



Course Outline

HCMTL2033 THE CONTINUUM OF MENTAL HEALTH

Title: THE CONTINUUM OF MENTAL HEALTH

Code: HCMTL2033

School / Division: School of Health Sciences

Level: Introductory

Pre-requisites: Nil

Co-requisites: (HCNUR2943)

Exclusions: Nil

Progress Units: 15

ASCED Code: 060301

Objectives:

After successfully completing this course, students should be able to:

Knowledge:

- Know the concepts of mental health;
- Describe the concepts of mental health and well-being;
- Discuss the legislation that underpins mental health care practice;
- Critically reflect upon the nature and purpose of mental health care services for individuals, groups, communities and populations;
- Describe common mental health conditions;
- Understand pharmacological interventions for common mental health conditions;
- Identify strategies for mental health care of individuals, groups, communities and populations including psychological, psychiatric and nursing interventions;
- Understand the principles and application of evaluation methods in mental health.

Skills:

- Evaluate current mental health care approaches including management strategies for individuals, groups, communities and populations;
- Use best evidence to assess and meet the mental health care needs of individuals, groups, communities and populations;
- Apply a suitable model to resolve ethical issues relevant to mental health care of individuals, groups, communities and populations.

Values:

- Appreciate the significance of mental health to whole of person health.

Content:

Topics may include:



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- Mental health and wellness for individuals, groups, communities and populations.
- Common mental health conditions.
- Mental health care policy and approaches including health promotion and prevention and cultural awareness for individuals, groups, communities and populations.
- Mental health services.
- Mental health legislation.
- Mental health care management including classification of disorders, psychological, psychiatric and pharmacological therapies.
- Mental health care principles and best nursing practice including application of the nursing process, use of evidence, therapeutic relationships, communication and advocacy.
- Collaboration with consumers and the inter/multidisciplinary mental health care team.
- Care of self – healthy lifestyle and balance.
- Evaluation methods including impact and process evaluation.

Learning Tasks & Assessment:

Learning Task	Assessment	Weighting
Theoretical Learning	An assignment which examines a mental health issue.	40 - 60%
Recall knowledge, principles and interventions relevant to course's focus areas and encompassing the work undertaken in the semester	Exam of 2 hours held during University exam period	40 - 60%

Adopted Reference Style:

APA

Handbook Summary:

To be advised.