



NURS12157 Concepts of Mental Health Nursing

Term 2 - 2017

Profile information current as at 21/04/2024 01:28 am

All details in this unit profile for NURS12157 have been officially approved by CQU University and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

General Information

Overview

This unit will provide you with knowledge of the different patterns of symptom presentation in people experiencing mental health challenges. You will be able to critically reflect on the use of self in the development and maintenance of therapeutic relationships with consumers and their families. The integral nature of consumer perspectives and input into mental health care will be examined. In this unit you will be encouraged to critically examine interventions for people experiencing different mental health challenges.

Details

Career Level: *Undergraduate*

Unit Level: *Level 2*

Credit Points: 6

Student Contribution Band: 7

Fraction of Full-Time Student Load: 0.125

Pre-requisites or Co-requisites

Pre-requisites NURS11163 Recovery Approach to Mental Health or NURS12150 Recovery Approach in Mental Health NURS12156 Clinical Nursing Practice 2 or NURS11156 Acute Nursing Management NURS11158 Evidence Informed Nursing Practice or NHLT12001 Evidence Informed Practice

Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the [Assessment Policy and Procedure \(Higher Education Coursework\)](#).

Offerings For Term 2 - 2017

- Bundaberg
- Distance
- Rockhampton

Attendance Requirements

All on-campus students are expected to attend scheduled classes - in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

Website

[This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.](#)

Class and Assessment Overview

Recommended Student Time Commitment

Each 6-credit Undergraduate unit at CQUniversity requires an overall time commitment of an average of 12.5 hours of study per week, making a total of 150 hours for the unit.

Class Timetable

[Regional Campuses](#)

Bundaberg, Cairns, Emerald, Gladstone, Mackay, Rockhampton, Townsville

[Metropolitan Campuses](#)

Adelaide, Brisbane, Melbourne, Perth, Sydney

Assessment Overview

1. **Written Assessment**

Weighting: 40%

2. **Written Assessment**

Weighting: 60%

Assessment Grading

This is a graded unit: your overall grade will be calculated from the marks or grades for each assessment task, based on the relative weightings shown in the table above. You must obtain an overall mark for the unit of at least 50%, or an overall grade of 'pass' in order to pass the unit. If any 'pass/fail' tasks are shown in the table above they must also be completed successfully ('pass' grade). You must also meet any minimum mark requirements specified for a particular assessment task, as detailed in the 'assessment task' section (note that in some instances, the minimum mark for a task may be greater than 50%). Consult the [University's Grades and Results Policy](#) for more details of interim results and final grades.

CQUniversity Policies

All University policies are available on the [CQUniversity Policy site](#).

You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the [CQUniversity Policy site](#).

Previous Student Feedback

Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

Feedback from End of term feedback

Feedback

A number of student's felt that the assessment were not explained enough

Recommendation

I have included assessment information packs that has been emailed to all students in term 3 this includes detailed instructions, frequently asked questions, an explanation of the rubics etc I also noted that only 64 out of 310 students downloaded the exemplar for the first assessment item so I have included that in an email to all students as well.

Feedback from End of term feedback

Feedback

Some felt that there was too much information on the Moodle page

Recommendation

I am looking at ways of presenting the Moodle page differently for future offerings that stay within the set School template

Unit Learning Outcomes

On successful completion of this unit, you will be able to:

1. Explore the different presentations in people experiencing mental health challenges.
2. Appraise the use of self in the development and maintenance of therapeutic relationships with consumers and their families.
3. Analyse the integral nature of consumer perspectives and input into mental health care.
4. Use professional, legal and ethical frameworks to investigate a range of culturally appropriate interventions and management strategies for people experiencing different forms of mental health challenges.
5. Examine mental health and mental health promotion as a component of overall health and well-being as it applies to consumers, carers, families and communities inclusive of health care professionals at a local, national and international level.

The learning outcomes are linked to the Australian Nursing and Midwifery Accreditation Council (ANMAC) Standards for registered nurses and the Nursing and Midwifery Board of Australia (NMBA) registered nurse standards for practice.

Textbooks and Resources

Textbooks

NURS12157

Prescribed

Mental health care: An introduction for health professionals.

Second Edition (2014)

Authors: Hungerford, C., Clancy, R., Hodgson, D., & Jones, T.

