



THE UNIVERSITY OF
NOTRE DAME
A U S T R A L I A

Integration of Mental Health Nursing into Undergraduate Nursing curricula: Battling against separatism

Dr. Bill Goodin RN, PhD
Associate Professor
School of Nursing, Sydney
wgoodin@nd.edu.au





- **Motivators for change:**
- *Integration Vs Separatism* : An enduring belief that mental health assessment, psychosocial assessment and interpersonal processes are essentials of nursing care in any context
- *Review of curriculum for re-accreditation* : Student evaluations and our own appraisal found; excessive clumping of content in 3rd Year ; Theoretical Unit [39 hrs], Mental Health Nursing Care Unit [26 Lecture Hrs, 26 Workshop Hrs =52, 200 Clinical Hours] Counselling Skills [39hrs] – The “*Mental Semester*”



- **Opportunities for change:**
- The clinical partnership model, expansion of clinical partners and recognition of strong commitment to practicum by UNDA [33 weeks = 1260hrs]
- Close collaboration and resonance with *The Core Curriculum* – Units in Philosophy, Ethics and Theology and the University's core values of social justice and responding to the needs of marginalised populations.
- Mental Health Major – growing interest by students and clinical partners [Mental Health transition courses]
- The value of Mental Health major students completing the Mental Health First Aid [MHFA] Adult certificate

Further to clinical partnerships





THE UNIVERSITY OF
NOTRE DAME
A U S T R A L I A

- **Clinical Partners :**



St Vincents
& Mater Health
Sydney

SYDNEY SOUTH WEST
AREA HEALTH SERVICE
NSW HEALTH

SYDNEY WEST | **NSW HEALTH**
AREA HEALTH SERVICE



THE UNIVERSITY OF
NOTRE DAME
A U S T R A L I A

- **Additional Clinical Partners :**
- St John of God – Burwood and Richmond
- *Justice Health - around 6 different facilities across Sydney
- Greater West – Broken Hill
- SEIHES
- Ramsey Health
- Healthscope
- Catholic Health Care
- ROAM Communities/Headspace



- **The Core Curriculum**
- The Core Curriculum subjects integrate with the Bachelor of Nursing Subjects to complement and enhance learning.
- *Philosophy* teaches students *how* to think about philosophical concepts; assists in the development of, logic, reason, problem solving and critical analysis skills. Germaine to mental health is inquiry into the nature of the human experience
- In *Ethics* students are presented with ethical frameworks which expand on those discussed within nursing units and enhance the notion of honesty, respect and dignity for patients and other health care professionals
- Major constructs in *Theology* convey dignity, respect for beliefs and values of individuals which are fundamental to the practice of nursing.

The new curriculum – 2010 onwards

FIRST YEAR					
SEMESTER 1 13 week semester (125)			SEMESTER 2 8 week semester + 11 weeks clinical (125)		
Unit Code	Unit Title	Points	Unit Code	Unit Title	Points
NS1005	Essential Skills for Adult Care 1L:1T:2Lab	25	NSCP1002	Clinical Practicum 1 5 Weeks	20
NPD1000	Communication for Professional Practice 2L:1T	25	NS1007	Primary Health and Community Care 1L:1T:2L	20
NH1000	Introduction to Human Body 1 2L: 2T	25	NH1001	Introduction to the Human Body for 2 2L:2T	20
PS100	Developmental Psychology 2L: 1T	25	NB1000	Sociology of Health and Illness 2 L:1T	20
NS 1006	Health Across the lifespan 2L:1T	25	NH1002	Introduction to Public Health Principles 2L:1T	20
			NSCP1003	Clinical Practicum 2 6 weeks	25

Shaded areas : Mental Health Assignment options for Major stream

Mental health input into Unit development: Essential Skills, Communication, Primary Health

Direct Collaboration with teaching staff: Developmental Psychology

Second Year

SECOND YEAR					
SEMESTER 1 (125)			SEMESTER 2 (125)		
Unit Code	Unit Title	Points	Unit Code	Unit Title	Points
NH2004	Pathophysiology & Pharmacology 1 3L:2T:1 Online	35	NSCP2002	Clinical Practicum 3 5 weeks	20
NPD2002	Research in Professional Practice 2L:1T	25	NH2005	Pathophysiology & Pharmacology 2 3L:2T:1 online	20
NS2002	Acute Care Nursing 2L:2T:2Lab	40	NPD2000	Ethical & Legal Issues in Nursing 2L:1T	20
PH100	<i>Notre Dame Core Unit Philosophy</i>	25	NS2004	Mental Health Nursing 1 2L:2T	20
NS2005	Public Health Transition Unit (new degree transition unit)2L:1T	25	NS2003	Perioperative Nursing 1L:1T:2Lab	20
			NSCP2003	Clinical Practicum 4 6 weeks	25

