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| **UNIT SPECIFICATION** | | | | | | | | | | |
| **Unit title** MANAGING PHYSICAL HEALTH IN MENTAL HEALTH SETTINGS | | | | | | | | | | |
| **Level** | | Level 7 | 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 evaluate ways in which the physical health of clients will be recognised, assessed and monitored. 2. Analyse approaches to the promotion of physical health in mental health settings 3. Identify and explicitly define the key presenting features of a range of common physical illnesses 4. Critically explore the physical care skills required in mental health services 5. Devise a teaching strategy to inform colleagues of the importance of recognising physical health problems in mental health care | | | | | | | | | | |
| **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 - 5 will be assessed by coursework (100%) | | | | | | | **Indicative assessment**  ILOs 1 - 5 will be assessed by students critically analysing the assessment and care of a client by use of a case study and devise a teaching strategy discussing the delivery of material to colleagues (3,000 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 | |