

Unit Outline (Higher Education)

Institute / School:	Institute of Health and Wellbeing
Unit Title:	Advance 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:

No work experience

Placement Component: Yes - days

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 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 Infant mental health Current research informing evidence based practice Overview of psychotherapeutic interventions and understanding 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 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 ()

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