

# Welcome to Mental Health Nursing BSc (Hons).

My name is Emma Dillon and I am the Field Lead for the BSc (Hons) in Mental Health Nursing and on behalf of the Teaching Team I would like to welcome you to this programme of study.

The first few weeks on the course can feel hectic and there will be a great deal of new information to take in.

We hope that this Welcome Pack will help you to prepare for this. In the next three years you may face several challenges and rewards as well.



## Our philosophy

The philosophy underpinning our course reflects the NMC Standards (2010) and the domains. Therefore, we believe the delivery of nursing care should ensure that a **person-centred approach** is used. The course will achieve this by enabling you to become a competent mental health nurse through a developmental journey. The team define competence as 'a combination of skills, knowledge and attitudes that underpin care delivery by a nurse who is compassionate and empathetic.' You will progress from being a knowledgeable participant in care to being able to initiate and finally to manage care. On your journey you will develop increasing autonomy and be able to justify care decisions to other health and social care professionals and service users. You will become a non-judgemental and empathetic individual whose level of self-awareness results in an inclusive approach to the delivery and management of service user care.

The team also believe that learning is a life-long process. You will begin this journey within a programme where the mental health nursing specific content aims to develop students who have **excellent communication and interpersonal skills**. These skills will enable you to form effective partnerships with practice partners, service users and their family/carers.

## Aim of the Mental Health Course

Prepare Mental Health nurses who can work flexibly within changing environments and effectively lead, manage, organise and deliver care which has a sound evidence base (NMC 2010).

To achieve this aim you will be able to:

- Work in partnership to ensure the rights, choices and wishes of all service users within your care are met
- Demonstrate active listening skills in a caring and empathetic manner
- Understand the roles and responsibilities of other health and social care professionals, and work collaboratively to ensure the holistic needs of all service users are met
- Accurately assess the needs of service users of all ages, using appropriate diagnostic and decision-making skills. This will require an in-depth knowledge and understanding of the sciences and artistry of the field of nursing.
- Co-ordinate service user care using effective communication, teamwork and leadership skills

## Our team

The following tutors make up the Mental Health Nursing teaching team at the University of Northampton.

NAME	CONTACT INFORMATION
Sarah Wickes Lecturer in Practice Development (Mental Health)	07753 277776 <a href="mailto:Sarah.wickes@northampton.ac.uk">Sarah.wickes@northampton.ac.uk</a>
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Roger Keenoo Senior Lecturer (Mental Health)	<a href="mailto:roger.keenoo@northampton.ac.uk">roger.keenoo@northampton.ac.uk</a>
Claire Poole Senior Lecturer (Mental Health)	<a href="mailto:Claire.poole@northampton.ac.uk">Claire.poole@northampton.ac.uk</a>

Emma Dillon Senior Lecturer (Mental Health)	07872423784 <a href="mailto:Emma.dillon2@northampton.ac.uk">Emma.dillon2@northampton.ac.uk</a>
Francis Beckett Senior lecturer (Mental Health)	<a href="mailto:Francis.beckett@northampton.ac.uk">Francis.beckett@northampton.ac.uk</a>
Kat Merrick Lecturer in Clinical Skills (Mental Health)	07718773387 <a href="mailto:Kat.Merrick@northampton.ac.uk">Kat.Merrick@northampton.ac.uk</a>

From September 2018 we will be based in the Learning Hub at Waterside Campus. The best way of contacting us is via email which we will endeavour to respond to within 3 days for ordinary matters, please add your name student number and cohort to all emails and type briefly the reason for the email in the subject bar. If your need is urgent please email all of us [by adding all our email addresses to one email] and type urgent in the subject bar.

## **Learning and Teaching**

The Mental Health Nursing Teaching team employs an active blended learning approach which means that we will use a range of learning and teaching methods whilst you are on the course. Whether you are engaged in face-to-face, simulation, on-line, or group work, we endeavour to make your learning as interactive as possible. We also encourage a greater level of independent study as you progress through the three years. Your learning will be facilitated by our team lecturers, clinical mental health nurses, service users and students. You will have your own Personal Academic Tutor (PAT) to support you as a person and a student. You will have opportunities to reflect on your learning and make constructive suggestions.

## **Learning in Practice**

The University is fortunate to be able to have access to a variety of placement learning opportunities in the counties of Northamptonshire and Buckinghamshire. There are two clinical placement blocks each year (a full course plan will be available when you commence the course). You will have a mentor and co-mentor for each placement from the practice area where you are placed. You will also be supported by a Personal Practice Tutor (PPT) who will be a member of the Mental Health Nursing Teaching team. Your PPT will support you for three years. All

our students can have a placement or part of in a European country and/or in a different country in the world.

