The University of Southern Queensland

Course Specification

Description: Mental Health Nursing 1

<table>
<thead>
<tr>
<th>Subject</th>
<th>Cat-Nbr</th>
<th>Class</th>
<th>Term</th>
<th>Mode</th>
<th>Units</th>
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<tr>
<td>MHN</td>
<td>2020</td>
<td>14475</td>
<td>2, 2002</td>
<td>ONC</td>
<td>1.00</td>
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Academic Group: FOSCI
Academic Org: FOS004
HECS Band: 1
ASCED Code: 060305

STAFFING
Examiner: Graeme Browne
Moderator: Donald Gorman

PRE-REQUISITES
Pre-requisite: NSC 2180 and NUR 2020 and NUR 2070 Co-requisite: NUR 1090

RATIONALE
Mental health nursing is a specialised field that focuses on meeting the mental health needs of the community. The context of mental health nursing is broad and includes working with people with a diagnosed mental illness, people suffering emotional distress as a result of stress or a trauma, the families and loved ones of these people as well as the community in which they live. No matter what their specialist area of practice nurses work with people with mental health problems, therefore they need to have the appropriate skills and attitudes to assist their clients to deal with emotional health issues. Mental Health Nursing 1 and 2 aim to equip the nurse with the skills necessary to help individuals and their families with mental health problems.

SYNOPSIS
This course is concerned with the nursing care of people who are affected by mental health problems. The focus will be on people who are consumers of mental health services, the skills developed in this course will be useful for nurses working in other specialist areas of nursing. Nursing roles and nursing responsibilities associated with state legislation, the changes in the delivery of mental health services and ethical issues are explored. This course will also build on the skills developed in Psychosocial Foundations of Nursing 1 and 2 so that students develop their interpersonal communication skills, and practice these skills, in a mental health setting. This course helps the students address some of the prejudices the community (and also possible the students themselves) may hold in relation to people with a mental illness.
OBJECTIVES

On successful completion of this course students will be able to:

- demonstrate an understanding of the history of how society has treated people with a mental illness;
- discuss the public policy that is driving the trends in mental health care and the future directions of that care. The trends include deinstitutionalisation and consumer participation in mental health services;
- demonstrate an understanding of and apply models of psychotherapeutic nursing intervention. The models include: the medical model and DSM IV, Peplau's, psychodynamic, cognitive, behavioural, developmental, humanistic and family/systems;
- demonstrate an understanding of the role of the nurse helping a person with specific mental health problems to reduce vulnerability and maintain integrity, consistent with Irurita's model;
- demonstrate an understanding of the importance of cultural differences in the delivery of mental health care;
- explain the Mental Health Act and associated nursing responsibilities;
- discuss the ethics involved in working with a person with mental health problems;
- set and achieve three clinical objectives related to the objectives of this course;
- recognise own ability and level of professional competence consistent with Irurita's model;
- in a psychiatric clinical setting, determine and justify sound independent clinical judgements that support the integrity of consumers;
- in a psychiatric clinical setting, determine and justify sound independent clinical judgements limits vulnerability of consumers, consistent with Irurita's model;
- in a clinical mental health setting, utilise effective communication strategies and the therapeutic nurse/patient relationship to provide a nurturing, safe, wellness, oriented environment for your clients;
- apply knowledge of the Mental Health Act, and
- explain the ethics involved in delivering care in the least restrictive environment.

TOPICS

<table>
<thead>
<tr>
<th>Description</th>
<th>Weighting (%)</th>
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<tr>
<td>1. Development of mental health nursing Public Policy and mental health care The law in mental health care in Australia Ethical questions in the care of the mental health client</td>
<td>15.00</td>
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<td>2. Models of care DSM IV Mental status assessment</td>
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<td>3. Some common mental health problems Nursing care of people with mental health problems</td>
<td>50.00</td>
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<tr>
<td>4. Communication with someone who is depressed, elated, confused, hallucinating.</td>
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TEXT and MATERIALS required to be PURCHASED or ACCESSED:

Books can be ordered by fax or telephone. For costs and further details use the 'Book Search' facility at http://bookshop.usq.edu.au by entering the author or title of the text.


REFERENCE MATERIALS

Reference materials are materials that, if accessed by students, may improve their knowledge and understanding of the material in the course and enrich their learning experience.

Video: Communication in Mental Health Care, USQ, 1993.


Frisch, N.C. & Frisch, L.E. 1998, Psychiatric Mental Health Nursing: understanding the client as well as the condition, Delmar, Albany.


STUDENT WORKLOAD REQUIREMENTS

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<tr>
<th>ACTIVITY</th>
<th>HOURS</th>
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<tr>
<td>Clinical Experience</td>
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<td>Examinations</td>
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<tr>
<td>Lectures</td>
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<td>Private Study</td>
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<td>Tutorial</td>
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ASSESSMENT DETAILS

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<th>Description</th>
<th>Marks Out of</th>
<th>Wtg(%)</th>
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<td>CASE STUDY</td>
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<td>1HR CLOSED EXAM PT A M/C</td>
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<td>CLINICAL EXPERIENCE</td>
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<tr>
<td>1HR CLOSED EXAM PT B Short</td>
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<td>Ans</td>
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NOTES:
2. Examination dates will be available during the semester. Please refer to the examination timetable when published.
3. Refer to the Examiner for information about assignment due dates.
4. Examination dates will be available during the Semester. Please refer to the examination timetable when published.

OTHER REQUIREMENTS
1. Attendance Requirements: It is each student's responsibility to attend lectures, tutorials and workshops to ensure that he or she meets the objectives and attendance requirements of the course and is informed of the administrative procedures involved in the course. Students must attend 80 hours of clinical experience as organized by the Department of Nursing.
2. Requirements to Pass Clinical Experience: To gain the one mark for Clinical Experience, a student must be assessed as having achieved the clinical objectives of the course by the examiner, based on the Student's Record of Clinical Performance. Otherwise a mark of 0 will be given for this Assessment Item.
3. Minimum Requirements to Pass the Course: To be certain of a passing grade, students must (i) obtain an overall score of 60% for Assessment Items 1 and 2; and (ii) be awarded 1 mark for assessment item 3 and (iii) submit all pieces of assessment.
4. Assignments: Students must retain a copy of each item submitted for assessment. This must be produced within 48 hours if required by the Examiner. In accordance
with University's Assignment Extension Policy (Regulation 5.6.1), the examiner of a course may grant an extension of the due date of an assignment in extenuating circumstances. This policy may be found in the USQ Handbook, the Distance Education Student Guide and the Faculty of Sciences' Orientation Handbook for on-campus students. All students are advised to study and follow the guidelines associated with this policy. An assignment, submitted after the due date without an extension approved by the Examiner, will attract a penalty of 5 percent of the assigned mark for each day (or part thereof) that the assignment is late.

5 Grading: Final grades for students will be determined by the addition of the marks obtained in each assessment item, weighted as in the Assessment Details.

6 Examinations: Restricted Examination: Candidates will be allowed access only to specific materials in a restricted examination. The only materials that candidates may use in the restricted examination for this course are: (a) writing materials (non-electronic and free from material which could give the student an unfair advantage in the examination); (b) calculators which cannot hold textual information (students must indicate on their examination paper the make and model of any calculator(s) they use during the examination). With the prior approval of the Examiner, candidates may take an appropriate non-electronic translation dictionary into the examination. This will be subject to perusal and may be removed from the candidate's possession until appropriate disciplinary action is completed if found to contain material that could give the candidate an unfair advantage.

7 Supplementary and Deferred Examinations: Any supplementary or deferred exams will be held during the semester 3 examination period.