

Unit Outline (Higher Education)

Institute / School:	Institute of Health and Wellbeing
Unit Title:	ADVANCED PERINATAL AND INFANT MENTAL HEALTH
Unit ID:	HEALP6203
Credit Points:	30.00
Prerequisite(s):	(HEALP6201 and HEALP6202)
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED:	060303

Description of the Unit:

This unit will provide students with knowledge and skills to support women and their families experiencing complex mental health issues. This unit content includes: presentation and management of complex perinatal disorders, including post-traumatic stress disorder; complex trauma; personality, psychotic and mood disorders. There is a focus on evidence-based therapeutic interventions for recovery in a strengths-based mental health model of care. These include comprehensive person-centred therapies, such as cognitive behavioural therapy and psychodynamic therapy

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: Yes

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.** Describe symptomatology of severe mental health conditions encountered during the perinatal period and identify appropriate management options including behavioural and pharmacological
- K2.** Outline the use of various assessment strategies and the process of formulating a mental health plan
- K3.** Explore the role of the perinatal and infant mental health worker in a multi- disciplinary and multi-professional approach to treatment and recovery of severe mental health disorders

Skills:

- S1.** Support and advocate for women in maintaining their right to choice and self-determination in their treatment and management or recovery from mental illness
- S2.** Work collaboratively in a multi-disciplinary team with a multi-professional approach to treatment and recovery or management
- S3.** Acknowledge differences in individual worldviews and work constructively with colleagues, families and women to maximise the mental health of every woman and baby

Application of knowledge and skills:

- A1.** Utilise critical thinking, problem solving and reflective practice skills to provide culturally safe care to women and their families experiencing severe mental health conditions in the perinatal period
- A2.** Conduct comprehensive mental health screening and assessments of women and their babies, formulate a mental health plan and make appropriate timely referrals to appropriate services
- 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
- A4.** Provide extended care to mother, baby and family including complex discharge planning

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
Fundamental recovery oriented care	• Application of recovery and consolidating recovery orientated practice

Mental health diagnostics and management	<ul style="list-style-type: none"> • Introduction to the DSM IV-TR handbook of differential diagnosis • Complex mental health conditions in the perinatal period including post traumatic trauma disorder, complex trauma, bipolar, schizophrenia, borderline personality disorders, dual diagnosis therapeutic interventions and psychopharmacology • Aetiology, classification, treatment and options for care
Infant mental health	<ul style="list-style-type: none"> • Infant mental health • Current research informing evidence based practice
Overview of psychotherapeutic interventions and understanding	<ul style="list-style-type: none"> • Psychodynamic therapy • Cognitive behavioral therapy (CBT) • Other intervention including Electroconvulsive Therapy (ECT)
An overview of practical skill sessions necessary to promote perinatal and infant mental health, recovery and well being	<ul style="list-style-type: none"> • Talking therapies: cognitive behavioural therapy, • Assessment of the newborn

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1, K3, S1, S2, A3, A4	Collaborative clinical care in an environment of complexity	Written assessment	40-50%
K2, S1, S3, A2	Observation of the infant	Reflective journal	30-40%
K1, K2, K3, S1, S2, A3, A4	Theoretical concepts, knowledge and skills required in caring for women experiencing perinatal mental health issues	Online Assessment	10-20%
K1, K2, K3, S1, S2, S3, A1, A2, A3, A4	Assessment of clinical practice	Completion of 80 clinical hours including four (4) clinical competencies	S/U

Adopted Reference Style:

APA

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

Fed Cite - [referencing tool](#)