Wiley

Milton, QLD, Australia

ISBN: E-Text: 9780730317487 Textbook: 9781118644805

Binding: Paperback

Additional Textbook Information

Available as either

Wiley E-Text

Mental Health Care: An Introduction for Health Professionals in Australia, 2nd Edition

ISBN : 978-0-7303-1748-7240 pages July 2014, ©2014

approx. \$55.00

from Wiley direct. website: <http://au.wiley.com/WileyCDA/>

Paperback

Mental Health Care: An Introduction for Health Professionals in Australia, 2nd Edition

ISBN : 978-1-118-64480-5

May 2014, ©2014

approx. \$113.95

from CQUni Bookshop <http://bookshop.cqu.edu.au/texts.asp>

IT Resources

You will need access to the following IT resources:

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)

Referencing Style

All submissions for this unit must use the referencing style: [American Psychological Association 6th Edition \(APA 6th edition\)](#)

For further information, see the Assessment Tasks.

Teaching Contacts

Scott Harris Unit Coordinator

s.a.harris@cqu.edu.au

Schedule

Week 1 - 10 Jul 2017		
Module/Topic	Chapter	Events and Submissions/Topic
Module 1: From the beginning	Chapter 1: Mental health care in Australia	
Week 2 - 17 Jul 2017		
Module/Topic	Chapter	Events and Submissions/Topic
Module 2: Say hello to Jonathon	Chapter 2: Assessment in the mental health context	
Week 3 - 24 Jul 2017		
Module/Topic	Chapter	Events and Submissions/Topic
Module 3: Mental health Assessment	Chapter 2: Assessment in the mental health context	
Week 4 - 31 Jul 2017		
Module/Topic	Chapter	Events and Submissions/Topic
Module 3 (cont.): Mental health Assessment	Chapter 2: Assessment in the mental health context	
Week 5 - 07 Aug 2017		
Module/Topic	Chapter	Events and Submissions/Topic
Module 4: Exploration of diagnostic categories	Chapter 7: Caring for a person with depression, anxiety or perinatal mental health Chapter 9. Caring for a person with a serious mental illness	Written Assessment Due: Week 5 Monday (7 Aug 2017) 9:00 am AEST
Vacation Week - 14 Aug 2017		
Module/Topic	Chapter	Events and Submissions/Topic
Week 6 - 21 Aug 2017		
Module/Topic	Chapter	Events and Submissions/Topic
Module 4 (cont): Exploration of diagnostic categories	Chapter 10. Caring for a person with a substance use disorder Chapter 11. Caring for an older person with a mental illness	
Week 7 - 28 Aug 2017		
Module/Topic	Chapter	Events and Submissions/Topic
Module 5: Crisis Intervention	Chapter 5. Common reactions to stressful situations Chapter 8. Caring for a person who has self-harmed	
Week 8 - 04 Sep 2017		
Module/Topic	Chapter	Events and Submissions/Topic
Module 5 (cont.): Crisis Intervention	Chapter 3. The legal and ethical context of mental health care Chapter 6. Caring for a person displaying challenging behaviours	
Week 9 - 11 Sep 2017		
Module/Topic	Chapter	Events and Submissions/Topic
Module 6: Therapeutic Interventions	Chapter 7. Caring for a person with depression, anxiety or perinatal mental health Chapter 10. Caring for a person with a substance use disorder	
Week 10 - 18 Sep 2017		

Module/Topic	Chapter	Events and Submissions/Topic
Module 6 (cont.): Therapeutic Interventions	Chapter 9. Caring for a person with a serious mental illness Chapter 12. Approaches to mental health service delivery	
Week 11 - 25 Sep 2017		
Module/Topic	Chapter	Events and Submissions/Topic
Module 7: Community options	Chapter 12. Approaches to mental health service delivery	Written Assessment Due: Week 11 Monday (25 Sept 2017) 11:45 pm AEST
Week 12 - 02 Oct 2017		
Module/Topic	Chapter	Events and Submissions/Topic
Module 8: Cultural Issues	Chapter 4. Delivering culturally appropriate mental health care	
Review/Exam Week - 09 Oct 2017		
Module/Topic	Chapter	Events and Submissions/Topic
Exam Week - 16 Oct 2017		
Module/Topic	Chapter	Events and Submissions/Topic

Assessment Tasks

1 Written Assessment

Assessment Type

Written Assessment

Task Description

Assessment Objectives:

This assessment tasks requires the student to:

1. Explore the assessment process within mental health nursing.
2. Demonstrate an understanding of symptom presentation and development in relation to a Mental Status Examination.
3. Explore the use of assessment tools with the context of mental health assessment.
4. Compare and contrast differing therapeutic interventions.

