning needs, we take pride in offering a unique, values-based approach to our educational delivery to the advantage of each of our students.

I am passionate about striving to improve the experience of healthcare for service users and their carers, to address their needs more personally and to give people more power and control over their health and well-being. If you choose to study with us, you too will have the opportunity to make your own personal contribution to healthcare in the challenging but exciting times that lie ahead of us.

Jessica Corner | Dean of Health Sciences.

About the Dean

At the beginning of her career Jessica trained as a cancer nurse. Her external roles now include Chief Clinician at Macmillan Cancer Support, where she advises on the charity's ongoing direction, vision and strategy.

She is best known for developing a new approach to managing the symptoms of breathlessness in advanced lung cancer by helping people to use breathing control techniques and overcome the fear associated with breathlessness. This non-drug therapy allows people to manage the problem themselves and is now used across the healthcare service.















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Why choose the University of Southampton?

A focus on inter-professional learning (IPL), varied practice opportunities and one of the most prominent research-led healthcare teams in the UK are just some of the reasons students choose to study here.

Research focused learning

The University of Southampton is part of the Russell Group, a collective of 20 Universities that are committed to leading the way in research and delivering an outstanding learning experience.

In Health Sciences, we have an excellent reputation for winning competitive research grants, producing high-quality publications and developing future generations of healthcare practitioners and researchers. We are committed to undertaking research that influences the quality of healthcare provision. As an undergraduate student you'll benefit from innovative learning opportunities with dedicated academics, who use forward-thinking theories and debates to develop analytical and leading healthcare professionals.

Our research currently focuses on three areas:

- Active living and rehabilitation
- Cancer, palliative and end-of-life care
- Organisation and delivery of care

With the provision of excellent resources and a stimulating research environment many professionals return to Southampton for postgraduate courses.

Inter-professional learning

Health Sciences offers inter-professional learning, which involves all students from Health Sciences and Medicine at the University of Southampton, as well as radiography and pharmacy students from the University of Portsmouth. Students meet to learn how their professions work together and how they can provide the best service possible for service users. You'll learn to support each other and how to make an effective contribution to an inter-professional team, set boundaries, address prejudices and manage complexity and uncertainty. Common learning involves collaborative working, team working and development in practice and these skills are designed to ensure that you're focused on service user outcomes.

Our vision

Health Sciences is proud to be forward thinking and innovative in delivering high quality learning and teaching. We also like to challenge ourselves and aim to lead health sciences in the UK. We are currently ranked second in England and third in the UK according to the Times Good University Guide 2012, which uses many factors including research funding and student surveys to create the list. We are very proud of our achievements and constantly aim to be the best and to produce the most capable students who are fully equipped for launching their future careers.

Preparation for your future career

To ensure our students are employable and ready to meet the challenges of the modern health and social care environment you'll enjoy a variety of work placements throughout your course.

The University has excellent relationships with NHS careers services, Local Authority Social Services and private practices across the UK. This relationship is demonstrated by the fact that 90% of all students who graduated in 2010 are in work or further study within six months of graduating.







About Southampton

Southampton is a thriving modern city, steeped in history and culture. Just over an hour south of London, Southampton has excellent transport links with the rest of the UK.

A lively city

Close to the city centre, the University forms an integral part of this dynamic, multicultural city. Our location offers a vibrant mix of recreation, culture and entertainment – from restaurants, cafés, bars and nightclubs to cinemas, sports facilities, internationally acclaimed arts venues and shopping centres. The University is next to Southampton Common, a protected Site of Special Scientific Interest with extensive areas of public open space and managed woodland.

Whether you fancy a lunch with friends or dancing into the small hours, Southampton has the right venue. From intimate lounge bars and roof terraces to Leisure World, which houses a casino, bowling alley, several restaurants and bars, a 13-screen cinema and two nightclubs, there is something for everyone. Historic Oxford Street is home to Southampton's finest restaurants, but wherever you are in the city you will be spoiled for choice, with restaurants offering a wide variety of cuisines from across the

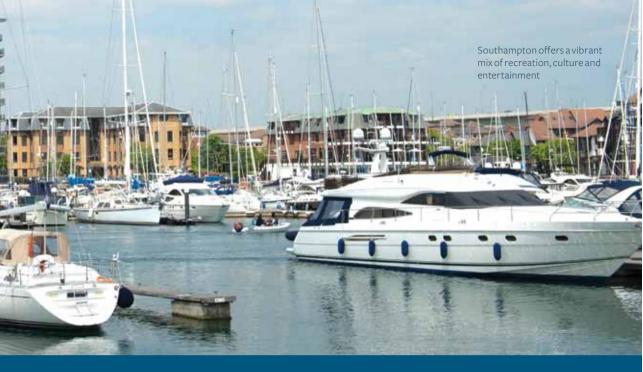
globe and catering for every budget. In the city centre you will also find West Quay, one of the south coast's top shopping centres. Whatever your musical tastes there are great venues in Southampton for live music. The Joiners, for example, is known for up-and-coming bands – Coldplay, Oasis and Radiohead all played there before they were famous. The Guildhall is a multi-purpose venue that stages jazz and rock as well as a range of contemporary and classical music.

A connected city

Just over an hour from central London, Southampton has excellent transport links with the rest of the UK and internationally, by road, rail, sea and air. The city is serviced by two mainline train stations, with direct trains to London Waterloo and within easy reach of the Eurostar at St Pancras International.

Southampton Airport offers regular flights to UK and major European destinations. Our own award-winning uni-link bus service connects all Southampton campuses and halls of residence, the city centre, the airport and both railway stations.

Less than half an hour from Southampton is the New Forest National Park, with vast open heathland and beautiful forest. The resorts of Bournemouth and Poole are just down the coast, while a short ferry ride



takes you to the Isle of Wight, which hosts Skandia Cowes Week, the largest and most prestigious international sailing regatta in the world.

A historic city

Southampton has a fascinating history. It was from here in 1415 that Henry V set sail for Agincourt. The Pilgrim Fathers first set sail from here in 1620 on their historic journey to the New World, and the ill-fated Titanic sailed from Southampton in 1912.

Southampton has a rich aviation heritage, with the Spitfire, the fighter aircraft that won the Battle of Britain, developed in the region in the 1930s. As well as an area of outstanding natural beauty, the New Forest has a fascinating history. Created in 1079 by William the Conqueror as an area for hunting deer, it became an important source of timber for the Royal Navy. Today the forest retains many historical rural practices, such as pasturing of ponies, cattle, pigs and donkeys in the open forest by local inhabitants, known historically as the 'commoners'.

