

# Postgraduate Mental Health Nursing 2016

## A pathway for postgraduate study for Mental Health Nurses entering postgraduate study

A three step qualification approved by Nursing Council of New Zealand

- each step ends in a qualification, can be followed by a pause or leads on directly to the next.
- B Grade Average (GPA5) needs to be achieved to progress on to Masters.

### Postgraduate Certificate in Health Sciences

60 pts – 2 yrs part-time

#### Recommended\* Courses

NURSING 776	Assessment and Clinical Decision Making in Mental Health Nursing	30pts
<i>AND one of the following courses:</i>		
POPLPRAC 761	Mental Health in Old Age	30pts
NURSING 774	Nursing People in Acute Mental Health Crisis	30pts

60pts

### Postgraduate Diploma in Health Sciences

Advanced Nursing 60 pts – 2 yrs part-time

#### Recommended\* Courses

Choose two of the following courses totalling 60pts.		
NURSING 781	Psychological Interventions in Nursing and Health Care	30pts
NURSING 782	Research Methods in Nursing and Health Care	30pts
NURSING 744	Specialty Nursing Practicum (Mental Health)	30pts

120pts

### Master of Nursing

120 pts

Option 1	<b>Research Masters</b> Thesis (120 pts) OR Research Portfolio (120 pts)
Option 2	<b>Research Masters</b> Research Portfolio (90 pts) AND 30 pts of courses
Option 3	Dissertation (60 pts) AND 60 pts of courses

240pts

\*A range of courses may also be taken to complete MN and all students are encouraged to seek academic advice about course changes/options that reflect personal preferences. If completing a Master of Nursing with a Thesis or Research Portfolio, then a research course is a prerequisite.



**MEDICAL AND  
HEALTH SCIENCES**

#### Contacts for information about...

**Courses:** Tony O'Brien | a.obrien@auckland.ac.nz  
and Jacquie Kidd (Waikato) | j.kidd@auckland.ac.nz

**Enrolment:** Lee-Anne Govender | la.govender@auckland.ac.nz

**Courses, course dates:** www.fmhs.auckland.ac.nz/son

All of our courses lead to qualifications that are approved by the Nursing Council of New Zealand and therefore are eligible for funding by Health Workforce New Zealand.

Contact your local DHB HWNZ Co-ordinator.

# Postgraduate Mental Health Nursing 2016

The courses presented are those applicable to Mental Health Nursing at The University of Auckland. These courses may be used to complete one of the approved University Programmes including:

<b>Post Graduate Certificate of Health Sciences</b>	60 pts
<b>Post Graduate Diploma in Health Sciences</b>	60 pts
<b>Master of Nursing or Master of Health Science</b>	120 pts

Students are able to progress from a Postgraduate Certificate to a Postgraduate Diploma. Progress from a Postgraduate Diploma to a Masters with Thesis or Dissertation can only occur if specific standards are met.

## **NURSING 776 Assessment and Clinical Decision Making in Mental Health Nursing** 30 pts

A clinically based course focusing on history taking, assessment and problem formulation. Using case studies from clinical practice, the course explores narrative and descriptive models. There is an emphasis on mental state assessment, and development of a client-focused plan of care.

## **NURSING 774 Nursing People in Acute Mental Health Crisis** 30 pts

The concept of recovery forms the basis of exploring nursing care of people in states of acute crisis. This course focuses on models of acute care, collaborative care, risk assessment and management, and maintaining a safe, non-coercive environment. Students will be expected to engage in critical reflection and analysis of practice issues and case studies.

## **Nursing 744 Specialty Nursing Practicum (Mental Health)** 30 pts

Explores the social and clinical contexts of advanced practice in mental health nursing by encouraging critical awareness of advanced nursing roles in mental health services. Involves analysing practice development in a range of contexts in relation to clinical issues.

## **NURSING 781 Psychological Interventions in Nursing and Health Care** 30 pts

This paper aims to increase health professionals' skills in the use of psychological interventions for people who have acute or long term mental health or physical health problems. The paper explores evidence-based psychological models, such as Cognitive and Behaviour Therapy and Motivational Interviewing. Illness beliefs that impact on the person's ability to engage effectively with treatment plans and self-management of their health problem/s will also be critiqued.

## **POPLPRAC 761 Mental Health in Old Age** 30 pts

This course will explore mental health in old age, including positive mental health and the range of mental health challenges facing older adults. There will be a focus on mental health issues across the health continuum, including primary care, specialist mental health services, and aged care services. Content will cover the prevalence of mental illness and mental health problems, and treatment and care of older adults, including assessment, comorbidities, psychological and behavioural therapies, pharmacology, multidisciplinary team work, and care coordination.

## **Alcohol, Tobacco and other Drug Studies**

POPLHLTH 737	Alcohol, Tobacco and other Drug Studies	15pts
POPLHLTH 738	Biology of Addiction	15pts
POPLPRAC 707	Theory and Skills in Counselling Practice	15pts
POPLPRAC 708	Assessment and Intervention with Addiction	30pts
POPLPRAC 765	Coexisting Problems: Theory and Principles	15pts

## **Child and Adolescent Mental Health**

PSYCHIAT 740	Child and Adolescent Psychopathology	15pts
PSYCHIAT 747	Child and Adolescent Development	15pts
PSYCHIAT 768	Clinical Skills in Child, Adolescent and Family Mental Health Assessment	30pts

## **These courses are required for a qualification which includes prescribing**

NURSING 742	Biological Science for Registered Nurses (or equivalent)	30pts
NURSING 785	Clinical Reasoning in Pharmacotherapeutics	30pts
NURSING 743	Advanced Nursing Practicum	30pts
NURSING 740	Prescribing in Advanced Nursing Practice	30pts



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