The Task:

From watching the Jonathon videos in weeks 2 and 3 and utilising the mental health Assessment prompts document. You are required to record a Mental State Examination on Jonathon Doeman.

This is to be recorded on the provided template. It is acknowledged that all information required for this assessment may not be presented on the video and as a part of this assessment you must clearly identify what elements are missing or need to be further assessed.

Assessment Due Date

Week 5 Monday (7 Aug 2017) 9:00 am AEST

Return Date to Students

Monday (28 Aug 2017)

Weighting

40%

Assessment Criteria

Assessment One: Marking Guide Explained

Not Attempted/Not Demonstrated (0,1 or 2): No recognisable attempt made at the task as described.

If task attempted no demonstration of understanding or response is off topic or not related to the task at hand.

Superficially Demonstrated (3 or 4): Task attempted but no demonstration of significant understanding to warrant a pass. There is no direction offered in respect of the task. Does not demonstrate evidence of critical thinking, argument lacks cohesion.

Satisfactory (5-6): Limited demonstration of how content is relevant but Content addresses the assigned assessment task. May be repetitive at times or lacks cohesion. Content provides passable evidence based rationale for all interventions.

Good Understanding (7-8): Clearly demonstrates how content is relevant, show broad consideration of most aspects of the assigned assessment task. The approach clearly answers the question and the argument proceeds logically with well-defined evidence based rationale for all interventions.

Excellent (9-10): The work accurately and consistently reflects the task required. Thorough demonstration of relevance of content is clearly evident and comprehensive consideration of all aspects of the assigned assessment task. Content that provides comprehensive evidence of critical thinking and decision making ability.

Assessment one: Marking Guide

Criteria	Not demonstrated/ Not attempted	Superficially demonstrated	satisfactory	Good Understanding	Excellent	Mark
Appearance	0 1 2	3 4	5 6	7 8	9 10	/10
Behaviour	0 1 2	3 4	5 6	7 8	9 10	/10
Cognition	0 1 2	3 4	5 6	7 8	9 10	/10
Speech	0 1 2	3 4	5 6	7 8	9 10	/10
Thought	0 1 2	3 4	5 6	7 8	9 10	/10
Affect	0 1 2	3 4	5 6	7 8	9 10	/10
Mood	0 1 2	3 4	5 6	7 8	9 10	/10
Perception	0 1 2	3 4	5 6	7 8	9 10	/10
Language- terminology	0 1 2	3 4	5 6	7 8	9 10	/10
Spelling and Grammar	0 1 2	3 4	5 6	7 8	9 10	/10

Referencing Style

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

Submission

Online

Submission Instructions

Must be submitted on provided template

Learning Outcomes Assessed

- Explore the different presentations in people experiencing mental health challenges.
- Appraise the use of self in the development and maintenance of therapeutic relationships with consumers and their families.
- Analyse the integral nature of consumer perspectives and input into mental health care.
- Use professional, legal and ethical frameworks to investigate a range of culturally appropriate interventions and management strategies for people experiencing different forms of mental health challenges.
- Examine mental health and mental health promotion as a component of overall health and well-being as it applies to consumers, carers, families and communities inclusive of health care professionals at a local, national and international level.

Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Team Work
- Information Technology Competence

- Cross Cultural Competence
- Ethical practice

2 Written Assessment

Assessment Type

Written Assessment

Task Description

Assessment Objectives:

1. To assess the students' understanding of the coursework in relation to the course learning objectives.

The Task:

To develop an ePortfolio that demonstrates an understanding of the module content.

A series of 7 questions are included in your weekly learnings that together make up this assessment.

Each question will specify a word limit and will be required to be correctly referenced using APA referencing.

1: Mental health Vs Mental illness

'Everyone has mental health but not everyone has mental illness'

Thinking about the quote above in 500 words compare and contrast the terms mental health and mental illness.

You must use a minimum of 4 current references in your response.

2: Mental Health Assessment:

Using the Assessment prompts document you must now complete the Presenting Problem section on Jonathon from the information presented in the first two videos.

3. Diagnostic Categories

Choose one of the following and present a 500 word description of the diagnostic criteria, including elements such as: prevalence, Culture-Related Diagnostic Issues, Gender-Related Diagnostic Issues and Differential Diagnosis:

- Obsessive Compulsive Disorder
- Anorexia Nervosa
- Bi-polar Disorder

A minimum of 3 current references plus the DSM-5 must be used

4. Risk Assessment

Jonathan was involved in a single vehicle motor vehicle accident, taken to hospital he was affected by alcohol ingestion.