### **Enhancement activities**

During the three years there will be opportunities to gain experience of nursing people in other fields and we encourage you to take these opportunities from the commencement of the course. There are also opportunities to undertake learning which is not a mandatory element of the course but ones that would benefit your learning such as British Sign Language and Student Conferences. There may be a charge for these opportunities or a limited number of places but we will notify you of this nearer the time.

### **Pre-course reading**

Many students ask us what they need to read before coming on the course or whether we recommend any text books. Our response is, firstly, that we would not ask you to buy text books: this is entirely your choice but our library is well stocked with relevant publications and many of them can be accessed online. Secondly, if you want to engage in any pre-course reading then familiarise yourself with relevant websites such as the ones below. These sites will help keep you up to date with contemporary events in the world of mental health nursing. Search:

### **Nursing and Midwifery Council (NMC) (2016).**

**The Code: professional standards of practice and behaviour for nurses and midwives London: NMC**

### **Mental Health Foundation**

### **MIND**

### **Success Story**



These students graduated in September 2016 and are now Graduate Mental Health nurses. They look forward to welcoming and supporting you during your Practice Learning Experience in their service.

*We look forward to seeing you in September*

## 2018 Welcome Week Timetable - BSc Nursing (Adult, Child, Mental health & Learning Disability)

You will be advised when your 10 minute 1:1 tutorial will be during welcome week by your Personal Tutor (PT).

Time	Monday 24 <sup>th</sup> September	Tuesday 25 <sup>th</sup> September	Wednesday 26 <sup>th</sup> September	Thursday 27 <sup>th</sup> September	Friday 28 <sup>th</sup> September
9am					
10am					
11am					
12pm		<p><b>Induction, Social belonging, Team building</b></p> <p><b>Group 1</b> - 12pm – 3pm</p> <p><b>Senate (SN) 313</b></p> <p>John Turnbull</p>	<p><b>Academic, digital and employability skills</b></p> <p><b>Group 1</b> - 12 – 3pm</p> <p><b>Senate (SN) 105</b></p> <p>Learning Library Services, Changemaker team &amp; John Turnbull</p> <p><b>Group 2</b> - 12 – 3pm</p>	<p><b>Are you ready?</b></p> <p><b>Group 1</b> - 12pm – 12.30pm</p> <p>John Turnbull</p> <p><b>Senate (SN) 101</b></p> <p><b>Group 2</b> - 12pm – 12.30pm</p> <p>Emma Dillon</p>	

		<p><b>Group 2</b> - 12pm – 3pm</p> <p><b>Senate (SN) 306</b></p> <p>Emma Dillon</p>	<p><b>Senate (SN) 110</b></p> <p>Learning Library Services, Changemaker team &amp; Emma Dillon</p>	<p><b>Senate (SN) 101</b></p>	
		<p><b>Group 3</b> - 12pm – 3pm</p> <p><b>Senate (SN) 301</b></p> <p>Francis Beckett</p>	<p><b>Group 3</b> - 12pm – 3pm</p> <p><b>Senate (SN) 108</b></p> <p>Learning Library Services, Changemaker team &amp; Francis Beckett</p>	<p><b>Group 5</b> - 12pm – 12.30pm</p> <p>Gail Reoch</p> <p><b>Senate (SN) 208</b></p>	
		<p><b>Group 4</b> - 12pm – 3pm</p> <p><b>Senate (SN) 215</b></p> <p>Claire Poole</p>	<p><b>Group 4</b> - 12pm – 3pm</p> <p><b>Senate (SN) 109</b></p> <p>Learning Library Services, Changemaker team &amp; Claire Poole</p>	<p><b>Group 6</b> - 12pm – 12.30pm</p> <p>Bally Sandhu</p> <p><b>Senate (SN) 208</b></p>	
		<p><b>Group 5</b> - 12pm – 3pm</p> <p><b>Learning Hub (LH) 125</b></p>	<p><b>Group 5</b> - 12pm – 3pm</p> <p><b>Senate (SN) 104</b></p>	<p><b>Group 3</b> - 12.30 – 1pm</p> <p>Francis Beckett</p> <p><b>Senate (SN) 101</b></p>	
				<p><b>Group 4</b> - 12.30 – 1pm</p> <p>Claire Poole</p>	

