

## Liverpool John Moores University

Title: Promoting the Physical Wellbeing of Individuals with Mental Health Conditions  
Status: Definitive  
Code: **6099PQHEAL** (124645)  
Version Start Date: 01-08-2020  
  
Owning School/Faculty: Nursing and Allied Health  
Teaching School/Faculty: Nursing and Allied Health

Team	Leader
Janet Williams	Y

**Academic Level:** FHEQ6  
**Credit Value:** 20  
**Total Delivered Hours:** 40  
**Total Learning Hours:** 200  
**Private Study:** 160

### Delivery Options

Course typically offered: S1 & S2 & Summer

Component	Contact Hours
Lecture	20
Tutorial	5
Workshop	15

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	Pres	Presentation (10 mins duration)	20	
Essay	Essay	Case study (3500 words)	80	

### Aims

*To review professional skills and knowledge in terms of the physical health of mental health service users*

*To build on the assessment skills Mental Health nurses offer their clients by enhancing their appreciation of the physical skills related to care.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Assess a range of service user specific physical health conditions
- 2 Critically review the impact of physical illness on the service users experience.
- 3 Evaluate the health promotion needs of service users.
- 4 Critically discuss the range of potential physical interventions required for people with mental health issues.

## Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Presentation	1	2	3	4
Essay	1	2	3	4

## Outline Syllabus

*Recognising a deteriorating patient*  
*First aid*

*Cardiovascular theory and treatment:*

*A&P*  
*Disease & prevalence in MH*  
*MI, Stroke, heart failure, hyper/hypotension*  
*Hyperlipidaemia (statins)*  
*Obesity & MetS*  
*Pharmacology*  
*Nursing observations*  
*Health promotion*

*Respiratory theory and management:*

*Respiratory assessment*  
*Anatomy & physiology*  
*Disease & prevalence in MH*  
*COPD, Asthma, lung cancer*  
*Management of breathlessness*  
*Oxygen management*  
*Pharmacology & critical medication*  
*Health promotion (Smoking cessation)*

*Tissue viability:*

*Anatomy and physiology*  
*Wound healing process*  
*Types of wounds*  
*Wound assessment*  
*Dressing selection*

*Pressure ulcer prevention*

*Maintain skin integrity*

*Health promotion*

*Aseptic no touch*

*Endocrine*

*Anatomy & physiology*

*Disease & prevalence in MH*

*Type 1 & Type 2*

*Hypo/hyperglycaemia*

*Pharmacology & critical medication*

*Health promotion (diet, activity, advice re alcohol)*

## **Learning Activities**

Lecture

Tutorials

Clinical skills

Group presentations

On-line tutorial

Self-directed study

## **Notes**

Mental Health Trusts have developed guidelines for a range of physical health competencies for mental health practitioners. These are generally attached to the PDPR process and staff self-declare whether they are competent or not. This is an opportunity for mental health practitioners who do not have the knowledge and skills to revisit and fulfil a range of physiological assessments.

This CPD module will give the mental health practitioners the knowledge and skill to undertake a range of physical health assessments appropriate to the service users needs.

1. The module learning outcomes and relevant subject benchmark statements are in line with the QAA framework for higher education qualifications in England, Wales and Northern Ireland. The module is aligned to the Level 6 descriptors for a Level 6 Higher Education Qualification.

2. The module involves classroom attendance, which is further supported by a range of learning support tools. The module is part time and lasts for 14 weeks.

3. The criteria for admission to the module require that candidates are currently working within an NHS Trust. Ideally candidates will have a minimum of a diploma (level 5).

4. The final award is a Continuing Professional Development – Promoting the Physical Wellbeing of Individuals with mental health Conditions 20 credits at Level 6.

5. The students will have access to a Blackboard site and the University's other range of electronic support such as access to the electronic library facilities. The module has continued to develop with an up to date Blackboard site reflecting contemporary reading lists and links to journal articles. The module Blackboard site has also developed and now includes a number of presentations for students to access on areas such as critical writing and library support. The students also have access to the module leader through phone contact, emails and face to face meetings if this is viable. A module guide is also provided, which guides students to the wider range of support available to students.

6. The programme is assessed and run in line with the Academic Framework <https://www.ljmu.ac.uk/~media/sample-sharepoint-libraries/policy-documents/246.pdf> 7. Attendance is required throughout the module; although some learning material will be available through the Blackboard site.

8. Validated 2016/17

9. The methods for improving the quality and standards of learning are as follows:

- Annual monitoring Review
- Liaison and feedback from the students
- Reports from External Examiner
- Programme team ensuring the module reflects the values of the current teaching and learning strategy
- Module leader updating knowledge and skills to ensure these remain current and relevant

10. This is a standalone CPD. A specific external examiner will be identified for the module.

11. Intake onto the degree can be found on the faculty website. The approved intake month is flexible.

12. The CPD Apply programme code is 35657. The self-funding code is 36064.

This module offers the theory and the practice to fully support staff when managing service users requiring physical health assessment.