



Australian Government

Department of Education, Employment and Workplace Relations

HLTEN617B Practise in contemporary mental health care

Release: 1

HLTEN617B Practise in contemporary mental health care

Modification History

Not Applicable

Unit Descriptor

Descriptor

This competency unit describes the skills and knowledge required by Enrolled/Division 2 nurses to perform nursing interventions to assist the person with a mental health condition to maintain or regain optimal function and lifestyle

It focuses on the roles and responsibilities of the Enrolled/Division 2 Nurse within the mental health team, and on the nursing management of the consumer with a mental illness within the acute and/or community mental health environment

Application of the Unit

Application

The knowledge and skills described in this competency unit are to be applied within jurisdictional nursing and midwifery regulatory authority legislative requirements

Enrolled/Division 2 nursing work is to be carried out in consultation/collaboration with registered nurses and under direct or indirect supervisory arrangements in line with jurisdictional regulatory requirements

Licensing/Regulatory Information

Not Applicable

Pre-Requisites

Pre-requisite units

This unit must be assessed after successful achievement of pre-requisites:

- HLTAP501B Analyse health information
- HLTEN507B Administer and monitor medication in the work environment
- HLTEN509B Apply legal and ethical parameters to nursing practice
- HLTEN510B Implement and monitor nursing care for consumers with mental health conditions
- HLTEN606B Assess clients and manage client care

Employability Skills Information

Employability Skills

This unit contains Employability Skills

Elements and Performance Criteria Pre-Content

Elements define the essential outcomes of a unit of competency.

The Performance Criteria specify the level of performance required to demonstrate achievement of the Element.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

1. Work as part of the *multidisciplinary health care team* for the consumer requiring mental health care
 - 1.1 Contribute appropriately to support the role of the multidisciplinary health care team in managing care of the consumer requiring mental health care
 - 1.2 Contribute to achieving effective team work and supportive group dynamics when working with health care colleagues
 - 1.3 Establish appropriate relationships with other members of the health care team
 - 1.4 Incorporate into own nursing practice the philosophical and policy frameworks for managing care for the consumer requiring mental health services
 - 1.5 Incorporate into own nursing practice the legal framework for managing care for the consumer requiring mental health services
 - 1.6 Recognise the contributions of emergency service personnel, referring agencies, hospital and community team staff and community support groups to the care needs of the mental health services consumer
 - 1.7 Participate safely as part of team in interventions involving chemical or physical restraint

ELEMENT**PERFORMANCE CRITERIA**

2. Clarify the impact of mental health consumer's treatment and rehabilitation on the consumer and/or their family

- 2.1 Perform a holistic assessment of the consumer in consultation/collaboration with the registered nurse
- 2.2 Incorporate an understanding of anatomy and physiology and mental health disorder classifications into nursing practice
- 2.3 Work with a knowledge of various manifestations of consumer's area(s) of mental health problem
- 2.4 Discuss with consumers the psychosocial *impact of their mental health problem* on their activities of daily living
- 2.5 Assist the consumer and family to identify common problems, complications and resources available for the consumer with a mental health problem
- 2.6 Communicate effectively with consumers, family (including children) and health team members
- 2.7 Clarify the care needs of the consumer with a mental health problem in terms of the phases of care required

ELEMENT

3. Contribute to planning appropriate care for the consumer with a mental health problem

PERFORMANCE CRITERIA

- 3.1 Accurately use a range of contemporary assessment tools, including mental state examination and psychiatric assessment
- 3.2 Establish and use a database of resource personnel to assist in care for the consumer with a mental health disorder
- 3.3 In consultation/collaboration with the registered nurse, recognise and understand a range of therapeutic interventions available in planning appropriate nursing management strategies
- 3.4 In consultation/collaboration with the consumer and the health care team, develop an individualised *plan of care* for the consumer with a mental health problem
- 3.5 In consultation/collaboration with the registered nurse, and treating team, undertake risk assessment
- 3.6 In consultation/collaboration with the registered nurses, determine observational category for a consumer with a mental health problem
- 3.7 In consultation/collaboration with the registered nurse, incorporate into own practice health teaching, referral and discharge planning for the consumer with a mental health problem

ELEMENT**PERFORMANCE CRITERIA**

4. Implement nursing care plan for the consumer with a mental health problem

4.1 In consultation/collaboration with consumer, promote a consistent, structured approach to management of consumer/s behaviours

4.2 Involve the consumer and family in assessing, planning, implementing and evaluating care and outcomes

4.3 Maintain focus on consumer/s independent living and social skills

4.4 Promote education and awareness about early warning signs and relapse prevention

4.5 Maintain a physically and psychologically safe environment

4.6 In consultation/collaboration with the registered nurse, recognise crisis situations and implement emergency management according to organisation policy and procedure and within legal and professional requirements

