

# NURS 3034 PROMOTING MENTAL HEALTH AND WELLBEING 2

**Credit Points** 10

**Legacy Code** 401017

**Coordinator** Gihane Endrawes ([https://directory.westernsydney.edu.au/search/name/Gihane Endrawes/](https://directory.westernsydney.edu.au/search/name/Gihane%20Endrawes/))

**Description** This subject builds on the foundations of mental health and wellbeing established in earlier subjects. The relationship between stress and vulnerability will be explored within the context of the psychotic disorders schizophrenia and bipolar affective disorder. Students will gain an understanding of how the principles of recovery, introduced in an earlier subject, are applied to caring for people with schizophrenia and bipolar affective disorder. Altered mood, perception, and thinking will be explored and evidence-based assessment tools and biological and psychosocial interventions introduced for facilitating recovery towards mental health and wellbeing.

**School** Nursing & Midwifery

**Discipline** Mental Health Nursing

**Student Contribution Band** HECS Band 1 10cp

Check your fees via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Undergraduate Level 3 subject

**Co-requisite(s)** NURS 2031

**Equivalent Subjects** NURS 3024 Mental Health Nursing

**Restrictions** Students must be enrolled in 4691 Bachelor of Nursing or 4692 Bachelor of Nursing Graduate Entry or 4780 Bachelor of Nursing - WSU Online. Students must be enrolled in 4780 to enrol in WSU Online Campus subjects.

## Assumed Knowledge

Knowledge related to primary health care, professional communication, behavioural and social sciences, and nursing practice; foundational principles of mental health and wellbeing.

## Learning Outcomes

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

1. Apply understanding of the stress-vulnerability model to case scenarios of vulnerable people experiencing schizophrenia and bipolar affective disorder
2. Distinguish between therapeutic and non-therapeutic communication skills in providing care to someone experiencing schizophrenia or bipolar affective disorder
3. Apply the concept of recovery in mental health in relation to the scope of nursing practice
4. Identify indicators of altered mood, perception, and thinking with someone experiencing schizophrenia or bipolar affective disorder
5. Construct a care plan based on individualised needs of people experiencing schizophrenia or bipolar affective disorder
6. Compare and contrast a range of evidence-based biological (including psychopharmacological) and psychosocial interventions

for working with people who experience altered mood, perception, and thinking

7. Apply ethico-legal concepts in provision of care for people experiencing schizophrenia or bipolar affective disorder

## Subject Content

1. The stress-vulnerability model and its application to mental health promotion and practice
2. Nursing models of care and their application to mental health promotion and practice
3. Effective therapeutic communication for promoting mental health and well-being
4. Mental health assessment in the context of schizophrenia and bipolar affective disorder
  - evidence based assessment tools - Ministry of health, mental health clinical documentation guidelines
5. Interventions for people who experience schizophrenia and bipolar affective disorder
  - a. Biological interventions
    - application of principles from The neurosciences and psychopharmacology for The provision of Safe and effective management with psychopharmacological agents
    - physical health Monitoring
  - b. Psychosocial interventions - an introduction to
    - social skills training
    - strategies for promoting inclusion
    - strategies for early intervention and relapse prevention
    - family focused care - Working with families and informal carers
    - community psychiatric supportive treatment (CPST)
    - Behavioural strategies
    - complementary therapies
6. Legal and ethical issues related to mental health practice
7. Mental health and wellbeing as it relates to
  - people with schizophrenia and bipolar Affective Disorder
  - carers/family/friends
  - services
  - cultural Sensitivity/safety/competence

## 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
Mental Health Assessment	1500 - 2000 words	50	N	Individual	Y
Video triggered in class assessment	Guided short answers				
Final Exam - Online	1 hour 50 MCQ's	50	N	Individual	Y