

Unit Outline (Higher Education)

Institute / School:	Institute of Health and Wellbeing
Unit Title:	PERINATAL AND INFANT MENTAL HEALTH 1
Unit ID:	HEALP6201
Credit Points:	15.00
Prerequisite(s):	Nil
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED:	060303

Description of the Unit:

This introductory unit will provide a social determinants approach to maternal and family health and well-being. The content will address broad biosocial issues contributing to or diminishing resilience and normal adjustment to parenting. Normal infant feeding, growth and development are outlined. Factors /strategies, which contribute to or promote maternal well-being, infant growth and development are identified. The unit content will include fundamental legal and ethical issues related to professional practice in mental health care settings

Grade Scheme: Graded (HD, D, C, P, MF, F, XF)

Work Experience:

Not wholly work experience: Student is not undertaking work experience in industry or student is undertaking work experience in industry where learning and performance is directed by the provider.

Placement Component: No

Supplementary Assessment: Yes

Where supplementary assessment is available a student must have failed overall in the Unit but gained a final mark of 45 per cent or above, has completed all major assessment tasks (including all sub-components where a task has multiple parts) as specified in the Unit Description and is not eligible for any other form of supplementary assessment

Course Level:

Level of Unit in Course	AQF Level of Course					
	5	6	7	8	9	10
Introductory	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Intermediate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Advanced	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Learning Outcomes:

Knowledge:

- K1.** Describe the enablers and barriers to perinatal mental health and healthy adjustment to parenting
- K2.** Outline the role of the perinatal and infant mental health worker in a multi- disciplinary and multi-professional approach to treatment and recovery
- K3.** Explore a biopsychosocial approach to perinatal and infant mental health and well being
- K4.** Discuss the legal and ethical frameworks surrounding mental health care
- K5.** Describe infant nutrition needs and issues, normal infant development in the first 12 months of life and parentcraft

Skills:

- S1.** Develop and maintain partnerships in care with women and their families/carers focusing on their right to choice and self-determination, and their inherent capacity for recovery
- S2.** Demonstrate the ability to work collaboratively as a perinatal and infant mental health worker in a multi-professional approach to treatment and recovery
- S3.** Understand the role of postnatal debriefing and demonstrate general counselling skills

Application of knowledge and skills:

- A1.** Provide woman and family focused care to women and their babies and apply appropriate individualised strategies and care to promote recovery and well-being
- A2.** Utilise critical thinking, problem solving and reflective practice skills to provide culturally safe woman/family centred care throughout the childbirth continuum and early parenting period
- A3.** Evaluate the role of the perinatal mental health professional with respect to multidisciplinary collaboration and in the broader context of public and primary health care provision

Unit Content:

The ANMAC National Accreditation Standards for the Midwife (2014); NMBA Midwife Standards for Practice (2018); NMBA Code of Conduct for the Midwife (2018), Code of Ethics for the Midwife (2014), NMBA Registered Nurse Standards for Practice (2016); NMBA Code of Conduct for nurses (2018) and Code of Ethics for nurses (2012) have substantially informed the syllabus/content of this unit.

Modules	Unit content
Overview of mental health, wellness and illness	<ul style="list-style-type: none"> • Risk and protective factors relating to parent and infant mental health and illness • Strategies useful in promoting positive parent infant relationships / parent infant mental health • Cultural perceptions of mental health

Legal, ethical and practice standards in perinatal mental health	Examination of: <ul style="list-style-type: none"> • The Mental Health Act • The Royal Commission into Mental Health • Mental Health Practice Standards • Ethical decision making framework
Strategies to ameliorate risk	<ul style="list-style-type: none"> • Principles of cultural safety • Woman or family focused care • Community resources for maternal and infant mental health
Biopsychosocial model: identify barriers and enablers to optimum perinatal mental health	<ul style="list-style-type: none"> • Social capital, individual, social and environmental risk • Vulnerable groups- • Family violence • Migrant or refugee health • Previous birth trauma • Family history • Grief and loss • Assisted Reproductive Technology • Drug and alcohol use
Adjustment to parenting	<ul style="list-style-type: none"> • Transition and adjustment to parenting • Maternal/paternal sensitivity and responsiveness • Parent-infant attachment and attachment styles
Infant communication	<ul style="list-style-type: none"> • Infant communication cues
Care of newborn-including feeding, infant and toddler development	<ul style="list-style-type: none"> • Infant feeding needs including early feeding, introduction of solids, common issues and allergies • Basic parentcraft • Sleep/settling • Normal infant milestone: development and assessment • Age appropriate play/routines • Disability - developmental delays
Practical skill sessions	<ul style="list-style-type: none"> • General stress management strategies • Debriefing

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1, K2, K3, K4, S2, S3, A1, A2, A3	Collaborative clinical care in an environment of complexity. Reflective case study: Perinatal mental health and emotional wellbeing	Written assessment- care plan	40-60%
K1, K2, K3, K4, K5, S1, S2, S3, A1, A3.	Observation of mother and baby interaction and attachment	Written assessment	40-60%

Alignment to the Minimum Co-Operative Standards (MiCS)

The Minimum Co-Operative Standards (MiCS) are an integral part of the Co-Operative University Model. Seven criteria inform the MiCS alignment at a Course level. Although Units must undertake MiCS mapping, there is NO expectation that Units will meet all seven criteria. The criteria are as follows:

1. Co-design with industry and students
2. Co-develop with industry and students
3. Co-deliver with industry
4. FedTASK alignment
5. Workplace learning and career preparation
6. Authentic assessment
7. Industry-link/Industry facing experience

MiCS Course level reporting highlights how each Course embraces the principles and practices associated with the Co-Operative Model. Evidence of Course alignment with the MiCS, can be captured in the Course Modification Form.

MICS Mapping has been undertaken for this Unit No

Date:

Adopted Reference Style:

APA

Refer to the [library website](#) for more information

Fed Cite - [referencing tool](#)