4.7 Implement nursing interventions in accordance with legal, professional, ethical and organisation requirements

4.8 Recognise, report and document consumer responses to specific types of medication used in mental health care

4.9 Recognise and respond appropriately to ethical issues related to use of psychopharmacological medication

ELEMENT**PERFORMANCE CRITERIA**

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| 5. Relate therapeutically to consumers with mental health problems | 5.1 Respond to consumer behaviour in a therapeutic manner, recognising antecedents for behaviour, as appropriate |
| | 5.2 Acknowledge individual consumer experiences in a non-judgemental manner |
| | 5.3 Demonstrate an understanding of the stages and philosophy of therapeutic relationships |
| | 5.4 Prioritise consumer care issues in accordance with consumer's presentation and behaviour |
| | 5.5 Maintain professional boundaries and set limits for therapeutic interventions with consumers |
| | 5.6 Recognise and address own verbal and non-verbal cues that may impact on consumers and others |
| | 5.7 Reflect on interactions in order to evaluate their therapeutic impact |
| 6. Assist to evaluate the outcomes of planned nursing actions for the consumer with a mental health problem | 6.1 Monitor consumer response to planned <i>nursing interventions</i> and progress toward planned goals and interventions, and document and report to the appropriate members of the health care team |
| | 6.2 Initiate appropriate first aid/emergency treatment in response to adverse reactions or complications |
| | 6.3 Report and document first aid/emergency treatment and consumer response to the treatment |

Required Skills and Knowledge

REQUIRED SKILLS AND KNOWLEDGE

This describes the essential skills and knowledge and their level required for this unit.

Essential knowledge

The candidate must be able to demonstrate essential knowledge required to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes knowledge of:

- Actions, therapeutic and adverse effects of mental health pharmacology
- Admission and transfer between health care environments
- Consumer rights and responsibilities
- Critical thinking and problem solving
- Cultural and spiritual beliefs and practices
- Culturally appropriate health promotion activities for consumers with mental health problems
- Diagnostic tests and their meanings
- Emergency and first aid management
- Ethical issues associated with the use of antipsychotic medications
- Evidence based practice
- Factors influencing growth and development
- Factors influencing self esteem
- Health - illness continuum
- Legal standards for practice
- Legislation related to mental health care practice, including:
 - Mental Health Act (1993)
 - occupational health and safety legislation
- Medical terminology
- Organisation policy and procedure
- Participating as a member of the health care team
- Philosophy underpinning mental health care
- Principles of mental health assessment
- Reflective practice
- Research strategies and methodologies

REQUIRED SKILLS AND KNOWLEDGE

- Risk assessment
- Specialised knowledge and depth of anatomy, physiology and pathophysiology of mental health problems
- Specialised knowledge in the antecedents and clinical manifestations of mental health disorders
- Specialised knowledge of classification systems for mental health disorders, including DSM IV and ICD-10

Essential skills

It is critical that the candidate demonstrate the ability to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes the ability to:

- Apply clinical nursing skills, including:
 - fundamental and complex nursing interventions
 - physical and mental assessment
 - neurological function
 - specimen collection
 - medication administration as per jurisdictional and legal requirements
 - emergency Medications
- Assessment, observation and documentation of
 - physical assessment
 - psychiatric assessment
 - mental state assessment
 - mini mental state assessment
 - assessment of suicidal patients
 - risk assessment
 - aggression assessment
 - assessment of alcohol and drug use
 - coping skills
 - change to sleep and concentration patterns
- Apply professional standards of practice:
 - ANMC code of conduct
 - ANMC code of ethics
 - ANMC national Enrolled/Division 2 nurse competency standards
 - state/territory Nurse Regulatory Nurses Act
 - state/territory Nursing and Midwifery Regulatory Authority standards of practice
 - scope of nursing practice decision making framework
 - National Mental Health Strategy

REQUIRED SKILLS AND KNOWLEDGE

- Apply principles of documentation
- Apply principles of rehabilitation
- Demonstrate accountability for personal outputs and broad consumer group outcomes
- Maintain evidence based practice in line with current literature and work of professional bodies associated with mental health consumers
- Recognise and address
 - needs of consumer and significant others in relation to grief and loss
 - religious and cultural needs of consumer and significant others

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Essential skills (contd):

- Use appropriate communication skills (non-verbal, openness, sensitivity, non-judgmental attitudes):
 - oral communication skills (language competence) required to fulfil job roles as specified by the organisation/service, including interviewing techniques, asking questions, active listening, asking for clarification
 - written communication skills (literacy competence) required to fulfil job roles as specified by organisation/service, ranging from reading and understanding consumer documentation to completion of written reports
- Use interpersonal skills to work with others, use sensitivity when dealing with people and relate to persons from differing cultural, social and religious backgrounds

Evidence Guide

EVIDENCE GUIDE

The evidence guide provides advice on assessment and must be read in conjunction with the Performance Criteria, Required Skills and Knowledge, the Range Statement and the Assessment Guidelines for this Training Package.

