

# NURS 3035 PROMOTING MENTAL HEALTH AND WELLBEING 2 (ADVANCED)

**Credit Points** 10

**Legacy Code** 401025

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**Description** This subject will expand further the concepts of mental health and wellbeing established in Promoting Mental Health and Wellbeing 1. The relationship between stress and vulnerability will be critically analysed within the context of the psychotic disorders such as 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

**Restrictions** Students must be enrolled in 4693 Bachelor of Nursing (Advanced).

**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 an in-depth understanding of the stress-vulnerability model to people experiencing schizophrenia and bipolar affective disorder
2. Critically analyse the relationship between ambient and life event stressors and mental health and wellbeing
3. Apply effective therapeutic communication that promotes recovery for persons experiencing schizophrenia or bipolar affective disorder
4. Identify and critically analyse indicators of altered mood, perception, and thinking in person experiencing schizophrenia or bipolar affective disorder
5. Construct an individualised plan of care based on a critical analysis of protective factors for mental health and wellbeing
6. Critique a range of evidence-based biological (including psychopharmacological) and psychosocial interventions for working with people who experience altered mood, perception, and thinking
7. Appraise ethical and legal implications in relation to the promotion of mental health and wellbeing with the person experiencing schizophrenia or bipolar affective disorder

## Subject Content

1. The stress-vulnerability model and its application to mental health promotion and practice
2. Person-centred care and problem-solving skills to develop mental health promotion and practice
3. Effective therapeutic communication for promoting recovery in mental health practice
4. Altered mood, perception, and thinking in the context of schizophrenia and bipolar affective disorder as part of the mental state examination component of a mental health assessment
5. Mental health assessment and documentation - Ministry of Health, Mental Health Clinical Documentation Module Guidelines
6. Utilising evidence based practices to facilitate problem-solving and formulating interventions for working with people who experience altered mood, perception, and thinking in the context of schizophrenia and bipolar affective disorder
7. Biological interventions:
  - application of principles from The neurosciences and psychopharmacology for The provision of Safe and effective treatment with psychopharmacological agents
  - understand dopamine pathway related efficacy and side effect profiles
  - medication management strategies to promote Consumer concordance
  - physical health Monitoring and role of mental health Nurse with Addressing metabolic Disorder
8. Psychosocial interventions:
  - social skills training
  - strategies for promoting inclusion
  - strategies for early intervention and relapse prevention
  - family focussed care - Working with families and informal carers
  - community psychiatric supportive treatment (CPST)
  - cognitive-Behavioural strategies
9. Legal and ethical issues related to mental health practice
10. Mental health and wellbeing issues as it relates to people with schizophrenia and bipolar affective disorder
  - carers/family/friends
  - services
  - cultural Sensitivity/safety/competence
11. Case histories highlighting altered mood, perception, and thinking, specifically related to schizophrenia or bipolar affective disorder

## 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
Simulation	15 mins	20	N	Individual	Y
Short Answer	1500 - 2000 words	30	N	Individual	Y
Final Exam	1 hour	50	N	Individual	Y