MODULE DESCRIPTOR

Module Title

Essential Concepts In Mental Health Nursing

Reference	NU1447	Version	2
Created	May 2017	SCQF Level	SCQF 7
Approved	June 2015	SCQF Points	15
Amended	August 2017	ECTS Points	7.5

Aims of Module

To introduce the student to the policy, concepts, models and therapeutic approaches that form the basis of contemporary mental health nursing.

Learning Outcomes for Module

On completion of this module, students are expected to be able to:

1	Describe the components and principles of therapeutic mental health nursing.
2	Outline how relevant policy and nursing and therapeutic models positively influence mental health nursing, nurses and the experience of patients and informal carers.
3	Explain the theoretical basis of key psychological and psychosocial approaches that are used by mental health nurses.
4	Summarise the importance of reflection and self-awareness for personal and professional development in mental health nursing.

Indicative Module Content

Mental health nursing as a therapeutic endeavour, therapeutic use of self, reflection and self-awareness, attention and observation; Rights, relationships and recovery, Mental Health Strategy for Scotland, Realising Recovery Framework & learning resources, other relevant policy; Relationships in mental health practice; Values-based and recovery-focussed mental health nursing; Group and team dynamics in mental health practice; Nursing and therapeutic models - Peplau, Watson, Barker, Berne, Heron; Mindfulness and compassion-based approaches & skills, Cognitive behavioural approaches & skills; Psychodynamic approaches & skills, Solution-focussed approaches & skills, Cycles of change & motivational interviewing & skills.

Module Delivery

Seminars, workshops and tutorials.

Indicative Student Workload		Full Time	Part Time
Contact Hours		40	N/A
Non-Contact Hours		110	N/A
Placement/Work-Based Learning Experience [Notional] Hours		N/A	N/A
TOTAL		150	N/A
Actual Placement hours for professional, statutory or regulatory body			

ASSESSMENT PLAN

If a major/minor model is used and box is ticked, % weightings below are indicative only.

Component 1

Type:	Coursework	Weighting:	100%	Outcomes Assessed:	1, 2, 3, 4
Description:	Essay.				

MODULE PERFORMANCE DESCRIPTOR

Explanatory Text

Essay.

Module Grade	Minimum Requirements to achieve Module Grade:
A	C1 = A
B	C1 = B
C	C1 = C
D	C1 = D
E	C1 = E
F	C1 = F
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	None in addition to programme entry requirements.
Corequisites for module	None.
Precluded Modules	None.

INDICATIVE BIBLIOGRAPHY

1 BRADSHAW, T and MAIRS, H., eds., 2009. *Health promotion and wellbeing in people with mental health problems.* London: Sage.

2 CHAMBERS, M., ed., 2017. *Psychiatric and mental health nursing: the craft of caring.* 3rd ed. Abingdon: Routledge.

3 EVANS, N. and HANNIGAN, B., 2016. *Therapeutic skills for mental health nurses.* Maidenhead: Open University Press, McGraw-Hill.

4 MUTSATA, S., 2015. *Physical healthcare and promotion in mental health nursing.* Exeter: Learning Matters, Sage.

5 NHS EDUCTION FOR SCOTLAND and SCOTTISH RECOVERY NETWORK, 2007. *Realising Recovery Learning Materials.* Edinburgh: NHS Education for Scotland.

6 NORMAN, I. and RYRIE, I., 2014. *The art and science of mental health nursing: a textbook of principles and practice.* Maidenhead: Open University Press, McGraw-Hill.

7 PILGRIM, D., 2017. *Key concepts in mental health.* London: Sage.

8 TRENOWETH, S. and MOONE, S., eds. 2017. *Psychsocial assessment in mental health* London: Sage.