Shaded areas : Mental Health Major students streamed into discrete tutorial groups

Clinical Practicum 4: 1 week mental health - Mental Health First Aid [MHFA] Adult certificate and a one day preparatory workshop and a two day post MHFA skills consolidation workshop.

Mental Health Assignment options for Major stream available in Pathophysiology and Pharmacology 2 [Psychotropics] Ethical and Legal Issues

Third Year

THIRD YEAR					
SEMESTER 1 (120)			SEMESTER 2 (130)		
Unit Code	Unit Title	Points	Unit Code	Unit Title	Points
NS3006	Mental Health Nursing 2 2L:2W/S	25	NSCP3002	Clinical Practicum 5 6 weeks	25
NS3008	Advanced Acute Care Nursing 1L:1T:2L	25	NPD3004	Leadership and Professionalism 2L: 1T	20
ET100	<i>Notre Dame Core Unit Ethics</i>	25	NS3009	Chronic Illness and Palliation 1L:3W/S	20
TH100	<i>Notre Dame Core Unit Theology</i>	25	NS3004	Non clinical elective: Clinical Research Methods * 2L:1T	20
NPD3003	Aboriginal and Torres Strait Islander Health and Culture 2L:1T	10	NS3005	Non clinical elective: Therapeutic Communications in Nursing * 1L:2T	20
NS3007	Cultural Awareness and Competence 2L:1T	10	NS3010	Clinical elective: Critical Care # 2L: 2W/S	25
			NS3011	Clinical elective: Advanced Mental Health Nursing # 2L: 2W/S	25
			NS3012	Clinical elective: Paediatrics and Midwifery # 2L: 2W/S	25
			NS3013	Clinical elective: Rural and Remote Area Nursing # 2L: 2W/S	25
			NS3014	Clinical elective: Trends in Healthy Ageing #2L: 2W/S	25
			NSCP3003	Clinical Practicum 6 5 weeks	20

Shaded areas : Mental Health Nursing 2: Mental Health Major students streamed into discrete workshop groups – led by Mental Health Nurse Practitioners. Major students complete MHFA Youth Certificate *Prior to Sem. I*

Mental Health Assignment options for ATSI Health and Culture

Clinical Practicum: 4 Weeks Mental health – 2 Weeks Acute Care

Clinical Elective Advanced Mental Health Nursing: Mandatory for Major stream – 5 Weeks related clinical [Clinical Practicum 6] – **OSCE assessment** - in collaboration with Film and Theatre studies [School of Arts and Sciences]

Theory and Practice Hours : Summary

Bachelor of Nursing

- **Theory:**
- 1st Year: Special Interest Lectures – Sociology [2hrs], Communication [2hrs] = 4
- 2nd Year: Special Interest Lectures – Pharmacology 2 [2 hrs], Ethical & Legal [2 Hrs]=4
- *Mental Health Nursing 1* [32hrs]
- 3rd Year Special Interest Lectures – ASTI [2hrs]
- *Mental Health Nursing 2* [26 Hrs]
- **TOTAL 66 Hours**
- **Practice**
- *Mental Health Nursing 2* [26 Hrs - Workshops]
- *Mental Health Nursing 1 Practicum* [36 hrs]
- *Mental Health Nursing 2 Practicum* [160 Hrs]
- **TOTAL 222 Hours**

BN (Mental Health)

- **Theory:**
- As per Bachelor of Nursing –PLUS
- 3rd Year Clinical Elective *Advanced Mental Health Nursing* [16 hours]
- **TOTAL 66 Hours + 16 = 82 Hours**
- **Practice**
- As per Bachelor of Nursing –PLUS
- 3rd Year Clinical Elective *Advanced Mental Health Nursing - Workshops* [16 Hours]
- *Advanced Mental Health Nursing Practicum* [200hours]

TOTAL 222+16+200

438 Hours

.... Even when the sun is shining