A modern city

Today, Southampton has one of the biggest commercial ports in Europe, and the city is known across the world as the home of the giant cruise liners, *Queen Mary 2 and Queen Victoria*.

Southampton's thriving port handles in excess of 42 million tonnes of cargo annually. It is the cruise industry capital of northern Europe and is engaged in sustained and continued city centre development that continually strives to improve its already enviable facilities.

Its coastal location means that Southampton offers a vast range of opportunities for sport and leisure, with waterfront marinas and a major focus on water sports, sailing and ocean racing. The city hosts the largest on-water boat show in Europe – the annual Southampton Boat Show.

Winchester

The historic city of Winchester – England's ancient capital – is just 12 miles north of Southampton, and is home to the University's internationally renowned Winchester School of Art. Popular for its bustling shopping streets and spectacular architecture, Winchester is perhaps best known for its 11th century cathedral and the Great Hall, which houses the mysterious Round Table of King Arthur. The city's rich cultural heritage is complemented by a lively atmosphere and a wide variety of pubs and restaurants, museums, theatres and galleries.

Teaching venues

When it comes to learning and teaching facilities, Health Sciences goes beyond the typical university lecture theatres and classrooms.

The Faculty has a virtual interactive practice suite with the kind of health equipment you would normally expect to find in a care setting and there are several clinical rooms for practising the skills you'll need for when you're on placement.

All teaching is carried out on the Southampton campus although students have the opportunity to experience practice placements in a potentially wide range of geographical areas, depending on the discipline you study. It may include Portsmouth, Basingstoke, Winchester and the Isle of Wight, as well as London, Surrey and Sheffield. In each study site you will work alongside students from a variety of healthcare professions, and will be exposed to a full range of practice experiences designed to enable you to meet the demands of the modern healthcare system.

E-learning

Students have access to a broad range of contemporary approaches to learning and teaching, including e-learning. E-learning enables you to:

- Study from anywhere with Internet access
- Be flexible with your study time and other commitments
- Access learning materials and support at any time

E-learning does not replace the need for face-to-face contact with tutors and other students, but enhances the learning process and allows you to keep in regular contact with other students and your academic tutor in a supportive environment. You can also access learning support and feedback on your achievements at each stage of the course.

Information on individual Trusts

To find out more about some of the regional trusts where you may be based during your practice placements please visit the websites below.

- Southern Health NHS Foundation Trust provides mental health and learning disability healthcare and services for people across Hampshire and the surrounding area excluding Portsmouth city and the Isle of Wight. www.southernhealth.nhs.uk
- University Hospital Southampton NHS Foundation
 Trust, based in Southampton, provides a range of acute
 and specialist healthcare services. www.uhs.nhs.uk
- Southampton City Community Healthcare provides community care within Southampton.
 www.southamptonhealth.nhs.uk
- Solent NHS Trust provides a range of community and specialist mental health services to over a million people in Southampton, Portsmouth and parts of Hampshire. www.solent.nhs.uk
- Portsmouth Hospital NHS Trust provides a range of acute and specialist healthcare services for the Portsmouth region. www.porthosp.nhs.uk
- Hampshire Hospitals NHS Foundation Trust provides acute and specialist hospital services to patients in Andover, Basingstoke, Eastleigh and Winchester as well as the surrounding towns and villages across Hampshire and parts of west Berkshire www.hampshirehospitals.nhs.uk
- NHS Isle of Wight is unique by acting as the commissioner and the main provider of all NHS healthcare resources on the island. www.iow.nhs.uk



Societies

Student life isn't all about hard work. Our societies make sure you have a fun and active social life too.

At the University of Southampton there are two well-established societies which ensure Health Sciences students enjoy university life to the full via various sports and social events: The Nursing and Midwifery Society (NAMSOC) and Physiotherapists, Occupational Therapists, and Podiatry Student Society (POPtSOC). Students on the relatively new Healthcare Science programme are in the process of planning how they would like to be represented within the Faculty-based student societies.

Socials

NAMSOC and POPtSOC organise a number of different events throughout the academic year, which range from pub crawls and summer balls to cinema nights and trips to Thorpe Park. We also have close links with other societies, and that allows everyone to mix with other professions and courses.

Sport

Each society provides sports team opportunities to all its members, and teams run from the start of the year. So if you play netball, hockey, rounders or have a sport you want to set up, we're more than happy to try and start a NAMSOC or POPtSOC team.

Student 'buddy' system

In addition to the support systems offered by the Faculty, particularly the academic tutor, NAMSOC and POPtSoc provide an additional framework that is especially helpful for students in the first year. The system utilises second and third year students who volunteer as student 'buddies' to provide peer support to first years. If a new student requires help with an essay or is having problems with research, their student 'buddy' is a great source of supplementary information and guidance.

Mature students

Both societies are continually trying to ensure mature students get the same support and social life opportunities as every other student. This is an area that we are trying to develop so if you are a mature student when you come to the University of Southampton, contact NAMSOC or POPtSOC and see what we can offer.

"Being a POPtSOC rep has been really good fun and I've made really good friends working so closely with the other reps. Over the last year I've been involved in designing and supplying comfy (yet stylish!) clothing to the student body and planning the well-deserved socials! It's been a great opportunity and as it's such a small society you get to know other students, from all years, really well. I'd recommend it to anyone!

J Poulton | POPtSOC Rep



Registration

A degree from the University of Southampton gives you the eligibility to apply to register with the appropriate governing body and practise in the UK.

After qualifying you will be eligible to register with the relevant organisation, which will allow you to practise. Associate practitioner roles are available in all areas of the NHS if you wish to work in a healthcare role without registration.

Below are the current expected salaries within the NHS bands. These salaries and bands may change so should only be used as a guide.

