



Faculty of Health, Science and Technology
Nursing Science

Syllabus

Mental health and mental illness

Course Code:	OMG125
Course Title:	Mental health and mental illness <i>Psykisk hälsa och ohälsa</i>
Credits:	7.5
Degree Level:	Undergraduate level
Progressive Specialisation:	First cycle, has at least 60 credits in first-cycle course/s as entry requirements (G2F)

Major Field of Study:
OMA (Nursing Science)

Course Approval

The syllabus was approved by the Faculty of Health, Science and Technology 2021-09-08, and is valid from the Spring semester 2022 at Karlstad University.

Prerequisites

60 ECTS credits of first-cycle programme courses in health care, or equivalent

Learning Outcomes

Upon completion of the course, students should be able to:

1. describe different types of mental illness and how mental health can be promoted,
2. describe nursing interventions and treatment methods related to mental illness,
3. describe recovery from different conditions of mental illness,
4. identify what enables or hampers meeting and communicating with persons in need of care due to mental illness, and refer to potential ethical considerations,
5. define stigmatisation related to mental illness and discuss how healthcare professionals can counteract stigmatisation, and
6. give an account of laws, ordinances, and other policy documents relevant to psychiatric care.

Content

- Mental health and mental illness
- Nursing interventions and treatment methods
- Recovery from mental illness
- Reception and communication
- Ethical considerations
- View of human beings and attitudes towards mental illness
- Legislation and policy documents

Instruction is in the form of lectures, literature study, group assignments, communication exercises, and a seminar.

The students work in groups throughout most of the course and meet the teachers regularly to receive supervision related to the learning activities.

Reading List

See separate document.

Examination

Assessment is based on examination in seminars and an individual take-home exam.

The examiner may decide that a student who is very close to a passing grade can complete a supplementary assignment to receive a passing grade for a specific examination. Additional examination material must be submitted within six days of notification. The supplementary assignment only is then assessed in accordance with the assessment criteria, and if it is insufficient, a grade of fail (U) will be given.

If students have a decision from Karlstad University entitling them to Targeted Study Support due to a documented disability, the examiner has the right to give such students an adapted examination or to examine them in a different manner.

Grades

One of the grades Distinction (VG), Pass (G), or Fail (U) is awarded in the examination of the course.

Quality Assurance

Follow-up relating to learning conditions and goal-fulfilment takes place both during and upon completion of the course in order to ensure continuous improvement. Course evaluation is partly based on student views and experiences obtained in accordance with current regulations and partly on other data and documentation. Students will be informed of the result of the evaluation and of any measures to be taken.

Course Certificate

A course certificate will be provided upon request.

Additional information

The course OMG125 cannot be included in the same degree programme as the course OMA126.

The local regulations for studies at the Bachelor and Master levels at Karlstad University stipulate the obligations and rights of students and staff.

OMG125 is an elective course for the Nursing programme.

