

# Master of Science in Nursing: **Mental Health Care** Online



**WELCOME PACK**

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## Welcome

Welcome to the iheed London South Bank University Postgraduate Certificate, Diploma and Master of Science in Nursing: Mental Health Care. You are embarking on a period of enjoyable, challenging and rewarding study.

This is a programme for nursing professionals, irrespective of clinical discipline. Our aim is to give you a first-class learning experience that will help you realise your potential through a dynamic, cutting-edge programme offering the best postgraduate medical education.

The learning environment will be highly participative, and we encourage you to get to know your tutors and peers well. We will be meeting you at induction week and will introduce you to the online learning environment and the supports available to you, as well as outlining the expectations we have of your engagement throughout the programme.

For many of you, this programme represents the first piece of academic study you have undertaken in a long time. For some, this may be a daunting prospect. However, we are here to guide you, to support you and to give you every opportunity to succeed. There will be sessions on academic writing and individual feedback given on your draft work. During induction week we will give you guidance on returning to study and techniques that provide a healthy balance between work, study and family life.

The team of tutors and I will get to know you well in the coming months and I encourage you to take advantage of the supports offered.

If during the year, I or the Academic Affairs team can be of any assistance to you, do not hesitate to reach out to us.

Yours sincerely

*Claire Ryan*

Claire Ryan  
Programme Manager  
Academic Affairs



## Programme Timetable

The **MSc. In Nursing: Mental Health Care** runs over a 24-month period, comprising 2 semesters (Pg Cert/Dip) and Module 7-10 modules depending on Masters route A or B.

The tutorials will be held at the following time:

**-Wednesday or Thursday 19:00 (UK Time).**

Please check your Calendars in Canvas for specific times, dates and Zoom links.

**You will be granted access to canvas on Monday 23rd September 2024.**

### Semester One

	Week	Topic
Monday 23rd September 2024	Induction Week	Introduction to master's Programme

Module 1: Advanced Assessment Skills & Clinical Decision Making		
Sunday 29 September 2024	M1 Week 1	History taking, interview skills, general assessment in mental health
Sunday 6 October 2024	M1 Week 2	Bio-psycho-social, spiritual and cultural assessment
Sunday 13 October 2024	M1 Week 3	Standardised methods and tools of assessment
Sunday 20 October 2024	Reading week	
Sunday 27 October 2024	M1 Week 4	Differential Diagnosis
Sunday 3 November 2024	M1 Week 5	Formulation and Documentation of individualised care plans
Sunday 10 November 2024	M1 Week 6	Role of agencies, family and other carers
Sunday 17 November 2024	Reading week	Examination window 21st and 22nd November
Sunday 24 November 2024	Week off	<b>Essay submission due Monday 25th November</b>
Module 2: Mental Health Issues in the General Population		
Sunday 1 December 2024	M2 Week 1	Global prevalence of mental health issues in the general population
Sunday 8 December 2024	M2 Week 2	Interface of physical and mental health
Sunday 15 December 2024	M2 Week 3	Mood disorders
Sunday 22 December 2024	Christmas / New Year Break	

Sunday 29 December 2024	Christmas / New Year Break	
Sunday 5 January 2025	Reading week	
Sunday 12 January 2025	M2 Week 4	Anxiety disorders
Sunday 19 January 2025	M2 Week 5	Substance use
Sunday 26 January 2025	M2 Week 6	Personality disorders
Sunday 2 February 2025	Reading week	
Sunday 9 February 2025	Week off	<b>Essay and Multimedia submissions due Monday February 10</b>
<b>Module 3: Interventions in the context of mental health nursing</b>		
Sunday 16 February 2025	M3 Week 1	Non-pharmacological management of mental health issues
Sunday 23 February 2025	M3 Week 2	Motivational Interviewing
Sunday 2 March 2025	M3 Week 3	Cognitive Behaviour Therapy (CBT) and Behavioural Activation (BA)
Sunday 9 March 2025	Reading week	
Sunday 16 March 2025	M3 Week 4	Using Psychotropic medicines in Mental Health
Sunday 23 March 2025	M3 Week 5	Pharmacokinetics & Pharmacodynamics
Sunday 30 March 2025	M3 Week 6	Drug administration and management
Sunday 6 April 2025	Reading week	Examination window 4 April - 5th April
Sunday 13 April 2025	Week off	Assignment due Monday 8th April

