

NURS 2031 PROMOTING MENTAL HEALTH AND WELLBEING 1

Credit Points 10

Legacy Code 401013

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Description This unit introduces students to the care of individuals with mental health concerns and/or illness. The national mental health policies provide a framework to focus on a range of determinants and consequences of mental health and illness in Australia. The principles of stress vulnerability and recovery will be introduced. The unit will offer an introduction for students to caring for individuals with depression, anxiety and substance use, and their families/significant others. The concepts of therapeutic use of self and reflection when engaging with people with mental health needs will be introduced. Students will develop their knowledge of mental health assessment, risk assessment and risk management across the lifespan. Self-care strategies in everyday collaborative nursing and midwifery practice will be considered.

School Nursing & Midwifery

Discipline Mental Health Nursing

Student Contribution Band HECS Band 1 10cp

Check your HECS Band contribution amount via the Fees (https://www.westernsydney.edu.au/currentstudents/current_students/fees/) page.

Level Undergraduate Level 2 subject

Equivalent Subjects NURS 2021 - Mental Health Nursing 1

Restrictions Students must be enrolled in 4691 Bachelor of Nursing, 4693 Bachelor of Nursing (Advanced), 4692 Bachelor of Nursing (Graduate Entry) or 4684 Bachelor of Midwifery or 4780 Bachelor of Nursing - WSU Online. Students must be enrolled in 4780 to enrol in WSU Online Campus subjects.

Assumed Knowledge

Primary health care, professional communication, foundational concepts in human behavioural science and their application to nursing or midwifery practice, roles and responsibilities of registered nurse or midwife.

Learning Outcomes

On successful completion of this subject, students should be able to:

1. Apply primary health care principles in the promotion of mental health & wellbeing in diverse settings.
2. Distinguish the mental health priorities in relation to meeting the needs of individuals and their families/significant others in the community.
3. Relate the principles of stress, mental health assessment, risk assessment and management in promoting mental health and wellbeing.
4. Explain the principles and skills of therapeutic communication and interventions related to caring for people experiencing alterations in thought, behaviour, and mood.

5. Apply ethico-legal implications in relation to the care of people with mental health concerns and/or illnesses
6. Develop an understanding of the lived experiences and recovery for individuals with mental health concerns and/or illnesses.

Subject Content

1. Primary health care approach to promoting mental health and wellbeing across the lifespan for individuals and their families/significant others
2. Using therapeutic communication skills and therapeutic use of self to promote support, hope and recovery
3. An introduction to the theoretical framework of a stress vulnerability model
4. An introduction to problem-solving principles related to the application of mental health assessment, risk assessment, harm minimisation and risk management for individuals and others
5. Trauma informed care
6. Trauma informed care
 - family focused care
 - psychosocial interventions
 - psychopharmacology
 - Electroconvulsive therapy (ECT)
7. Introduction to ethical and legal considerations related to the care of individuals with mental health concerns and/or illnesses
8. Case study ? Aged person with dementia and agitation
9. Case study - Aboriginal and Torres Strait Islander person with substance use/misuse issues
10. Case study - related to perinatal mental health

Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Item	Length	Percent	Threshold	Individual/Group Task
Video Assessment	10 minutes	40	N	Individual
Participation Tasks	30 minutes	10	N	Individual
Final Exam - Online	1 hour	50	N	Individual

Prescribed Texts

- This is the latest edition of the textbook that was published in 2020 Foster, K., Marks, P., O'Brien, A., & Raeburn, T. (2020). *Mental health in nursing : theory and practice for clinical settings* (Fifth edition. ed.). Amsterdam : Elsevier, 2020.

Teaching Periods