While watching this next Jonathon video utilise the Risk Assessment Worksheet to record any relevant information that comes to light. This video you will again be a fly on the wall as Ed talks with Jonathon.

Once you have completed the risk assessment worksheet transfer this information to your assessment prompts document for submission as a part of your ePortfolio

5. Interventions- E.C.T.

Jayne is very concerned as she overheard some nurses discussing ECT and is worried that it was Jonathon who was going to have to have ECT. The only thing she knows about ECT has been gained from movies like 'One flew Over the Cuckoo Nest'.

In 500 words outline the information you would give Jayne in relation to ECT.

Include side effects, long term response and any further information you feel necessary, remembering that you are preparing this information for Jayne.

You must reference your work, with a minimum of 3 up to date references.

6. Therapeutic Interventions-Exploring your local mental health services.

This week's ePortfolio task requires you to explore what services may be available to Jonathon in your local area.

Don't forget to include any services that may be accessed via the internet or telephone services. In your MH&MHN ePortfolio list a minimum of 10 services, including public and private sector services as well as Non-government organisations (NGOs) and chose three services to expand on: one must be a government service and the other two include at least one form the other sectors.

In your response of no more than 200 words per service outline what they provide, how their services are delivered and the source of funding for the service.

7. Reflection:

This final task of the ePortfolio is a capstone for the course that requires you to critically reflect on you learning journey.

- Take a moment and reflect on the following questions, in light of your weekly reflections:
- "What do I know about mental health?"
- "Do I have any fears or concerns about mental health?"
- "How do I react towards people I see or people I know who live with a mental health problem?"

After reviewing how you responded to these questions, your task is to critically reflect on them in light of your new knowledge in this area.

In your response consider the following;

- Is there is a change in response?
- What do you think contributed to this? If there is no change why do you think this is so?
- What is your "take home message" from this course

Word Limit: 350-400 words.

Assessment Due Date

Week 11 Monday (25 Sept 2017) 11:45 pm AEST

Return Date to Students

Exam Week Friday (20 Oct 2017)

Weighting

60%

Assessment Criteria

Assessment Two: Marking Guide Explained

Not Attempted/Not Demonstrated (0,1 or 2):

Presentation: No evidence of title page, table of contents or reference list included in submission as per directions in Moodle.

Referencing: Fails to up-to-date references to support and reflect ideas, factual information and quotations. Many inaccuracies with referencing. . Reference list does not adhere to APA presentation guidelines. No evidence of reading widely on the topic through brevity of references on the reference list, not all of which are used in the body of the activities

Language: Ten or More inaccuracies with spelling, grammar, use of punctuation

General Tasks: No recognisable attempt made at the task as described. If task attempted no demonstration of understanding or response is off topic or not related to the task at hand.

Superficially Demonstrated (3 or 4):

Presentation: three or more elements missing as per Moodle guidelines.

Referencing: Occasionally integrates up-to-date references to support and reflect ideas, factual information and quotations. Occasional inaccuracies with referencing. Reference list adheres to APA presentation guidelines. Evidence of reading widely on the topic through a passable reference list, all of which are used in the body of the activities

Language: 7-10 inaccuracies with spelling, grammar, use of punctuation

General Task: Limited demonstration of significant understanding to warrant a pass. There is no direction offered in respect of the task. Does not demonstrate evidence of critical thinking, argument lacks cohesion.

Satisfactory (5-6):

Presentation: two elements missing as per Moodle directions.

Referencing: Satisfactory integration up-to-date references to support and reflect ideas, factual information and quotations. Occasional inaccuracies with referencing. Reference list adheres to APA presentation guidelines. Evidence of reading widely on the topic through an adequate reference list, all of which are used in the body of the activities

Language: 5-7 inaccuracies with spelling, grammar, use of punctuation .

General Task: Limited demonstration of how content is relevant but Content addresses the assigned assessment task. May be repetitive at times or lacks cohesion. Content provides passable evidence based rationale for all interventions.

Good Understanding (7-8):

Presentation: A single element missing as per Moodle directions

Referencing: Generally integrates up-to-date references to support and reflect ideas, factual information and quotations. Generally accurate with referencing. Reference list adheres to APA presentation guidelines. Evidence of reading widely on the topic through an ample reference list, all of which are used in the body of the activities.

Language: No more than 5 inaccuracies with spelling, grammar, use of punctuation.