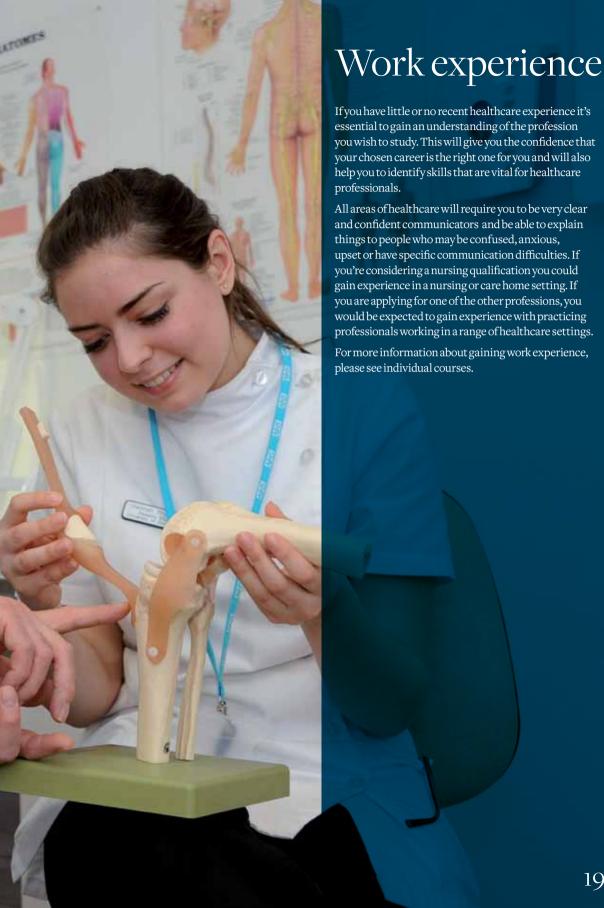
| Job titles | Salary band | Salary |
|---|-------------------|-------------------|
| Clinical support worker | Band 2 | £13,903-£17,003 |
| Higher level clinical support worker | Band ₃ | £15,860 - £18,827 |
| Associate practitioner/maternity care worker | Band 4 | £18,402 - £21,798 |
| Nurse/midwife/podiatrist/occupational therapist/physiotherapist/healthcare scientist | Band 5 | £21,176 - £27,625 |
| Nurse specialist/educator/team leader/health visitor or community midwife/specialist allied health professional | Band 6 | £25,528 - £34,189 |
| Health visitor specialist/team manager/advanced nurse/higher midwife/advanced allied health professional | Band 7 | £30,460 - £40,157 |
| Nurse or midwife consultant/modern matron | Band 8a-c | £38,851 - £67,134 |
| Managerial roles and extended practice roles for AHPs | Band 8d | £65,270-80,810 |
| Heads of larger departments and AHP consultant roles | Band 9 | £77,079 - £97,478 |

Currently qualified nurses, midwives, allied health professionals and healthcare scientists enter the profession within band 5 in the NHS. With specialist skills and advanced training it is possible to progress and take on team leading or perhaps management

responsibilities. There is a clear career path in place within the NHS but practitioners may choose to work in a range of settings including Local Authority services and private settings, which will have a different salary structure.







Support

Health Sciences offers a wide range of support services to help you tackle academic and personal challenges during your course.

Whilst studying at the University you'll have an academic or personal tutor to guide you through your studies and assessments. Nursing students have a practice mentor who works closely with you during your practice placements; whilst students studying one of the allied health professions are supported by an academic member of the Faculty who visits you on placement to ensure your practice experiences complement your learning experiences at the University.

Student learning advisers

Studying can be challenging and there may be times when a little extra support is needed to help you achieve your goals. You may want to improve your grades or you may find yourself struggling with an essay. This is where our student learning advisers (SLA) team can help. The team provides support for specific study skills, such as understanding and interpreting assignments, essay planning, academic writing, and revision and examination techniques.

Student support services

In addition, the University provides a range of support services, further details of which can be found on the University web pages. www.soton. ac.uk/study/studentservices/support_types.html

This includes specialist support for students with dyslexia or a disability.

Staff in the Faculty of Health Sciences are fully committed to supporting students with disabilities who wish to join programmes of study which require the acquisition and practise of professional competencies. We offer students personal, informal advice by telephone, email or face to face and we are happy to discuss your specific needs prior to you applying. This could include how your specific needs may impact on your ability to meet the clinical competencies. This will not affect your application in any way but may help you to select the right programme for you. Please contact the admissions team for further details.

Students' Union Advice and Information Centre

The Students' Union Advice and Information Centre (SUAIC) provides a free, confidential and impartial advice service on issues such as money matters, housing rights, legal advice and academic matters. All students can also contact the University counselling service, which offers free and confidential counselling to all members of the University community. This service is provided by experienced, professionally qualified counsellors.





Accommodation

We have a range of accommodation options to help you settle in quickly and make the most of student life.

Our halls vary in size, facilities and character but they all offer high-quality accommodation in a safe, friendly and diverse environment. Utility bills, internet connection and uni-link bus passes are generally included in the cost and no deposit is required for first year students.

Accommodation in halls includes rooms with or without washbasins, and en suite rooms with a toilet and shower or bath. Larger hall sites have a shop, bar, sports facilities, library and IT rooms.

Our self-catered halls of residence have well-equipped communal kitchens. Alternatively, in Southampton you can opt for catered accommodation, with breakfast and evening meals provided throughout the week, and some meals at weekends.

In addition to rooms in our halls of residence, we have a limited number of flats and houses for couples and families of international students. The accommodation service can also send you details about private rented accommodation.

If you apply for a course based on Southampton Highfield campus you will benefit from a guaranteed place in halls provided you make us your first choice, live outside the city boundaries and meet application deadlines. Accommodation may be adapted for disabled students. For further information please visit www.soton.ac.uk/accommodation/home/addreq.html

Halls are also available in Portsmouth for student nurses based at this site. The accommodation is either owned by the University or NHS and varies in size and price. In these areas students in their second or third years can sometimes stay in halls too.

Parking in some halls is allowed with a relevant permit and is helpful to students who are on placements further away.

Please feel free to contact the accommodation service to discuss any of the accommodation options.

Full details are available at www.southampton.ac.uk/accommodation.

"I love Southampton! I think that the University is great and there are many activities to get involved in. As it is populated with so many students you can never be bored as there is the hustle and bustle of halls life, plenty of student houses, as well as many nightclubs/bars and things to do. Southampton has an amazing shopping centre and also interesting history. There are many parks and rivers for walks and also the Docks. It is a lovely student friendly city full of young people so you never feel alone"

Sophie Grout | student

Financial support

Going to university is an exciting change in life but it does mean you'll need to plan your finances carefully.

Not all Health Sciences courses are funded, although many are. Due to the complexities of NHS funding it's really worthwhile spending time doing some research to make sure you know what you're entitled to and to keep up to date with any changes.

Bursaries and tuition fees

Most courses that result in an eligibility to register with a regulatory body are funded by the NHS and students from the UK or the EU do not pay tuition fees. In addition, the NHS sometimes provides a bursary for UK residents who are taking a preregistration course. This is usually means tested. These funds are intended to help cover living and accommodation expenses and do not have to be reimbursed. The nature of the bursary varies depending on the course of study and individual circumstances, so please refer to Useful Information.

Student Grants Unit booklet

The NHS Student Grants Unit produces a very useful guide entitled Financial Help for Healthcare Students. This gives details of all financial support available to students, including how to calculate any means tested bursaries and additional support that may be available. This booklet can be downloaded by visiting www.nhsbsa.nhs.uk/students and clicking on 'forms and booklets' from the menu.

