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| **UNIT SPECIFICATION** | | | | | | | | | | |
| **Unit title** **MANAGING PHYSICAL HEALTH IN MENTAL HEALTH SETTINGS** | | | | | | | | | | |
| **Level** | | Level 6 | | Credit value | | 20 (10 ECTS) | | | | |
| **Is this a common unit?** | | | | No | | **Expected contact hours for unit** | | | 30 hours and tutorials | |
| **Pre and co-requisites**  None | | | | | | | | | | |
| Aims The aim of this unit is to develop knowledge and skills regarding the physical health care needs of clients in mental health settings. | | | | | | | | | | |
| **Intended learning outcomes (ILOs)**  Having completed this unit the student is expected to:   1. Critically discuss ways in which the physical health of clients will be recognised, assessed and monitored. 2. Demonstrate a critical understanding of the approaches to the promotion of physical health in mental health settings 3. Identify and define the key presenting features of a range of common physical illnesses 4. Critically analyse the physical care skills required in mental health services | | | | | | | | | | |
| **Learning and teaching methods**  In this unit students will participate in a mixture of lectures, seminars, practice skill assessment session in a simulation suite, e learning, independent reading and study. | | | | | | | | | | |
| **Assessment** | | | | | | | | | | |
| **Formative assessment/feedback**  Simulation of physical health assessment | | | | | | | | | | |
| **Summative assessment**  ILOs 1 - 4 will be assessed by coursework (100%) | | | | | | | **Indicative assessment**  ILOs 1 - 4 will be assessed by students critically analysing the assessment and care of a client by use of a case study (3000 word equivalent) | | | |
| **Indicative unit content**  • Physical health assessment, including investigations, observations and monitoring.  • Health promotion, in areas such as obesity, smoking, sexual health and substance misuse  • Assessment & management of common disorders seen in mental health services such as respiratory  disorders, cardiovascular disorders, metabolic syndrome and diabetes  • Effects of psychiatric medication on physical health and monitoring required.  • Substance misuse  • Sexually transmitted diseases | | | | | | | | | | |
| **Indicative learning resources**  **Books**  Collins, E., Drake, M., and Deacon, M. eds. 2013. The physical care of people with mental health problems: a guide for best practice Los Angeles: SAGE  Healy, D. 2016. Psychiatric drugs explained. 6th edition. Edinburgh: Churchill Livingstone Elsevier  Mutsasta, S. 2013. Medicines management in mental health nursing. 2nd edition. London: Sage  Mutsasta, S. 2015. Physical healthcare and promotion in mental health nursing. London: Sage  Nash, M. 2014. Physical Health and Wellbeing in Mental Health Nursing, clinical skills for practice. 2nd Edition Berkshire: McGraw Hill  **Key documents/websites**  Department of Health: Improving the physical health of people with mental health problems: Actions for mental health nurses  https://www.gov.uk/government/publications/physical-healthcare-for-people-with-mental-health-problems  Royal College of Psychiatrists – Improving Physical & Mental Health http://www.rcpsych.ac.uk/mentalhealthinfo/improvingphysicalandmh.aspx  Rethink – Health Professionals - Physical Health Resources <http://www.rethink.org/phc> | | | | | | | | | | |
| **Unit number** |  | | **Version number** | | 1.1 | | | **Date effective from** | | Sep 2019 |