#### Semester two

<b>Module 4: Child and Adolescent Mental Health issues</b>		
Sunday 20 April 2025	M4 Week 1	Risk and Etiological Factors in Child and adolescent Development
Sunday 27 April 2025	M4 Week 2	Engagement with children, adolescents and their families
Sunday 4 May 2025	M4 Week 3	Caring for children and adolescents with mental health difficulties

Sunday 11 May 2025	Reading week	
Sunday 18 May 2025	M4 Week 4	Therapeutic interventions with children and adolescents
Sunday 25 May 2025	M4 Week 5	Pharmacological interventions with children and adolescents
Sunday 1 June 2025	M4 Week 6	Mental Health Emergencies in Children and adolescents
Sunday 8 June 2025	Reading week	
Sunday 15 June 2025	Week off	Essay and presentation submissions due Monday 16th June
<b>Module 5: Vulnerable People with Mental Health issues</b>		
Sunday 22 June 2025	M5 Week 1	Psychosis
Sunday 29 June 2025	M5 Week 2	Schizophrenia
Sunday 6 July 2025	M5 Week 3	Pharmacological management of psychosis
Sunday 13 July 2025	Reading week	
Sunday 20 July 2025	M5 Week 4	Eating Disorders
Sunday 27 July 2025	M5 Week 5	Intellectual Disability
Sunday 3 August 2025	M5 Week 6	Community and Social Supports
Sunday 10 August 2025	Reading week	
Sunday 17 August 2025	Week off	Essay and presentation submissions due Monday 18th August
<b>Module 6: Management of mental health in older age</b>		
Sunday 24 August 2025	M6 Week 1	Ageing in a mental health context
Sunday 31 August 2025	M6 Week 2	Recovery and person-centred care in older age
Sunday 7 September 2025	M6 Week 3	Depression in older people
Sunday 14 September 2025	Reading Week	
Sunday 21 September 2025	M6 Week 4	Caring for people with dementia
Sunday 28 September 2025	M6 Week 5	Self-management and self-neglect in older age

Sunday 5 October 2025	M6 Week 6	End-of-Life Care
Sunday 12 October 2025	Reading Week	
Sunday 19 October 2025	Week Off	Essay submission due Monday 20th October

For those of you who successfully complete the Postgraduate Diploma and choose to progress to the Masters (MSc) in Mental Health Care, it continues after Module 6 (exact date TBC).

On **23.09.2024** you will get access to the **iheed** Online Learning Environment and you will attend your first induction session.

Induction is designed to give you everything you need in advance of Module 1 and provide you with valuable guidance in advance of commencing the programme.

By combining classroom-style, self-directed and discussion-based learning, induction week also sets the pace and tone for the weeks and months ahead, offering a window into how the programme will run.

It is an important opportunity to meet with faculty, the academic affairs team and your peers and to familiarise yourself with the programme structure. You will begin to understand academic expectations and identify the supports available to you to achieve the best outcomes.

Access to all induction week events will be sent by email and recordings of the sessions will be made available under Resources on the online learning platform.

Induction week sessions will take the form of:

1. Live sessions with iheed Academic Affairs staff, course leaders and tutors
2. On-line discussions via our discussion forum
3. Self-paced learning

**The link for the first live session:**

**19:30 GMT+1 (Dublin/London):** [Live Induction Session](#)

We look forward to seeing you there!