		<p>Gail Reoch</p> <p><b>Group 6</b> - 12pm – 3pm</p> <p><b>Learning Hub (LH) 324</b></p> <p>Bally Sandhu</p> <p><b>Group 7</b> - 12pm – 3pm</p> <p><b>Senate (SN) 213</b></p> <p>Rachel Beckett</p> <p><b>Group 8</b> - 12pm – 3pm</p> <p><b>Learning Hub (LH) 318</b></p> <p>Win Hughes</p>	<p>Learning Library Services, Changemaker team &amp; Gail Reoch</p> <p><b>Group 6</b> - 12pm – 3pm</p> <p><b>Learning Hub (LH) 128</b></p> <p>Learning Library Services, Changemaker team &amp; Bally Sandhu</p> <p><b>Group 7</b> - 12pm – 3pm</p> <p><b>Learning Hub (LH) 115</b></p> <p>Learning Library Services, Changemaker team &amp; Rachel Beckett</p> <p><b>Group 8</b> - 12pm – 3pm</p> <p><b>Learning Hub (LH) 113</b></p>	<p><b>Senate (SN) 101</b></p> <p><b>Group 8</b> - 12.30 – 1pm</p> <p>Win Hughes</p> <p><b>Senate (SN) 208</b></p> <p><b>Group 9</b> - 12.30 – 1pm</p> <p>Anna O’Neill</p> <p><b>Senate (SN) 208</b></p> <p><b>Group 7</b> - 1.30 – 2pm</p> <p>Rachel Beckett</p> <p><b>Senate (SN) 214</b></p>	
<b>1pm</b>					
<b>2pm</b>	<p><b>Expectations of University Life</b></p> <p><b>Group 1</b> – 2.30pm – 3pm</p>				



	<p>Student academic support &amp; John Turnbull - <b>Senate (SN) 101</b></p> <p><b>Group 2</b> – 2.30pm – 3pm</p> <p>Student academic support &amp; Emma Dillon - <b>Senate (SN) 101</b></p> <p><b>Group 7</b> – 2.30pm – 3pm</p> <p>Student academic support &amp; Rachel Beckett- <b>Senate (SN) 208</b></p>	<p><b>Group 9</b> - 12pm – 3pm</p> <p><b>Learning Hub (LH) 320</b></p> <p>Anna O’Neill</p>	<p>Learning Library Services, Changemaker team &amp; Win Hughes</p> <p><b>Group 9</b> - 12pm – 3pm</p> <p><b>Learning Hub (LH) 126</b></p> <p>Learning Library Services, Changemaker team &amp; Anna O’Neill</p>		
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<p><b>3pm</b></p>	<p><b>Expectations of University Life</b></p> <p><b>Group 3</b> – 3pm – 3.30pm</p> <p>Student academic support &amp; Francis Beckett - <b>Senate (SN) 101</b></p> <p><b>Group 4</b> – 3pm – 3.30pm</p> <p>Student academic support &amp; Claire Poole - <b>Senate (SN) 101</b></p> <p><b>Group 8</b> – 3pm – 3.30pm</p>			<p><b>Subject orientation</b></p> <p><b>Group 1</b> - 3pm – 6pm</p> <p><b>Senate (SN) 315</b> - John Turnbull</p> <p><b>Group 2</b> - 3pm – 6pm</p> <p><b>Senate (SN) 215</b> - Emma Dillon</p> <p><b>Group 3</b> - 3pm – 6pm</p> <p><b>Senate (SN) 206</b> – Francis Beckett</p> <p><b>Group 4</b> - 3pm – 6pm</p> <p><b>Senate (SN) 214</b> - Claire Poole</p>	
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	<p>Student academic support &amp; Win Hughes - <b>Senate (SN) 208</b></p> <p><b>Group 9</b> -3pm – 3.30pm</p> <p>Student academic support &amp; Anna O’Neill - <b>Senate (SN) 208</b></p> <p><b>Group 5</b> -3.30pm – 4pm</p> <p>Student academic support &amp; Gail Reoch - <b>Senate (SN) 101</b></p> <p><b>Group 6</b> -3.30pm – 4pm</p>			<p><b>Group 5</b> - 3pm – 6pm</p> <p><b>Senate (SN) 202</b> - Gail Reoch</p> <p><b>Group 6</b> - 3pm – 6pm</p> <p><b>Senate (SN) 203</b> - Bally Sandhu</p> <p><b>Group 7</b> - 3pm – 6pm</p> <p><b>Senate (SN) 303</b> - Rachel Beckett</p> <p><b>Group 8</b> - 3pm – 6pm</p> <p><b>Learning Hub (LH) 124</b> - Win Hughes</p> <p><b>Group 9</b> - 3pm – 6pm</p>	
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	Student academic support & Bally Sandhu - <b>Senate (SN) 101</b>			<b>Senate (SN) 201</b> – Anna O’Neill	
<b>4pm</b>					
<b>5pm</b>					
<b>6pm</b>					

