



Bournemouth  
University

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# BSc (Hons) Mental Health Nursing

#BUopenday  
#belongatbu

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# BSc (Hons) Mental Health Nursing



- **One of the most complex and demanding areas of nursing. As many as one in four people are thought to suffer some form of mental health problem**
- **The range of conditions is vast: neuroses, psychoses, psychological and personality disorders all come under the broad heading of mental health.**



# Mental Health Nursing

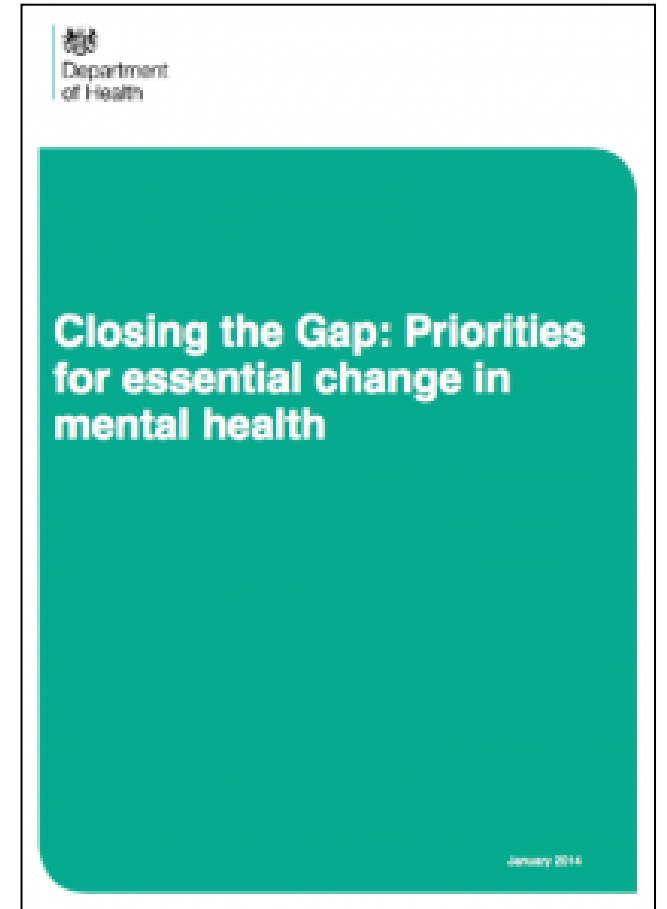


**One in four people, like me, have a mental health problem.**

**Many more people have a problem with that**

*Stephen Fry*

**Mental health must have equal priority with physical health, discrimination associated with mental health problems must end and everyone who needs mental health care should get the right support, at the right time. *'Closing the Gap' 2014***



# Mental Health Nursing: Key Roles

The key role and challenge is to form therapeutic relationships with people with mental health problems and their families. Most people are not cared for in hospital but in the community.



# Working as a Mental Health Nurse

- You might be based in a community mental health team, a day hospital, an outpatients department, an in-patient unit, or a specialist unit
- You will need to have a good understanding of mental health and illness across the lifespan
- As a nurse in mental health you will work as part of a team which includes doctors, psychologists, social workers, psychiatrists, occupational therapists, arts therapists and healthcare assistants.

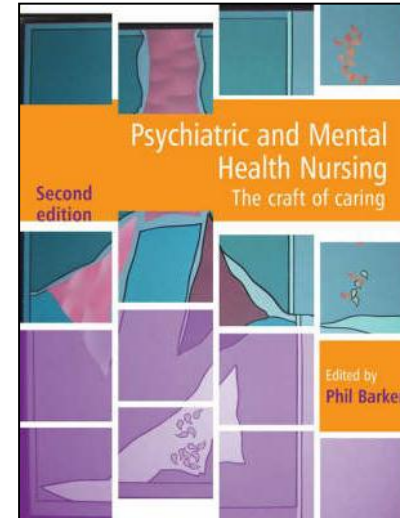
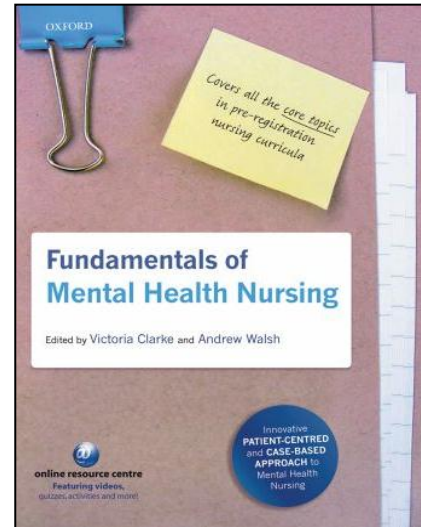
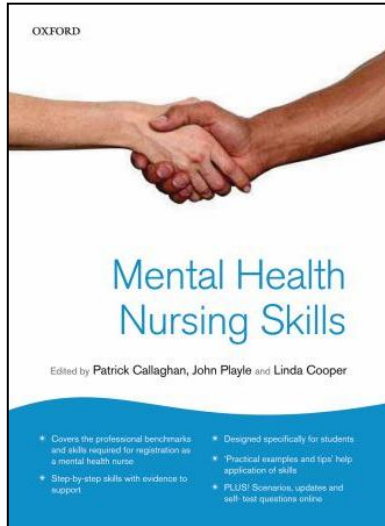