### Induction Week 1 Timetable

When	What	How
Monday 23rd Sep 2024	<ul style="list-style-type: none"> <li>Access to canvas /Introductions</li> </ul>	Wait for Canvas log on details by email

<b>Tuesday 24th Sep 2024</b>	<ul style="list-style-type: none"> <li>• Programme Overview / introduction</li> <li>• Canvas (online learning environment) Overview</li> </ul>	<b>Live session</b> <a href="#">Live Induction Session</a>
<b>Wednesday 25th Sep 2024</b>	<ul style="list-style-type: none"> <li>• Orientation</li> <li>• Principles of Academic Writing</li> </ul>	<i>Self-paced learning</i> <b>Note: not a live session</b>
<b>Thursday 26th Sep 2024</b>	<ul style="list-style-type: none"> <li>• Academic Writing Overview</li> <li>• Module 1 Assessment Briefing</li> </ul>	<b>Live session</b> <a href="#">Induction session 2: Academic writing</a>
<b>Friday 27th Sep 2024</b>	<ul style="list-style-type: none"> <li>• Open office 11am-12pm (UK time)</li> <li>• Module 1 Week 1 Discussion topic goes live</li> </ul>	<a href="#">Open Office</a>

## Student Engagement

This section looks at getting the most from this programme through active engagement, positive participation and honest, open interaction.

### *In the Classroom*

The following rules of engagement apply to all workshops and tutorials:

1. Be prepared and be on time.
2. Dedicate space and time to your tutorial.
3. Know the topic and what is to be covered/discussed
4. Remember discretion, all information shared and discussed is confidential.
5. Be open and non-judgmental, listen and give feedback in an honest and constructive manner.
6. Participate, seek answers, interact with your tutor and classmates.
7. Create and apply classroom norms that work for everyone, for example what to do if you arrive late.

### *Assessments and Written Work*

When preparing for and submitting assessments, remember to:

1. Observe all due dates.
2. Observe the word count for each written submission.
3. Choose the appropriate referencing style (Harvard).
4. Observe the rules around plagiarism and academic integrity.



5. Familiarise yourself with the circumstances in which capped grades and other penalties may apply.

### *Dealing with Obstacles*

Life events sometimes overtake us, we understand. In the event of a problem with a submission, attendance, or any aspect of your studies, be assured that there is a team in place to help you. The most important thing is to let us know as soon as possible. Do not leave it too late!

## Programme Registration

To formally complete your registration with London South Bank University you must have all the following documents submitted by **23.09.2024** (the beginning of Induction Week):

**After this point, registration on the January take will not be possible.**

<b>1. University Certificate</b>	You must provide us with your original certificate, in English.
<b>2. Identification</b>	You must provide an identification card which has your name, face and date of birth all visible. This is used during the online examinations.
<b>3. Student Contract</b>	You must sign the student contract.

## Programme Outputs

- Provide you with a comprehensive overview of mental health nursing to provide an academic underpinning for those seeking to deliver care in this field.
- Equip you with the ability to discuss the biopsychosocial factors underpinning conceptualisation of mental health, common mental issues and provision of care.
- Equip you with the knowledge and skills to understand the experiences of people with mental health problems and to assist and facilitate their journey to recovery.
- Enable you to consider appropriate assessments and treatments for a variety of mental health issues.
- Provide you with the ability to differentiate the clinical presentations of various mental disorders and relevant evidence-based approaches to nursing intervention.
- Integrate the principles of recovery and patient-focused care for mental health nursing practice.

# Programme Assessment

## Scheme of Assessment

On this programme, assessment may take the form of examinations, written assignments and presentations submitted at the end of each module. Details of the assignments are provided in the section on [Module Assessments](#), page 12.

To achieve a good result in written assessments, students must demonstrate:

1. **Knowledge** of the subject
2. Ability to critically **evaluate** the literature
3. Appropriate **referencing** and **structure** throughout

*Make sure to join the induction week session on Academic Writing for a refresher on academic writing, an overview of the Module 1 essay question and some information on Turnitin – the software used to determine plagiarism and tips on how to improve your essays.*

### Please note the following:

Passing grade: An **overall pass mark of 50%** must be achieved in both essay and examination.

Due dates: The assignment due dates are highlighted in your timetable. Extension requests must be made no later than 7 days before the due date. The penalty for late submissions is a 5% deduction for each day. If an assignment is submitted late, and there is no extension request, it will be considered a DNS (did not submit) and result in a grade of 0%.

