

# NURS 7006 BIOLOGICAL CONSIDERATIONS IN MENTAL HEALTH AND MENTAL ILLNESS FOR ADVANCED PRACTICE

**Credit Points** 10

**Legacy Code** 400957

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

**Description** This subject examines neuroanatomy and neurophysiology as they apply to altered thought, mood, perception and behaviour associated with mental illness and knowledge of physical health problems commonly associated with psychiatric treatment and/or mental illness, their identification, management and treatment.

**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** Postgraduate Coursework Level 7 subject

**Pre-requisite(s)** -

## Restrictions

Students must be enrolled in program 4720 Graduate Diploma in Mental Health Nursing, 4719 Master of Mental Health Nursing, 4745 Master of Nurse Practitioner (Mental Health) or 4746 Graduate Diploma in Nursing Leadership (Mental Health) (exit only) to register in this subject.

## Assumed Knowledge

Students are expected to have a working knowledge of mental health assessment and treatment procedures, including basic pharmacological principles and knowledge of drugs used for mental illnesses and disorders.

## Learning Outcomes

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

1. Critically examine and apply the knowledge of neuroanatomy and neurobiology as it applies to altered thought, mood, perception and behaviour associated with mental illness.
2. Critically examine a range of physical health problems and risk factors commonly associated with psychiatric treatment and/or mental illness.
3. Apply integrated knowledge and critically explore the interactions between physical health problems and mental illness.
4. Critique evidence-based treatments and management strategies for physical health problems in people who experience mental illness.
5. Critically analyse how biological comorbidities can be applied to advanced mental health nursing practice.

## Subject Content

### Module 1. Introduction and Neurobiology

- Introduction to subject and basic pathophysiology.
- Homeostasis and cellular function
- Neuroanatomy and physiology associated with mental illness as it applies to altered thought, mood, perception and behaviour
- Neurobiology of mental illness

### Module 2. Factors Affecting Health

- Nutrition and Diet
- Sleep
- Stress and chronic disease

### Module 3. Specific Health Conditions

- Endocrine disorders
- Obesity and diabetes
- Cardiac disorders and metabolic syndrome

### Module 4. Assessment and Interventions

- Identification, treatment and management of physical health problems commonly associated with psychiatric treatment and/or mental illness
- Cardiometabolic syndrome
- Cardiac disorders
- Respiratory disorders
- Endocrine disorders
- Nutritional disorders including eating disorders and obesity
- Diabetes

## 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
Essay	1500 words	40	N	Individual	Y
Case Study	1500 words	40	N	Individual	Y
Report	750 words	20	N	Individual	Y

### Prescribed Texts

- There is no essential textbook.

### Teaching Periods

## Spring (2025)

### Online

#### Online

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View timetable ([https://classregistration.westernsydney.edu.au/odd/timetable/?subject\\_code=NURS7006\\_25-SPR\\_ON\\_2#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=NURS7006_25-SPR_ON_2#subjects))