Critical aspects for assessment and evidence required to demonstrate this competency unit:

- The individual being assessed must provide evidence of specified essential knowledge as well as skills
- Observation of performance in a work context is essential for assessment of this unit
- Consistency of performance should be demonstrated over the required range of workplace situations and should occur on more than one occasion and be

EVIDENCE GUIDE

assessed by a registered mental health nurse

- Observations must include:
 - knowledge of mental health disorders
 - principles of mental health assessment, including risk assessment
 - nursing management of mental health disorders, specific medications and interventions within the defined scope of practice
 - communication skills

Context of and specific resources for assessment:

- This unit is most appropriately assessed in the clinical workplace or in a simulated clinical work environment and under the normal range of clinical environment conditions prior to assessment in the workplace
- Where, for reasons of safety, access to equipment and resources and space, assessment takes place away from the workplace, simulations should be used to represent workplace conditions as closely as possible

Method of assessment

- Observation in the work place
- Written assignments/projects
- Case study and scenario as a basis for discussion of issues and strategies to contribute to best practice.
- Questioning - verbal and writing
- Role play/simulation

EVIDENCE GUIDE

- Access and equity considerations:*
- All workers in the health industry should be aware of access and equity issues in relation to their own area of work
 - All workers should develop their ability to work in a culturally diverse environment
 - In recognition of particular health issues facing Aboriginal and Torres Strait Islander communities, workers should be aware of cultural, historical and current issues impacting on health of Aboriginal and Torres Strait Islander people
 - Assessors and trainers must take into account relevant access and equity issues, in particular relating to factors impacting on health of Aboriginal and/or Torres Strait Islander consumers and communities

Range Statement

RANGE STATEMENT

The Range Statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Add any essential operating conditions that may be present with training and assessment depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts.

RANGE STATEMENT

Multidisciplinary health care team members could include:

- Mental health care consumer and their significant others
- Psychiatrists
- Psychologists
- Nursing staff
- Social workers
- Physiotherapists
- Occupational therapists
- Art therapists
- Speech pathologists
- Dietitian
- Recreation officers
- Community services
- Transitional rehabilitation services
- Carers
- Drug and alcohol workers
- General practitioners
- Consumer advocates
- Residential care workers

Health care settings could include:

- Hospitals - private or public
- Short stay centres
- Community living residences
- Day centres
- Community teams
- Aged care services

RANGE STATEMENT

Assessment of impact of mental health problems may include:

- Performance of activities of daily living
- Loss or limitation to physical, emotional or cognitive function
- Impact on sexuality, relationships, self image, body image
- Grief and loss
- Eating disorders
- Coping mechanisms
- Personal and community support mechanisms
- Level of communication
- Maintenance/improvement of quality of life
- Maintenance/improvement of lifestyle
- Impact of secondary disease processes

Socially related adjustments and transitions may include:

- Role changes
- Multiple losses
- Social isolation and loneliness
- Depression and suicide
- Community stereotyping
- Changes in body image

Plans of care may include:

- Nursing care plans
- Social activity plans
- Treatment plans
- Medical notes
- Community referrals
- Admission and transfer
- Rehabilitation plans

RANGE STATEMENT

- Legal and ethical issues include:*
- Rights and responsibilities of people with mental health problems
 - Consent
 - Power of attorney
 - Medical Power of attorney
 - Detention orders
 - Advocacy
 - Restraint and seclusion
 - Ethical principles
 - Legislation affecting the person with mental health problems
 - Confidentiality and advice to carers
 - Research and the person with mental health problems

RANGE STATEMENT*Specific nursing**interventions/clinical skills could include:*

- Foundation nursing interventions
- Complex nursing interventions
- Assisting with electro-convulsive therapy
- First Aid
- Limit setting
- Use of assessment tools, including tools for risk assessment
- Assistance in direct physical restraint
- Group or diversional therapy
- Self esteem promoting therapies
- Skill building programs
- Social normalisation programs
- Living skills programs
- Counselling
- Group therapy skills
- Cognitive behaviour therapy
- Behaviour modification therapy
- Family therapy
- Stress management
- Anger management
- Assertiveness training
- Promotion of trusting relationships
- Health teaching in relation to consumers needs
- Pain management
- Manual handling
- Rehabilitative care practices

Evaluation of planned care includes:

- Level of independence in performance of activities of daily living
- Participation in rehabilitation programs
- Self management of symptoms

Unit Sector(s)

Not Applicable