Resubmissions: If an assignment is failed, there is a chance for resubmission or repeat.

Compensation details: All resubmissions are automatically capped at the pass mark of 50% and where an element of a module is capped, it results in a cap on the entire module.

A failed resubmission/repeat will result in the removal from the course. Appeals can be made to the Mitigating Circumstances panel prior to an Exam Board.

### Fit to sit / Mitigating Circumstances:

By submitting an assessment or presenting for an exam, you are declaring yourself “fit to sit” the assessment and it will be marked accordingly. If you experience a problem with an exam, video submission, attendance or any aspect of your studies, please get in contact with the Mental Health Programme Support team ([mentalhealthsupport@iheed.org](mailto:mentalhealthsupport@iheed.org)) as soon as possible to discuss the options available to you.

Life events may sometimes overtake us, we understand. If there are mitigating circumstances (MC) that prevent you from meeting a deadline, or which you feel may have affected your performance in an exam, you may submit a claim of mitigating circumstances to iheed.

This must be submitted prior to your results being released and needs to be evidenced by supporting documentation. Claims need to be timely, relevant and severe and beyond the scope of normal life events.

The MC will be considered at the next available Board of Examiners meeting and, if successful, you may be granted an exceptional third attempt at the assessment/examination.

If a third attempt is granted, participants will re-join the course at the point at which their progress was paused. If the third attempt is not granted, the permanent withdrawal of the participant from the course will be confirmed at the Board of Examiners.

#### Results:

Results are typically released 3-4 weeks after an exam session.

All results are provisional until ratified and confirmed by the Board of Examiners.

## Module Assessments

Module Name	Assessment Component	
<b>Module 1</b>  <b>Advanced Assessment Skills &amp; Clinical Decision Making</b>	<b>Assessment component 1</b> Examination (30% of module) Case study based Single Best Answer, Extended Matching and Key Feature Problem questions	<b>Assessment component 2</b> Essay (70% of module) 3,000 word essay critically appraising the literature in assessment and clinical decision making
<b>Module 2</b>  <b>Mental Health issues in the general population</b>	<b>Assessment component 1</b> Multi-media submission (30% of module) Mock mental health assessment evaluated using a scored Decision Based Scenario	<b>Assessment component 2</b> Essay (70% of module) 3,000 word essay critically appraising evidence underpinning an aspect of mental health nursing.
<b>Module 3</b>  <b>Interventions in the context of mental health nursing</b>	<b>Assessment component 1</b> Examination (60% of module) Single Best Answer, Extended Matching and Key Feature Problem questions	<b>Assessment component 2</b> Essay (40% of module) 1,500 word evaluation of the literature examining major drug classes and their use in the treatment of mental health disorders
<b>Module 4</b>  <b>Child and Adolescent Mental Health issues</b>	<b>Assessment component 1</b> Essay (50% of module) 2,000 word critical evaluation of the evidence underpinning clinical assessment, diagnosis and treatment of children and adolescents with mental health disorders	<b>Assessment component 2</b> Video Skills Submission (50% of module) Discuss the interpretation of a provided child / adolescent mental health examination Submit a multi-media recording of a consultation with an actor playing the role of a parent and explain a clinical diagnosis.
<b>Module 5</b>  <b>High burden, Low Prevalence issues in Mental Health Nursing</b>	<b>Assessment component 1</b> Essay (70% of module) 3,000 word critical review of the literature on the management of patients with a given mental health illness	<b>Assessment component 2</b> Presentation (30% of module) Presentation of project plan to enhance the quality of care and support for patients.