# Mental Health Nursing & Recovery

- **Recovery is a key concept in mental health care**
- **For many people, the concept of recovery is about staying in control of their life**
- **Putting recovery into action means recovery focused care, building peoples resilience, not just on treating or managing their symptoms**
- **The guiding principle is hope**



# What skills do you need?



- **Your main tool as a mental health nurse will be the strength of your own personality and communication skills. You will need to empathise with the people you are dealing with and show warmth and care about them**
- **Dealing with the human mind and behaviour is not an exact science. The job of helping people back to mental health is every bit as valuable and satisfying as caring for those with a physical illness.**



# Mental Health Nursing at BU

- **BSc (Hons) Mental Health Nursing: 2017 will see the fifth intake to the BU programme, leading to a BSc (Hons) in Mental Health Nursing**
  
- **Key features:**
  - Three year programme
  - Extended academic year (typically 45 weeks)
  - Mental health cohort established from outset
  - 50% theory; 50% practice
  - All students based in Bournemouth for theoretical components
  - Several placement circuits in Dorset, Hampshire, Wiltshire and Somerset





# Entry requirements 2017 entry

## **BSC (Hons)**

### ▪ **Tariff:**

- A Level: 120 points
- BTEC Extended Diploma: DDM
- Access HE: 60 credits, 45 at level 3

### ▪ **GCSE grade C or above:**

- x4 including Maths & English:
- Will accept IELTS 7 (each component)
- Will accept Key Skills level 2

- **Five key themes:**
  - Recovery & wellbeing
  - Mental health nursing skills
  - Physical care
  - Policy, management & leadership
  - Study skills, research awareness and evidence based practice
  
- Service user and carer involvement is a key element throughout the programme



## ■ Study Units:

- Fundamental communication skills
- Mental Health, Wellbeing and Humanised care in Later Life
- Personal and professional development
- Anatomy and physiology during the lifespan
- Origins and Expressions of Mental Health and Well Being
- Identifying knowledge for practice (includes practice placement experience in a range of settings)



## ■ Study Units:

- Exploring Evidence to Guide Practice
- Communication & therapeutic approaches in mental health
- The value base of mental health nursing
- Physical care in mental health settings
- Acute mental health – from crisis to wellbeing
- Developing knowledge for practice (includes practice placement experience in a range of settings)





## ■ Study Units:

- Service improvement project
- Reviewing the literature to inform practice
- Communication, leadership & management in mental health
- Mental health nursing in specific settings
- Supporting the recovery journey
- Evaluating knowledge for practice (includes practice placement experience in a range of settings)



# Mental Health Nursing at BU

- **Four partner providers:**

- Dorset Healthcare University NHS Foundation Trust
- Avon & Wiltshire Mental Health Partnership NHS Trust
- Southern Health NHS Foundation Trust
- Somerset Partnership NHS Foundation Trust

- **Students spend 50% of their course in practice placements**

Dorset HealthCare   
University NHS Foundation Trust

Avon and Wiltshire   
Mental Health Partnership NHS Trust

Southern Health   
NHS Foundation Trust

Somerset Partnership   
NHS Foundation Trust

# Mental Health Practice Placements



# Study over 3.5 years now available

**This course is also available to be studied over 3.5 years**

- **Taught study delivered full-time and placements undertaken on a part-time basis.**
- **Your university study time will involve 37.5 hours a week consisting of both taught and self-learning.**
- **Your placements will be up to 28 hours per week, rather than 37.5. This will include meeting the Nursing and Midwifery Council requirement to take part in the full cycle of care including shift working, weekends and night duty.**

**If your application is successful to interview stage you can discuss at your interview if you'd like to take this study route option.**



# Student support

## All students

- Additional Learning Needs support
- Study skills Support
- Student Union Bournemouth (SUBU):
  - Fresher's fair
  - 100 clubs & societies
  - Beach hut to book out
  - Boho lounge, The Engine Room café & The Old Fire Station (SU-live music)
  - 5 storey student centre at Talbot Campus
  - RAG (Raising and Giving)

## Mature students - SUBU

- Fresher's fair family zone
- Cuppa, cake, chat
- Mature students beach walk
- Mature students drinks social
- Mature students comedy central
- Mature students dine-out
- Mum, Dad & Monkey

# Finance support from 2017

## From September 2017 the finance support is changing

You'll be able to access the same financial support as other non-NHS courses:

- A tuition fee loan from Student Finance England
- A maintenance loan of up to £10,410
- Tuition fees will no longer be paid
- You won't receive a bursary or grant

You won't repay your loan until you're earning **£21,000**  
For band 5 this would be **£5.25\*** a month

New loan will provide you with 33% more money\* = **more disposable income**