Childcare allowance

You may be eligible for a childcare allowance for dependants under the age of 15. Please note that this award is means tested and not all students are entitled to claim this allowance. Contact the Student Grants Unit for more information.

Student loans

On our degree programmes, you can apply for a student loan in addition to a means tested bursary.

Additional allowances

Additional allowances may be available for some students, including:

- Care leavers
- Students with dependants
- Disabled students

Some allowances may also be available to cover:

- Hardship support
- Practice placement expenses
- Single parent addition
- Two homes grant

Visit www.nhsbsa.nhs.uk/students for further details. You can use the online calculator on this site to estimate the bursary amount you may be entitled to.

Council tax

Full time students are normally eligible for council tax discounts. Please contact your local council office for further information.

Useful information

Further allowances are payable in certain circumstances. Full information is available from the NHS Student Grants Unit at

www.nhsbsa.nhs.uk/students

You may also want to visit **www.studentcalculator. org.uk** to help you create a budget and get a realistic idea of the costs you are likely to incur during your studies.

This information is correct at the time of going to print but changes may have occurred in the intervening period. All prospective students should therefore contact the NHS Student Grants Unit to confirm details before accepting a place.

Courses

Health Sciences offers you much more than just a degree or postgraduate qualification.

We're training the next generation of professionals in nursing, midwifery, healthcare science, physiotherapy, podiatry and occupational therapy. We do all this in a supportive and friendly environment where there's a high ratio of staff to students.

All our programmes share the key characteristics of research-based learning and inter-professional learning. In the Masters programmes, there's also the use of guided discovery learning.

Other innovations include the new dual fields programme that allows students to register in two fields of nursing. We were the first university to introduce a curriculum to meet the new Nursing and Midwifery Council (NMC) standards.



BSc (Hons) Healthcare Science

Becoming the link between technology and patients to diagnose abnormalities, reduce disability and improve function of patients.

Cardiovascular, respiratory and sleep science practitioners use specialist diagnostic equipment to provide essential information needed for an accurate and lifesaving diagnosis. Often you'll be working with distressed patients in an area where speed is of the essence.

Procedures carried out will largely depend on the job and the team function. Cardiovascular practice may include the following: monitoring heart function during surgery, intensive care and diagnostic stress testing, performing echocardiography procedures, highlighting disease in valves or muscles of the heart to the diagnosing cardiologist and assisting with pacemaker implantation and follow up appointments. Respiratory and sleep practitioners are likely to work with patients experiencing chest pain, abnormal x-rays, breathing difficulties or sleep disorders. The wide-ranging procedures used include testing during cardio pulmonary exercise and bronchial challenge, measurements of dynamic and static lung volumes, respiratory gas exchange, blood gas analysis, responses to treatment or exercise, allergy testing and sleep disorder diagnosis via a sleep study.

As a cardiovascular, respiratory and sleep science practitioner you are likely to work with babies and young children, adolescents, adults and older people with suspected illness. Skilled patient contact will be an

important part of your role and you'll need to relax and reassure patients about the technological procedures to be performed. Liaising with specialist doctors, nurses and other health professionals will also be essential. So individuals with excellent interpersonal skills and an ability to learn complex technologies will be ideal for this specialist course.

The theoretical component of the programme is delivered with a mixture of theory at the University campus and Southampton General Hospital and uses integrated practical training on the latest clinical equipment. Placement opportunities will predominantly be in the South Central healthcare region although students may also be placed in other healthcare regions.

Career opportunities

On completion of the course, there will be opportunities to apply for professional registration. Graduates could expect to work in hospitals as part of a medical team or in the community, visiting patients at home or school. The opportunity to continue study and research at a postgraduate level is also available.

UCAS information

Code name: SOTON

Number: S27

Healthcare Science (Cardiovascular, Respiratory and Sleep Science): B120



Key facts

Starts: September

Course length: three years full time or four years part time. Applicants will be asked to allocate preferences between the cardiovascular, respiratory and sleep science pathway options. Each discipline has minimum and maximum numbers of participants, so first choices cannot be guaranteed.

Fees: please visit www.southampton.ac.uk/fees

Entry requirements: AAB, 340 UCAS points in three A levels including: at least two science or social science subject

at A level

OR Science-based access course

(distinction/merit)

OR BTEC national diploma in health studies

or science (DDD)

PLUS GCSE English, science and maths (A*-C)

Bachelor of Midwifery (Hons)

Helping women and their families with all aspects of maternity care and ensuring they have the best experience and health possible.

Pregnancy and birth are major events in the life of any woman and her family. From early pregnancy through to the first weeks after birth, midwives work with women and their families to provide support, advice and education and ensure prospective parents are ready for parenthood. Midwives also work closely with other health and social care colleagues to improve and maintain the health and wellbeing of a new mother and her baby.

Midwives remain with women throughout labour and birth. Being a midwife requires considerable skills and knowledge, and the ability to remain alert and calm in stressful situations. Although the focus of midwifery care is normal pregnancy and childbirth, you must be prepared to manage complex and diverse situations.

As a midwifery student, your course has been carefully designed to help you develop the competencies, skills and knowledge required to register as a midwife in the UK. You will also gain clinical midwifery experience, both in the community and in hospital. By your third year, you will have the opportunity to care for a small caseload of women under the supervision of a midwife. This final year will prepare you to practise as an autonomous midwife.

Midwives work in a variety of healthcare environments, such as in hospitals, birth centres or the community. Whilst others move between these locations to provide continuity of support and care for women.

Career opportunities

Your midwifery qualifications and experience will give you a range of options and the opportunity to develop your career in the direction that interests you most. As your knowledge and expertise increase, you could move into more senior practitioner roles. By becoming a team or unit manager, you could combine responsibility for managing other staff with hands-on involvement with expectant women and their families.

You may choose to specialise in a particular area of perinatal care and study for further qualifications. As part of this process you might carry out research that helps move the profession forward. You could become attached to a university and be involved in teaching future midwives. If you stay in practice, you could consider the role of consultant midwife, which provides clinical leadership for midwives and others across maternity services.

Your career could well move through different elements of research, teaching, practice development and management – including management at board level within an NHS Trust or, influencing the shape of healthcare across a whole community.

Careers information courtesy of NHS Careers.



UCAS information

Code name: SOTON

Number: S27

Bachelors degree: B720

Key facts

Starts: September

Course length: three years full time

Bursary: £3,630 (means tested)

Entry requirements: AAB, 340 UCAS points in three A levels including science or social science subject at A level or GCSE

OR Science-based access course (distinction profile) OR BTEC national diploma in health studies or science (DDD)

PLUS GCSE English and maths (A*-C)

Entry criteria

To study midwifery at Southampton, you must meet our academic criteria. You must also have undertaken some formal academic study within the past five years.