<b>Module 6</b>  <b>Management of mental health in older age</b>	<b>Assessment component 1</b> Essay (100% of module) Critical review of the literature on the mental health and older age
<b>Masters</b>	Route A (Module 7) Thesis (100% of module) 15,000 word thesis  <b>or</b> Route B Taught Modules each with 4,000-word assessments.  Module 8: Patient Safety & Quality Improvement Module 9: Leadership & Management Module 10: Clinical Education

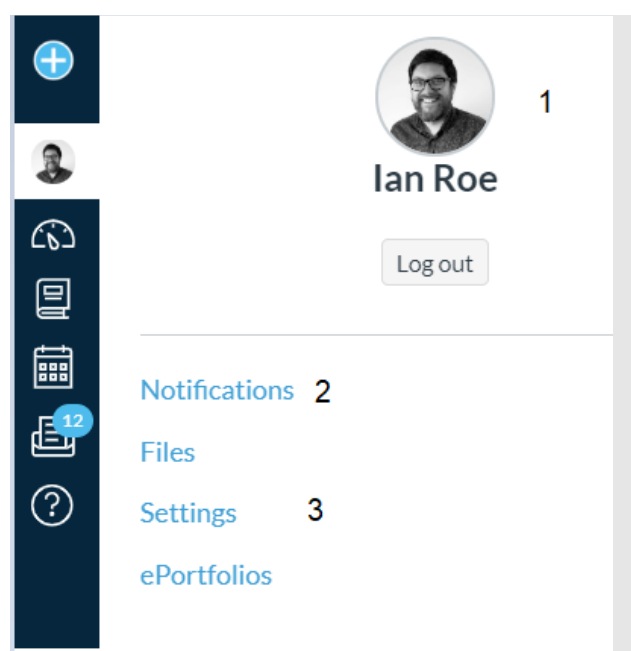
## Programme Online Learning Environment

All the programme materials can be found in the iheed Online Learning Environment (OLE) – Canvas.

You will all be issued log in details at the start of your Induction Week which will grant you access to all the programme materials. Once you sign in, you will come to this **Homepage**.



On the very left-hand menu you can see *Account, Dashboard, Courses, Calendar, Inbox, and Help*.

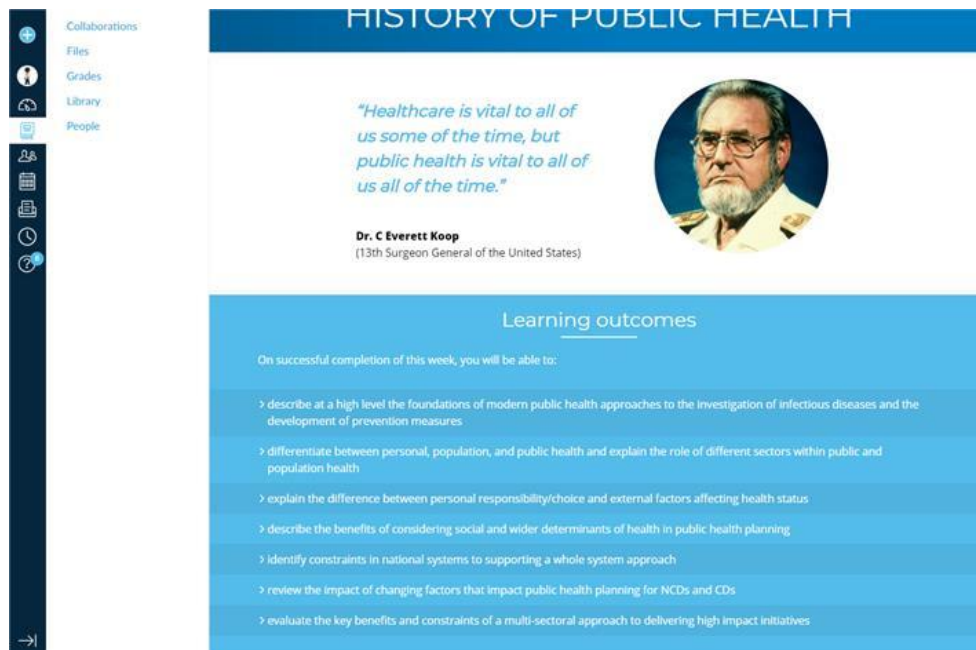


Under **Account**, you can post a **profile picture** (1) – this will appear by your discussion posts, and it is a nice way to familiarise yourselves with your group, even while working on the self-directed material; you can choose how frequent your **notifications** (2) are – you can ask to receive a daily or weekly report of events, you can ask to receive a notification when any post is made in a discussion you are involved in, or you can switch it off entirely! The **settings** (3) include setting your time zone\*, changing password and editing preferred contact methods.