General Task: Clearly demonstrates how content is relevant, show broad consideration of most aspects of the assigned assessment task. The approach clearly answers the question and the argument proceeds logically with well-defined evidence based rationale for all interventions.

Excellent (9-10):

Presentation: As per Moodle directions

Referencing: Consistently integrates up-to-date references to support and reflect all ideas, factual information and quotations. Consistently accurate with referencing. Reference list adheres to APA presentation guidelines. Evidence of reading widely on the topic through an extensive reference list, all of which are used in the body of the activities.

Language: No inaccuracies with spelling, grammar, use of punctuation.

General Task: The work accurately and consistently reflects the task required. Thorough demonstration of relevance of content is clearly evident and comprehensive consideration of all aspects of the assigned assessment task. Content that provides comprehensive evidence of critical thinking and decision making ability.

Marking Guide

Criteria	Not demonstrated/ Not attempted	Superficially demonstrated	satisfactory	Good Understanding	Excellent	Mark
Presentation	0 1 2	3 4	5 6	7 8	9 10	/10
Mental Health Vs Mental Illness	0 1 2	3 4	5 6	7 8	9 10	/10
Mental Health Assessment	0 1 2	3 4	5 6	7 8	9 10	/10
Diagnostic Criteria	0 1 2	3 4	5 6	7 8	9 10	/10
Risk Assessment	0 1 2	3 4	5 6	7 8	9 10	/10
E.C.T.	0 1 2	3 4	5 6	7 8	9 10	/10
Community Options	0 1 2	3 4	5 6	7 8	9 10	/10
Reflection	0 1 2	3 4	5 6	7 8	9 10	/10
Over all Referencing	0 1 2	3 4	5 6	7 8	9 10	/10
Language	0 1 2	3 4	5 6	7 8	9 10	/10

Referencing Style

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

Submission

Online

Submission Instructions

specific presentation guidelines outline on moodle

Learning Outcomes Assessed

- Explore the different presentations in people experiencing mental health challenges.
- Appraise the use of self in the development and maintenance of therapeutic relationships with consumers and their families.
- Analyse the integral nature of consumer perspectives and input into mental health care.
- Use professional, legal and ethical frameworks to investigate a range of culturally appropriate interventions and management strategies for people experiencing different forms of mental health challenges.
- Examine mental health and mental health promotion as a component of overall health and well-being as it applies to consumers, carers, families and communities inclusive of health care professionals at a local, national and international level.

Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Team Work
- Information Technology Competence
- Cross Cultural Competence
- Ethical practice

Academic Integrity Statement

As a CQUniversity student you are expected to act honestly in all aspects of your academic work.

Any assessable work undertaken or submitted for review or assessment must be your own work. Assessable work is any type of work you do to meet the assessment requirements in the unit, including draft work submitted for review and feedback and final work to be assessed.

When you use the ideas, words or data of others in your assessment, you must thoroughly and clearly acknowledge the source of this information by using the correct referencing style for your unit. Using others' work without proper acknowledgement may be considered a form of intellectual dishonesty.

Participating honestly, respectfully, responsibly, and fairly in your university study ensures the CQUniversity qualification you earn will be valued as a true indication of your individual academic achievement and will continue to receive the respect and recognition it deserves.

As a student, you are responsible for reading and following CQUniversity's policies, including the [Student Academic Integrity Policy and Procedure](#). This policy sets out CQUniversity's expectations of you to act with integrity, examples of academic integrity breaches to avoid, the processes used to address alleged breaches of academic integrity, and potential penalties.

What is a breach of academic integrity?

A breach of academic integrity includes but is not limited to plagiarism, self-plagiarism, collusion, cheating, contract cheating, and academic misconduct. The Student Academic Integrity Policy and Procedure defines what these terms mean and gives examples.

Why is academic integrity important?

A breach of academic integrity may result in one or more penalties, including suspension or even expulsion from the University. It can also have negative implications for student visas and future enrolment at CQUniversity or elsewhere. Students who engage in contract cheating also risk being blackmailed by contract cheating services.

Where can I get assistance?

For academic advice and guidance, the [Academic Learning Centre \(ALC\)](#) can support you in becoming confident in completing assessments with integrity and of high standard.

What can you do to act with integrity?



Be Honest

If your assessment task is done by someone else, it would be dishonest of you to claim it as your own



Seek Help

If you are not sure about how to cite or reference in essays, reports etc, then seek help from your lecturer, the library or the Academic Learning Centre (ALC)



Produce Original Work

Originality comes from your ability to read widely, think critically, and apply your gained knowledge to address a question or problem