Experience

It will help your application if you have experience of working in a healthcare setting. This could include work experience in maternity hospitals, birthing units, well woman clinics, antenatal clinics, GP surgeries, or work shadowing a midwife or other healthcare professional.

Where it is not possible to gain directly relevant experience, try and get some appropriate experience. For example, it is often difficult to work in midwifery, so experience with adults may be a suitable alternative, but not experience with children. Work experience can be either paid or voluntary, or experience gained for a vocational course (e.g. BTEC national diploma).

Alternative qualifications

In addition to the criteria, we are also able to consider equivalent alternative qualifications such as the international baccalaureate, Irish leaving certificate and Scottish highers. Please contact Health Sciences for further information on these and any other qualifications you may have.

Bachelor of Nursing (Hons) and Masters in Nursing Studies

The nursing programmes at Southampton ensure nurses can meet the healthcare needs of the twenty-first century.

The nursing degree programmes at Southampton were the first in the country to adopt the 2010 Nursing and Midwifery Council standards and are designed to prepare nurses to lead practice through research based training, challenge practice and create change through innovation. The programme is based upon a unique Values-Based model that focuses upon nurturing students' own personal values of care and compassion.

Your learning is guided by world-leading research. It gives you the best informed start in your future career, enabling you to make complex decisions, evaluate practice, co-ordinate care and advocate for patients' needs.

Practice experience makes up half the programme. Guided by mentors, you will experience an equal range of hospital and community settings and acquire the skills so you can pursue a career in either. All practice experience counts towards the final grades achieved and is carefully designed to ensure competencies and develop confidence.

Students on all Health Sciences programmes have combined study to develop true inter-professional learning. Nursing students share lessons with other students studying midwifery, occupational therapy, physiotherapy and podiatry and all of these professions work closely in practice and in training. Nurses studying a specialist field such as adult, children's or mental health will also have common lessons together as well as field specific teaching. All practice experience will be in your chosen field.

Adult nursing

As a nurse in adult healthcare, you work with adults of all ages to assist with the restoration of health wherever possible and deliver high-quality care to those with continuing health and social needs. Working as part of a multidisciplinary team, you will need to prioritise very different and constantly changing needs and provide the main point of contact to patients. You will learn to be constantly alert to changes in patients' conditions and the implications in terms of care to ensure that their needs are recognised by the care team. Effective communication skills are vital, as you will need to comfort and reassure patients and their families in difficult and complex situations.

Adult nurses may work in hospitals, but changing health needs and pressures have led to a rapidly increasingly community provision. So you could work in a variety of settings, including walk-in centres, smaller community hospitals and in patients' homes. Adult nurses also work in specialist areas such as intensive care, theatre and recovery, cancer care or care of older people.

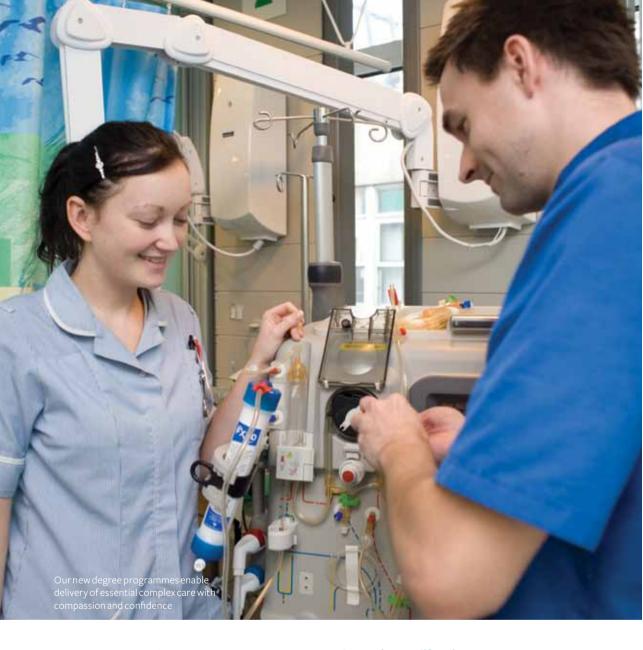
During your training, you will complete a variety of practice experiences, including hospital wards and clinics, as well as community settings including patients' own homes.

UCAS information

UCAS Code name: SOTON

Institution number: S27

UCAS number - Adult: B745



Nursing degrees key facts

Duration: three years

Starts: September

Entry requirements: BBB, 300 UCAS points in three A levels including a science or social science subject at A level or GCSE

Science-based access course (distinction/merit profile), BTEC national diploma in health studies or science (DDM)

and GCSE maths and English (A*-C)

Alternative qualifications

In addition to the criteria, we are also able to consider equivalent alternative qualifications such as the international baccalaureate, Irish leaving certificate and Scottish highers. Please contact Health Sciences for further information on these and any other qualifications you may have.





Children's nursing

Children's nurses care for children and young people with health needs and provide support to their families. Work in children's nursing can range from the intensive care of a premature baby and caring for a sick adolescent to promoting child health and wellbeing in the community. Children's bodies and minds work in different ways to those of adults so the onset of symptoms can be sudden and extreme. As children are still growing, the impact of the illness or injury on their development must be taken into account. Additionally, children may be very frightened or confused by what is happening to them and may lack the communication skills to express what is wrong.

In children's nursing, you often share your nursing skills with others, and children's nurses also work closely with families as part of the caring process. A key requirement is to instil the child's carers with the confidence and ability to carry out their own caring role, knowing when to stand back and when to take over, if necessary. Children's nursing therefore requires a special set of attitudes and an open-minded approach to appreciate the different ways people relate to children. A rich mix of emotions often surrounds a child's illness, including panic, anxiety, anger, powerlessness and guilt. In your nursing role, you will play a key part in helping families deal with their crises.

If you choose to pursue this branch of nursing, you will gain experience in a broad range of settings that support the healthy child and provide care for children and young people experiencing ill health.

UCAS information

UCAS Code name: SOTON

Institution number: S27

UCAS number - Children's: B735

Nursing degrees key facts

Duration: three years

Starts: September

Entry requirements: BBB, 300 UCAS points in three A levels including a science or social science subject at A level or GCSE

Science-based access course (distinction/merit profile), BTEC national diploma in health studies or science (DDM) and GCSE maths and English (A*-C)

Alternative qualifications

In addition to the criteria, we are also able to consider equivalent alternative qualifications such as the international baccalaureate, Irish leaving certificate and Scottish highers. Please contact Health Sciences for further information on these and any other qualifications you may have.



