

Physical health care skills for mental health professionals working with people with psychosis or people with dementia

Level 6 – 20 credits

Who is it for?

Any qualified mental healthcare professional who works with people with psychosis or people with dementia (including Mental Health Nurses, Occupational Therapists and Social Workers). This course is also available at Level 7, for further information please visit

<http://www.nursing.manchester.ac.uk/postgraduate/cpd/modules/>

Key benefits

- During the course unit you will explore the research literature regarding co-morbid medical problems and premature mortality in people with psychosis or in people with dementia.
- Learn about factors which may adversely affect the physical health of people with psychosis or dementia.
- Explore key concepts of health measurement.
- Learn how to provide effective primary, secondary and tertiary health promotion interventions.
- Develop clinical observation skills in order to screen service users for early signs of poor physical health.
- Develop skills in rapid physical assessment for use in medical emergencies.

What will I learn?

You will consider the theory and practice relating to the physical health care of people with with psychosis or people with dementia and develop your clinical skills in assessing physical health needs. This physical health care unit for mental health professionals will be delivered using a blended learning approach which will comprise of some online learning and some face to face teaching sessions. Teaching sessions will include clinical skills sessions which will focus on improving physical health care skills.

How is the course unit assessed?

The course unit is assessed via the submission of a 3,500 word essay which will focus on the health status or health related interventions for people with psychosis or people with dementia. Plus a 15 minute presentation of a service user from their own clinical practice who presents specific physical health issues and how these were assessed and managed.

Attendance

Part time, 10 theory days between January and May. For study dates, please see the Course Schedule at www.nursing.manchester.ac.uk/undergraduate/cpd/

Please note attendance for summative assessment is compulsory and will be undertaken during the university study days.

Dates of next intakes

January 2015

NB. Course unit availability will be subject to minimum numbers.

Funding

Funding for the programme or individual course units may be available through the CPD Service Level Agreement (SLA) for staff working in the NHS in Greater Manchester (and in the case of some course units the wider North West). To access SLA funding each course unit must be approved by an authorised SLA signatory on an individual basis. For more information applicants should contact the Education and Training lead within their organization or Practice educator/ equivalent.

If you are not eligible for CPD SLA funding you may also apply with employer sponsorship or self-funding. The home fee for 2014-2015 will be £1080 for Level 6.

How do I apply?

Applications must be received by the University by 14 November 2014 for the January 2015 intake.

If you are being funded by Service Level Agreement, please contact your Trust and then apply online at www.cpd-applynw.nhs.uk

- **Pre-requisites**
 - You must be a qualified mental health professional and be registered with the NMC, HCPC or other professional body.
 - You must have successfully studied at Level 5
 - You must work in clinical practice with people with psychosis and/or dementia

- **HEI Additional Information/Personal Statement**
 - should include details of your current post and your role and any previous study at level 5 and 6
 - outline the reasons why you wish to undertake this course unit.

If you are not being funded by SLA, above pre-requisites also apply. Please send a completed CPD Application Form for stand-alone applications or a Funding and Support Confirmation Form for continuing degree students only to CPD Admissions Office, Jean McFarlane Building, The University of Manchester, Oxford Road, Manchester, M13 9PL or e-mail to conted.nursing@manchester.ac.uk

Application forms and Funding and support confirmation forms (continuing degree students) are available from: www.nursing.manchester.ac.uk/undergraduate/cpd
For other information, please telephone the Admissions Office on 0161 306 7604 or email conted.nursing@manchester.ac.uk

Intended Learning Outcomes

Knowledge and Understanding

1. Critically review research evidence regarding medical co-morbidity in people with psychosis or people with dementia.

2. Critically explore the effects of medical comorbidity on mental and physical health.
3. Develop a critical understanding of the main risk factors for poor physical health and increased risk of mortality in this client group including the prescription of antipsychotic medication.
4. Recognise the key signs and symptoms of common physical health problems such as diabetes, cardiovascular disease, acute toxic confusional states and delirium.

Intellectual Skills

1. Critically examine the physical health care needs of people with psychosis or people with dementia.
2. Explore opportunities for preventative health interventions at primary, secondary and tertiary levels.
3. Have a critical awareness of key parameters of health screening and when intervention or care planning are needed to address health concerns.
4. Critically analyse the role of primary and secondary services in meeting the physical health care needs of people with psychosis or people with dementia.

Practical Skills

1. Provide evidenced based lifestyle advice regarding recommendations for dietary intake and physical activity levels to optimise good physical health.
2. Competently undertake a range of clinical observations/ health screening in order to identify early signs of poor physical health.
3. Effectively liaise with members of the primary health care team in order to ensure health concerns identified are thoroughly investigated and appropriately managed.
4. Support people with psychosis or people with dementia in the management of long term conditions.

Transferable Skills

1. Communicate effectively in teams including being able to present information about physical health.
2. Interpret the results of clinical observations and critically analyse their implications for future care planning.
3. Have a critical understanding of research and its implications for clinical practice.