*\*Please ensure you have set the time zone correctly as Canvas will create a bespoke calendar for each student. As you may be in different time zones, this could cause confusion if not set properly.*

The next two **Dashboard** and **Courses** will bring you to the same page – providing a breakdown to subject/topics and to the content for each module, starting with the **Student Orientation**, we recommend that you go through the Orientation Module during Induction Week.

Each Module of your programme has the weekly topics and number of pages on display. This will allow you to track your progress through the self-directed course materials.



**HISTORY OF PUBLIC HEALTH**

*"Healthcare is vital to all of us some of the time, but public health is vital to all of us all of the time."*

**Dr. C. Everett Koop**  
(13th Surgeon General of the United States)

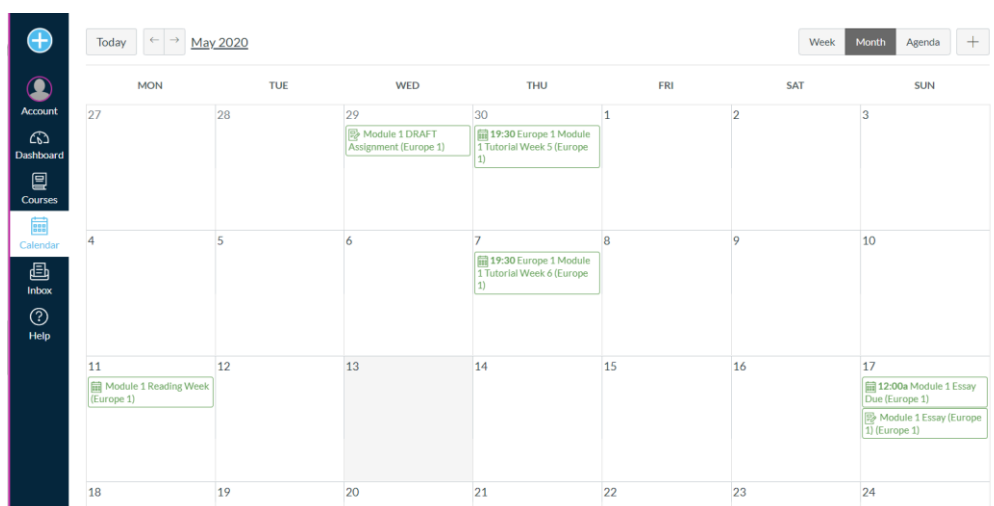
**Learning outcomes**

On successful completion of this week, you will be able to:

- > describe at a high level the foundations of modern public health approaches to the investigation of infectious diseases and the development of prevention measures
- > differentiate between personal, population, and public health and explain the role of different sectors within public and population health
- > explain the difference between personal responsibility/choice and external factors affecting health status
- > describe the benefits of considering social and wider determinants of health in public health planning
- > identify constraints in national systems to supporting a whole system approach
- > review the impact of changing factors that impact public health planning for NCDs and CDs
- > evaluate the key benefits and constraints of a multi-sectoral approach to delivering high impact initiatives

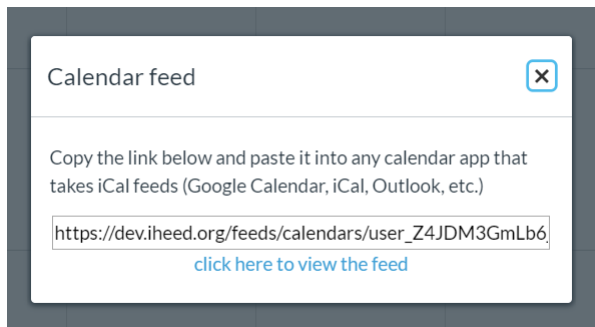
Each week there will be a series of **Learning Outcomes**, and throughout the programme material you will be introduced to Reflective Questions, Case Studies, and Interactive Multimedia to help guide you through the week. At the end of the week, we will meet online for a tutorial.