Mental health nursing

Mental health nurses care for people with mental health problems and help them live their lives as independently as possible. As a society, we find it much easier to talk about a physical illness rather than a mental health problem. Yet many people have to face episodes of depression, anger, stress or fear and it's estimated that one in three adults suffers from a form of mental illness at some time during their life.

As a mental health nurse, you will be at the front line in providing support, working with GPs, psychiatrists, social workers, schools and others to co-ordinate care. In recent years there has been a significant shift from hospitals to the community as the primary setting for mental healthcare. So you may work in people's homes, residential units and health centres, planning

and delivering care as part of a multi-agency team. The one-to-one personal relationships that mental health nurses form with clients are at the heart of the care process. You will deal with people of all ages and from a wide range of backgrounds. Once qualified, you may choose to work in mainstream adult mental health or to specialise in areas such as drug and alcohol misuse, child and adolescent services, working with older clients or with offenders. Mental health nurses need the ability to listen so they can help people find a means of coping with their problems, which often involves family, friends and others.

Your course will equip you with a range of therapeutic experiences and skills to help your clients. If you choose to pursue this branch of nursing, you will gain experience in a broad range of mental healthcare settings.



UCAS information

UCAS Code name: SOTON

Institution number: S27

UCAS number - Mental Health: B760

Nursing degrees key facts

Duration: three years

Starts: September

Entry requirements: BBB, 300 UCAS points in three A levels including a science or social science subject at A level or GCSE

Science-based access course (distinction/merit profile), BTEC national diploma in health studies or science (DDM)

and GCSE maths and English (A*-C)

Alternative qualifications

In addition to the criteria, we are also able to consider equivalent alternative qualifications such as the international baccalaureate, Irish leaving certificate and Scottish highers. Please contact Health Sciences for further information on these and any other qualifications you may have.

Dual field degrees

The dual field pathway provides you with the eligibility to register in the two fields of adult and children's nursing and adult and mental health nursing.

The dual field award is completed over four years in which you will complete generic and field specific competencies. The typical structure will involve an even mix of the two fields you have chosen to study.

On completion of the four years students will be eligible to apply for registration in the two fields studied.

Dual field degrees UCAS information

UCAS number - Adult and Children's: B767

UCAS number - Adult and Mental Health: B747

Key facts

Duration: four years

Starts: September

Entry requirements: ABB, 320 UCAS points in three A levels including a science or social science subject at A level or GCSE

Science-based access course (distinction/merit profile), BTEC national diploma in health studies or science (DDD)

and GCSE maths and English (A*-C)

Alternative qualifications

In addition to the criteria, we are also able to consider equivalent alternative qualifications such as the international baccalaureate, Irish leaving certificate and Scottish highers. Please contact Health Sciences for further information on these and any other qualifications you may have.

Masters Nursing Studies

The Masters in Nursing Studies programme contributes to the Faculty's mission to develop a world-class nursing work force and to promote early career development for graduates studying within this Russell Group University.

"I originally came to the UK from Peru to study English. It was when I started working as a healthcare assistant in a hospital that I realised I had a passion for working in the caring profession. It was friends who encouraged me to study nursing and apply here. I've really enjoyed my time at Southampton. Coming from abroad had its challenges but my colleagues and tutors have been really supportive and incredibly nice."

Christina Gutierrez | student nurse

This programme leads to a Masters Degree and eligibility for professional registration as a children's, mental health, or adult nurse. It comprises three years of study, in theory and practice settings, building a firm foundation for you to deliver excellent nursing care and develop leadership potential.

We value your achievements, experience and previous studies. So candidates can enter this programme through an Accreditation of Prior Learning (APL) route by providing evidence of appropriate learning that equates to year one of the programme and includes practice experience. In this case, the programme could be completed within two years.

Key facts

Duration: three years

(for students not making a successful APL claim).

Starts: spring tbc.

Entry requirements: 2:2 degree classification or above in any degree course

Entry criteria

To enter one of our courses, you must meet our academic criteria. You must also have undertaken some formal academic study within the past five years.

Experience

You should enhance your opportunities for acceptance and for APL by working, volunteering or organising work experience in a relevant health or social care setting before studying. This will provide an opportunity to see whether this is the right career for you, and to develop your portfolio in advance of making an APL claim. Suitable locations may include nursing or residential homes, local hospitals, schools, mental health settings and within services for adults or children with physical or learning disabilities in your chosen field of study.

Alternative qualifications/experiences

Please contact the Health Sciences recruitment services for further information on this course including the APL process.





BSc (Hons) Occupational Therapy

Helping people regain lost skills and live life their way.

When people become ill or disabled they may lose the capacity to carry out everyday activities. As an occupational therapist you will assess the physical, mental and social needs of the client, and work with them to identify the best way to help them achieve their personal goals and independence. Activity is essential to health and through the use of activities that are meaningful to the individual, you can help them regain skills and participate in everyday life again.

Occupational therapists work with people of all ages, in an increasing range of health, social care and private care settings. Work areas traditionally include physical rehabilitation, mental health, learning disabilities, social services and education, as well as other non-traditional areas, such as working with homeless people and in prisons.

You will experience a range of learning, teaching and assessment methods throughout the course, which includes working effectively with clients, their families and other healthcare professionals; critically examining your own practice; and managing your work competently. You will go on to develop the skills and knowledge you need to work in a range of practice settings, and you will study the management and research skills required to equip you for your future professional practice. Being able to work as a team or independently to solve problems and communicate effectively is essential.

Occupational therapy provides the opportunity to combine both scientific and creative skills. You will combine academic study with integrated placements, which take place across a range of health and social care settings throughout the course. Learning, teaching and assessment methods are varied and include both individual and group approaches. The course will equip you with a range of therapeutic techniques that you will use in practice. You will be encouraged to become a self-directed and reflective learner in preparation for your future practice as an occupational therapist.

Career opportunities

Our ageing population and continuous developments in health and social care have brought an increasing need for occupational therapists, so career prospects within the profession are excellent.

Traditionally, the majority of occupational therapists work in the NHS. Increasingly, however, qualified occupational therapists have found exciting opportunities in other work settings, and we expect this trend to continue. As a qualified occupational therapist, you can consider working in different job roles, as a practitioner, researcher, manager, lecturer or consultant. You can also choose to work in different fields, such as social care, mental health, education, learning disabilities or physical rehabilitation. There are job opportunities in a number of settings, including charities and voluntary agencies; commercial and industrial organisations; disabled living centres; equipment companies; government agencies; housing departments; local community services; NHS and private hospitals; private practice; schools, colleges and universities: social services and social work departments; wheelchair services; hostels for the homeless: and residential care homes.

