NURS 2041 PROMOTING MENTAL HEALTH AND WELLBEING

Credit Points 10

Legacy Code 401451

Coordinator Reshin Maharaj (https://directory.westernsydney.edu.au/search/name/Reshin Maharaj/)

Description Promoting Mental Health and Wellbeing develops mental health nursing knowledge and skill needs of the nursing workforce across a range of service delivery settings. It explores contemporary models of care such as recovery-oriented practice, trauma-informed care, and social determinants approach. Students will plan evidence-based initiatives that promote mental health, prevent and intervene early in illness, facilitate recovery, and promote wellbeing.

School Nursing & Midwifery

Discipline General Nursing

Student Contribution Band HECS Band 1 10cp

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

Level Undergraduate Level 2 subject

Pre-requisite(s) NURS 1025 - Person-centred Care Across the Lifespan

Restrictions

Students must be enrolled in 4691 Bachelor of Nursing, 4780 Bachelor of Nursing - WSU Online or 4684 Bachelor of Midwifery.

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. Demonstrate appropriate knowledge, skills, and attitudes in mental health nursing
2. Identify the rights of mental health consumers to live free from discrimination and social exclusion
3. Describe professional therapeutic relationships with mental health consumers, carers, and significant others using empathic and compassionate language
4. Describe how to support the rights of mental health consumers to lead their treatment and recovery process, and the rights of carers and significant others with the consumers consent, to collaborate in the treatment and recovery process
5. Plan evidence-based initiatives that promote mental health, prevent, and intervene early in illness, facilitate recovery, and promote wellbeing
6. Explain how to facilitate the recovery of mental health consumers by focussing on strengths and wellbeing

Subject Content

1. An introduction to anxiety disorders, depression, suicide, schizophrenia, bipolar disorder, substance use based on Recovery Principles and Trauma Informed Care
2. An introduction to mental health assessment, including comprehensive assessment of mental health consumers, carers and families, risk and strength assessments, triage, and diagnostic categories
3. Psycho-social concerns would be reflected in person-centred / Recovery model and the importance of having a conversation about what is happening in their lives currently. The focus is on a wholistic approach.
4. An introduction to psychopharmacology
5. Effect of stigma and myths around mental illness
6. Lived experience of mental health consumers and carers, consumer, and carer partnership in recovery.
7. Positive images about people with mental illness, promoting positive messages
8. Explore ethical application of the MH Act, 2007 including least restrictive care
9. Building professional therapeutic relationship with mental health consumers, carers, and families using empathetic communication skills
10. Contemporary models of care such as recovery-oriented practice and trauma-informed care
11. Effect of cultural/ spiritual and social factors (including Domestic Violence) in mental illness on individuals, families, and communities, including CALD-use of interpreters
12. Mental health promotion and early intervention strategies
13. Discussion of strength approach to Recovery
14. Aboriginal and Torres Strait Islander social and emotional wellbeing
15. An introduction to mental health and vulnerable populations
16. An introduction to physical assessment in mental health
17. Accesses and analyses the best available evidence, that includes research findings, for safe, quality practice

Special Requirements

Essential equipment

Access to an internet enabled device is essential in order to be able to: access course materials; to participate in discussion groups; and to access additional resources provided by the lecturer during the session. See http://www.westernsydney.edu.au/currentstudents/current_students/services_and_facilities/uwsonline_student_support (https://www.westernsydney.edu.au/currentstudents/current_students/services_and_facilities/uwsonline_student_support/) for further information.

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.

Type	Length	Percent	Threshold	Individual/ Group Task	Mandatory
Quiz	40 minutes	20	N	Individual	Y
Poster	400 words	40	N	Individual	Y
Professional Task	10 minute presentation	40	N	Group	Y

| Participatio | All teaching weeks | S/U | Y | Individual | Y |

View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=NURS2041_24-OT3_OW_2#subjects)

WSU Online

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.

Type	Length	Percent	Threshold	Individual/ Group Task	Mandatory
Quiz	30 minutes x 2 (15% each)	30	N	Individual	Y
Professiona Task	10 minute presentatio	30	N	Group	Y
Poster	400 words	40	N	Individual	Y
Participatio	All teaching weeks	S/U	Y	Individual	Y

Teaching Periods

Spring (2024)
Campbelltown
On-site
Subject Contact Reshin Maharaj (https://directory.westernsydney.edu.au/search/name/Reshin Maharaj/)

View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=NURS2041_24-SPR_CA_1#subjects)

Hawkesbury
On-site
Subject Contact Reshin Maharaj (https://directory.westernsydney.edu.au/search/name/Reshin Maharaj/)

View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=NURS2041_24-SPR_HW_1#subjects)

Liverpool
On-site
Subject Contact Reshin Maharaj (https://directory.westernsydney.edu.au/search/name/Reshin Maharaj/)

View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=NURS2041_24-SPR_LP_1#subjects)

Parramatta - Victoria Rd
On-site
Subject Contact Reshin Maharaj (https://directory.westernsydney.edu.au/search/name/Reshin Maharaj/)

View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=NURS2041_24-SPR_PS_1#subjects)

WSU Online TRI-3 (2024)
Wsu Online
Online
Subject Contact Melanie Bingham (https://directory.westernsydney.edu.au/search/name/Melanie Bingham/)

WSU Online TRI-1 (2025)
Wsu Online
Online
Subject Contact Reshin Maharaj (https://directory.westernsydney.edu.au/search/name/Reshin Maharaj/)

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=NURS2041_25-OT1_OW_2#subjects)

WSU Online TRI-2 (2025)
Wsu Online
Online
Subject Contact Reshin Maharaj (https://directory.westernsydney.edu.au/search/name/Reshin Maharaj/)

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=NURS2041_25-OT2_OW_2#subjects)

Spring (2025)
Campbelltown
On-site
Subject Contact Reshin Maharaj (https://directory.westernsydney.edu.au/search/name/Reshin Maharaj/)

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On-site
Subject Contact Reshin Maharaj (https://directory.westernsydney.edu.au/search/name/Reshin Maharaj/)

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