

# Unit Outline (Higher Education)

<b>Institute / School:</b>	Institute of Health and Wellbeing
<b>Unit Title:</b>	Perinatal and Infant Mental Health 2
<b>Unit ID:</b>	HEALP6202
<b>Credit Points:</b>	15.00
<b>Prerequisite(s):</b>	Nil
<b>Co-requisite(s):</b>	Nil
<b>Exclusion(s):</b>	Nil
<b>ASCED:</b>	060303

## Description of the Unit:

Perinatal and infant mental health is an interdisciplinary field focused on parent wellbeing and the social, emotional and cognitive development of infants from birth to three years. This unit introduces students to common presentations of compromised mental health in the perinatal period including anxiety, depression and trauma. Management of these conditions including screening, pharmacology and evidence based interventions and the impact on women and their families will be explored. Adjustment to parenting and adjustment disorders are also identified. There is a focus on infant attachment, attachment theory, and the neurobiology of infant brain development which demonstrates the long-term impact this has upon a child's ongoing relationships and experiences

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

## Work Experience:

No work experience

**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	■	■	■	■	■	■
Intermediate	■	■	■	■	✓	■
Advanced	■	■	■	■	■	■

### Learning Outcomes:

#### Knowledge:

- K1.** Explore perinatal mental health and emotional well being and its impact upon family and infant development
- K2.** Discuss basic symptomatology in mental health conditions prevalent during the perinatal period, including medication management for common perinatal mental health and illness issues
- K3.** Identify key theoretical frameworks influential in facilitating diagnosis and management of perinatal and infant mental health disorders
- K4.** Describe a range of screening tools and their application in mental health assessments
- K5.** Examine the legal and ethical frameworks surrounding mental health care

#### Skills:

- S1.** Foster partnerships in care with women and their families and advocate for their right to choice and self-determination, and their inherent capacity for recovery
- S2.** Using a variety of screening tools undertake mental health and risk assessment, and psychosocial screening of women during pregnancy and families in the perinatal period.
- S3.** Work collaboratively as a perinatal and infant mental health worker in a multidisciplinary team with a professional approach to treatment and recovery

#### Application of knowledge and skills:

- A1.** Demonstrate advanced interpersonal and therapeutic communication skills when working with women experiencing emotional or psychological challenges
- A2.** Conduct and interpret mental health assessment and risk in addition to psychosocial screening tools commonly used in the perinatal period
- A3.** Utilise critical thinking, problem solving and reflective practice skills to provide culturally safe woman/family centred care to women and their families experiencing mental health challenges in the perinatal period
- A4.** 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
- A5.** Apply reflective thinking and critical analysis to perinatal and infant mental health contexts and demonstrate a sound understanding of the legislation, ethical codes and professional guidelines that direct professional practice

#### Unit Content:

The ANMAC National Accreditation Standards for the Midwife (2014); NMBA Midwife Standards for Practice (2022); NMBA Code of Conduct for the Midwife (2018), Code of Ethics for the Midwife (2014), NMBA Registered Nurse Standards for Practice (2020); 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 Core concepts of mental health and mental illness in parents and infants: Mental health as a public health issue Cultural perspectives of mental health Fundamental recovery oriented

care Models of recovery and recovery orientated practice Legal, ethical and practice standards in perinatal mental health Examination of: Practice standards in mental health Ethical decision making frameworks Child Protection legislation and mandatory reporting Biopsychosocial model: identify barriers and enablers to optimum perinatal mental health Social capital, individual, social and environmental risk Vulnerable groups Family violence Migrant/refugee health Birth trauma Family history Grief and loss Assisted reproductive technology Drug and alcohol use Mental health diagnostics and management Mental health conditions commonly occurring in the perinatal period including therapeutic interventions and psychopharmacology Screening and care of women/families at risk Application of screening tools Adjustment and transition to parenting Psychological, emotional, cognitive, socio-cultural, relational transitions Adjustment to parenting Adjustment disorders Paternal/partner mental health Important theoretical approaches informing care and interventions Attachment theory and the neurobiology of brain development Practical skill sessions necessary to promote perinatal and infant mental health, recovery and well being Mental state examination Risk assessment Regulating emotions Therapeutic relationships / Motivational interviewing Perinatal psychosocial screening

### Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1, K2, K3, K4, S1, S2, A1, A2, A3	Theoretical concepts, knowledge and skills required in caring for women experiencing perinatal mental health issues	Online Activities	40-60%
K1, K3, K5, S3, A1, A3, A4, A5	Critically discuss research informing current best practice guidelines in perinatal and infant mental health	Written Task	40-60%

### Adopted Reference Style:

APA ()

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

Fed Cite - [referencing tool](#)