You have a wide choice of practice specialisms to choose from, such as eating disorders, hand therapy and substance misuse. You may choose to specialise in working with children, adults or older people. You can also decide whether you want to work for someone else or for yourself, in the community or a hospital. The profession continues to develop new areas of practice, providing many options to consider.



International opportunities

Southampton has accreditation from the College of Occupational Therapists, which demonstrates our commitment to working in partnership to maintain high standards of education and shape the national and international development of the profession. This accreditation also means that your qualification will be recognised by the World Federation of Occupational Therapists, creating international job opportunities.

For further information visit www.cot.co.uk

UCAS information

Code name: SOTON

Number: S27

Bachelors degree (full time) Apply via UCAS B920

Bachelors degree (part time) Apply direct

Key facts

Starts: September

Course length: three years full time or four years part time (with one year to be studied on a full time basis)

Bursary: £3,630 (means tested and pro rata)

Entry requirements: AAB 340 UCAS tariff points from three A Levels including a science or social science subject (Psychology and Sociology)

OR Science or health-based access course (distinction profile)

OR BTEC national diploma in health studies or science (DDM)

OR a previous degree at 2:2 or above All applicants under 21 years of age are required to have 5 GCSEs including maths, English and science at grades A*-C

Entry criteria

To apply for one of our courses, you must meet our academic criteria and demonstrate a thorough understanding of the principles of the profession across a range of practice settings. Relevant academic qualifications must have been completed in the three years prior to application.

Experience

You are strongly encouraged to make every effort to organise work experience with practising occupational therapists. However, local general hospitals often receive numerous requests and may not be able to accommodate all applicants. So it's worth considering other settings where occupational therapists work such as a mental health or a physical disability setting, so you can gain an understanding of the scope of the role. Gaining experience in more than one area or with different age groups would be an advantage. You can gain some ideas of where occupational therapists work by consulting the careers pages on the College of Occupational Therapists website www.cot.co.uk

Alternative qualifications

In addition to the criteria, we are also able to consider equivalent alternative qualifications such as the international baccalaureate, Irish leaving certificate and Scottish highers. Please contact the Health Sciences admissions enquiry department for further information on these and any other qualifications you may have.



BSc (Hons) and MSc (pre-registration) Physiotherapy

Working with people of all ages to treat physical problems caused by illness, accidents or ageing.

Physiotherapy is a dynamic healthcare profession that uses a physical approach to promote, maintain and restore physical, psychological and social wellbeing.

Physiotherapists see movement as central to a client's health and work to improve their movement and comfort through health promotion, preventive healthcare, treatment and rehabilitation.

At the heart of this science-based profession is the exercise of clinical judgement and informed interpretation: a physiotherapist is a clinician, educator, evaluator and manager. So you will require a wide range of skills. You will need to be a good communicator, be interested in solving problems in a logical way, be able to motivate and educate people, and be able to work both independently and as part of a team.

Once qualified, you will have the opportunity to work in a range of healthcare settings. These include intensive care, mental illness, sports injuries, stroke recovery, occupational health and care of the elderly.

Throughout your course, you will be working with clients, their families and other healthcare professionals via a combination of academic study and clinical placements. Learning and teaching methods are varied and include lectures, group work and self-directed learning and make use of case studies as a basis for applying theory and guiding student problem solving. There is a large practical component to the course where skills are learnt by practising with your fellow students. Students will be able to apply what has been learnt to develop further knowledge and skills under the guidance of their clinical supervisor when on clinical placement.

You will be assessed on your academic work as well as your clinical placements, using a variety of methods, including written exams, essays, oral presentations, practical exams and development of a research protocol. MSc students undertake a piece of research that is written up into a journal paper.

Career opportunities

The largest employer of health practitioners is the NHS, but other options include social care, the independent sector (including private hospitals, clinics and nursing homes), the armed services, organisations such as Macmillan Cancer Support and leisure facilities (including shopping centres, sports centres and cruise ships), education and industry.

UCAS information for BSc applicants

Code name: SOTON

Number: S27

Masters degree Apply direct

Bachelors degree (full time) B160

Bachelors degree (part time) Apply direct

Masters degree

Key facts

Starts: January

Course length: two years full time

Bursary: £3,630 (means tested)

Entry requirements: A recent 2:1 honours degree minimum in biological or behavioural science, sports sciences or health related profession Bachelors degree

Bachelors degree

Key facts

Starts: September

Course length: three years full time or four/five years part time

Bursary: £3,630 (means tested)

Entry requirements: ABBb, 370 UCAS points over three A levels and one A1 including science/social science subject

OR Science-based access course (distinction profile) OR BTEC national diploma in health studies or science (DDD)

AND GCSE maths, English and science (A*-C)

Entry criteria

To apply for one of our courses, you must meet our academic criteria for the level at which you wish to study. For the BSc you must also have undertaken some formal academic study within the past three years. For the MSc we would consider degrees outside of the three year period providing the knowledge gained in your first degree was being being used and developed. E.g. in a research context.

Experience

We require students to have a good understanding of physiotherapy and it is important to undertake as much work experience as possible before applying. It's helpful to have worked in at least two different areas in which physiotherapists work such as special schools, private practice, sports clinics and NHS hospitals.

Alternative qualifications for BSc

In addition to the criteria, we are also able to consider equivalent alternative qualifications such as the international baccalaureate, Irish leaving certificate and Scottish highers. Please contact Health Sciences for further information on these and any other qualifications you may have.





BSc (Hons) Podiatry

Helping to keep people on their feet through the diagnosis and management of foot, ankle and lower leg disorders.

Podiatrists carry out a range of treatments, for patients of all age groups, which can range from nail and skin disease and minor surgery, to the mechanical correction of gait and posture and more complex surgical techniques. There are great rewards in treating a patient with painful feet and seeing them walk away pain-free and able to maintain their mobility and independence; or being able to prescribe or manufacture corrective devices for people with walking problems; or help a sprinter improve their 100m time.

Career opportunities

Working as a podiatrist can be exciting and rewarding because it involves working in a variety of environments. These include the National Health Service or in private practice working with a number of other healthcare professionals or in the commercial sector, or in education and research. Podiatrists treat many different groups of patients who have a wide range of systemic problems, such as diabetes, poor circulation, rheumatoid arthritis, skin disorders or those who have more specific lower limb disorders such as limb length difference, Achilles tendonitis or ankle sprains. You may wish to develop your career further or to specialise in a particular area, which will require further training.