The **Calendar** is where you will find your programme timetable. Zoom links for each of your online tutorial sessions will be provided here, as well as the dates for your exams. The Calendar is directly linked to your **time zone settings**, so please ensure that you are registered to the correct time zone so that you know when your classes are on. (By default, time zone is set to GMT.)



Today ← → May 2020 Week Month Agenda +

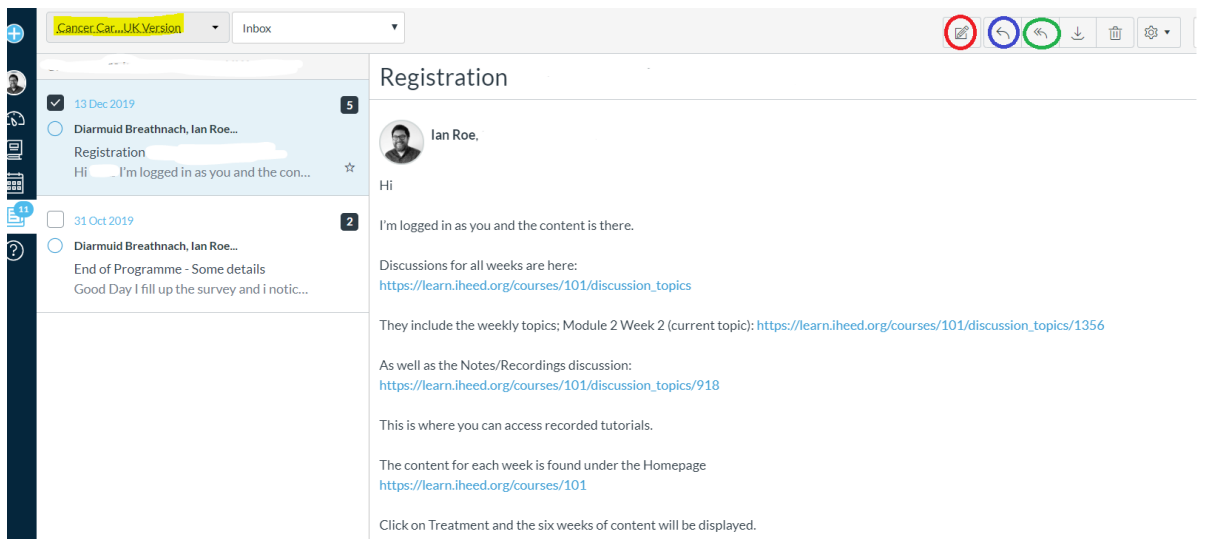
MON	TUE	WED	THU	FRI	SAT	SUN
27	28	29 Module 1 DRAFT Assignment (Europe 1)	30 19:30 Europe 1 Module 1 Tutorial Week 5 (Europe 1)	1	2	3
4	5	6	7 19:30 Europe 1 Module 1 Tutorial Week 6 (Europe 1)	8	9	10
11 Module 1 Reading Week (Europe 1)	12	13	14	15	16	17 12:00a Module 1 Essay Due (Europe 1) Module 1 Essay (Europe 1)
18	19	20	21	22	23	24