The scope of practice for a podiatrist is often much wider than many people realise. There are many specialist areas but categories include:

- General practice
- Orthopaedic triage
- High risk patient management
- -Surgery
- Paediatrics (children)

General practice

General practice provides essential assessment, evaluation and foot care for a wide range of patients, from nail problems to wound care. Many patients have long-standing problems that have no cure. Podiatrists therefore play a big part in keeping these people mobile and make a real difference to their lives. This work uses many of the clinical and assessment skills you are taught at university.

You may work with podiatry assistants who provide basic foot care and patient advice whilst you treat the more complex problems. This work is very varied and rewarding and each clinic presents you with different pathologies to treat. For example, patients may present with problems such as pain through to skin infections and more seriously, early signs of systemic disease. Most podiatrists have some general practice work in their weekly rotas. After a time you may choose to develop a particlar area of practice to focus on for your careeer development. The opportunity may arise for you to develop your skills in areas such as dermatology, diabetes management, sports injuries and rehabilitation, and treating children.

Orthopaedic triage

Orthopaedic examination involves the assessment of the musculoskeletal system. It provides podiatrists with an understanding of the biomechanics in the body and is used to diagnose and treat the lower limb. One area of clinical practice that focuses on biomechanics is sports injuries. There is currently a big demand for podiatrists to treat sports injuries and most of those working in this area are self-employed private practitioners. The work can involve individual athletes or working for sports teams e.g. rugby or football clubs.

There are many musculoskeletal investigations that podiatrists use to help them assess and evaluate the patients they treat. A considerable number of lower limb orthopaedic problems are treated by the podiatrist with orthoses – a custom insole. When a problem is identified which can be treated with orthoses, the podiatrist may choose to write an orthotic prescription, which is then manufactured at a laboratory by specialist technicians or they may want to manufacture the device themselves. Other treatments may involve modifications to footwear or special exercise regimes.

High risk patient management

High risk patients have an underlying illness or condition that puts their health at risk if their feet are not professionally cared for. Many have very poor circulation which means their skin is very fragile and can be injured easily, and once an injury occurs it can take a long time to heal. Some patients have reduced or no sensation in their feet and they can injure themselves without knowing. For example, walking with a stone in their shoe for 30 minutes can result in foot ulceration in patients without sensation. Patients classed as high risk often include those with diabetes, rheumatoid arthritis, cerebral palsy, peripheral arterial disease and peripheral nerve damage. Podiatrists have a vitally important role to play in the care of these people. They provide assessment and treatment along with patient advice in order to reduce the long term and sometimes very serious problems that can result, including amputation. Podiatry intervention in the care of these patients can reduce amputation rates by forty percent.

Surgery

As an HPC Registered Practitioner, a podiatrist is qualified to administer local anaesthetic and is trained in a number of surgical procedures. These include nail and minor soft tissue surgery. Some podiatrists go on to develop this interest further and train as a podiatric surgeon, who surgically manage bone, joint and soft tissue disorders within the foot. Podiatrists can only do this after graduation and have to undergo rigorous surgical training, which takes a number of years.

Paediatrics (children)

Working with children is known as podopaediatrics and many of lower limb problems children suffer are biomechanically related. Podiatrists who specialise in working with children have an in-depth understanding of this area of practice.

UCAS information

Code name: SOTON

Number: S27

Bachelors degree B985

Bachelors degree

Key facts

Starts: September

Course length: three years full time

Bursary:£3,630 (means tested)

Entry requirements: BBB 300 UCAS points over three A Levels including a science or social science subject OR Science-based access course

(distinction/merit profile)

OR BTEC national diploma in health studies or science (DDM)

AND GCSE maths, English and science (A*-C) for applicants under 21

Entry criteria

To apply for one of our courses, you must meet our academic criteria for the level you wish to study at. You must also have undertaken some formal academic study within the past three years.

Experience

In order to see whether podiatry is the right career for you, you should shadow registered podiatrists, ideally in a variety of relevant healthcare settings. You will be able to see at first hand what their work involves and talk to them about their experiences.

Alternative qualifications

In addition to the criteria, we are also able to consider equivalent alternative qualifications such as the international baccalaureate, Irish leaving certificate and Scottish highers. Please contact Health Sciences for further information on these and any other qualifications you may have.



How to apply

Most full time undergraduate applications are made through UCAS although applications for some pre-registration courses can be made directly to the University. The most important part of your application is your personal statement. This is your opportunity to explain why you will excel in your chosen career and demonstrate your knowledge of the profession. Applicants demonstrating motivation, insight into their chosen profession, understanding and intelligence will either be invited to interview to further confirm their skills or offered a place based on their personal statement.

All applicants are strongly advised to gain work experience in relevant fields to show interest and skill development to enhance their application. For further information on the application process visit www.ucas.ac.uk or www.southampton.ac.uk/healthsciences.



University open days

Come along to a University open day and discover why we're such a popular choice for students from all over the world.

Health Sciences open days at Southampton Highfield campus are on:

Friday 6 July 2012 10am to 4pm
Saturday 7 July 2012 10am to 4pm
Tuesday 4 September 2012 10am to 4pm
Wednesday 5 September 2012 10am to 4pm

Additional nursing and midwifery open days are held in February, March and April. Dates and times will be advertised on our website and in the local press. These informal drop-in events give you the opportunity to speak to staff and students, see our facilities and find out more about our courses.

www.southampton.ac.uk/healthcsiences

To book online go to www.southampton.ac.uk/visit



Relevant web links are shown throughout the Health Sciences Undergraduate Prospectus. Please also consult: www.southampton.ac.uk/healthsciences online for further details and/or any changes which have appeared since first publication of the Health Sciences Undergraduate Prospectus.

Disclaimer

The University of Southampton will use all reasonable efforts to deliver advertised programmes and other services and facilities in accordance with the descriptions set out in its prospectuses, student handbooks, welcome guides and website. It will provide students with the tuition, learning support, services and facilities so described with reasonable care and skill.

The University, therefore, reserves the right if it considers it to be necessary to alter the timetable, location, content or method of delivery of events provided such alterations are reasonable.

Financial or other losses

The University will not be held liable for any direct or indirect financial or other losses or damage arising from changes made to the event timetable, location, content or method of delivery of various services and facilities set out herein.

Force majeure

The University will not be held liable for any loss, damage or expense resulting from any delay, variation or failure in the provision of services and facilities set out herein, arising from circumstances beyond the University's reasonable control, including (but not limited to) war or threat of war, riot, civil strife, terrorist activity, industrial dispute, natural or nuclear disaster, adverse weather conditions, interruption in power supplies or other services for any reason, fire, boycott and telecommunications failure.

In the event that such circumstances beyond the reasonable control of the University arise, it will use all reasonable endeavours to minimise disruption as far as it is practical to do so.

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