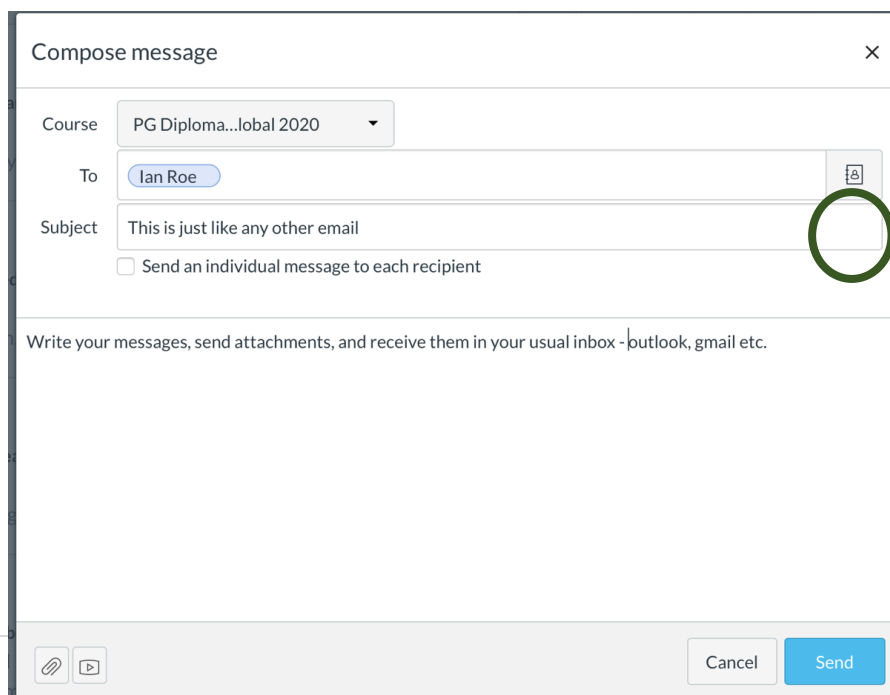
You can sync the Canvas calendar to any calendar you use (iCal, Outlook etc) by clicking on **Calendar Feed** – this means any changes/edits to calendar events will be highlighted in real-time.

The **Inbox** allows you to contact the tutor, programme administrator or any fellow participants. Your Canvas messaging is synced to your preferred contact email as chosen in your **Settings**. Important class information will be sent to all students via Canvas inbox and by a supplementary email.

You may also receive **Course Announcements** – these will be displayed at the top of the page when you log in to Canvas.



Your programme name will be highlighted in the top-left corner, and all emails are displayed on the left. Click on the pencil to **compose** a new mail, the single arrow to **reply** directly or the double arrow to **reply all**.





The **Help** button is for **technical issues** – if there is an unresponsive page or a broken link, you can let the IT team know here. For more general queries, please contact the Academic Affairs team by email.

With the secondary navigation menu, the important ones to pay attention to are:

- *Home, Discussions, Grades and Resources.*

**Home** will always bring you to the default landing page. From here you can navigate to the section of the programme that you need to get to for any given week.

**Discussions** is your student forum – as well as the *weekly discussion* to complement the self-guided materials, you can also find some *pinned discussions*.

After the online induction, we will publish an *Introductory Discussion* as well, where you can post a little bit of information about yourself and get to know your fellow participants.

**Grades** will be the space in Canvas where you can find your results for each module assessment exam. You will be notified when these grades are published.

One of the most useful links you will need during the Postgraduate Diploma/Master of Science is the **Resources** page. Here you will find a list of recorded sessions and slides/materials from the tutorials.

We monitor attendance of tutorials for our own records; but in case you miss a session, a recording will be made available as well as the resources/materials used in that class.

## Online Tutorials: Using Zoom

We use **Zoom** for our online tutorials. Zoom can be used on laptops, desktops, phones and tablets.

To install the Zoom app on your desktop, go to the link below:

<https://zoom.us/download>

- Install Zoom Client for meetings on your desktop
- Install the appropriate Zoom mobile app

If you are using a phone or tablet, you will need to get the Zoom app from Google Play or the Apple app store.

## Zoom House Rules

Audio	<ul style="list-style-type: none"><li>• Use headphones</li><li>• Limit background noise</li><li>• Mute your microphone until you wish to speak or ask a question</li></ul>
Visual	Camera on, unless bandwidth is low
Chat	Use chat to ask questions if you are more comfortable with this format
Questions	<ul style="list-style-type: none"><li>• Unmute your microphone and ask</li><li>• Use the chat facility</li><li>• Post in the weekly discussion</li></ul>
Recording	Tutorials are recorded for student purposes and can be found under <b>Resources</b>