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## POSITION DESCRIPTION

# Mental Health Nurse

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Position Level	8
Faculty/Division	DVC-Academic
Position Number	ADMIN ONLY
Original document creation	July 2018

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### Position Summary

The University Health Service provides a health service to all staff and students at UNSW, Kensington. The focus of this service is an accredited General Practice clinic. It also has an occupational and Public health role. The campus population swells to around 50,000 a day and is culturally diverse. The service provides 100-200 consultations daily and is open Monday to Friday.

The Registered Nurse is an integral member of the nursing team who provides holistic nursing care in accordance with the core values of The University of New South Wales (UNSW) Health Service. The Registered Nurse will deliver an advanced level of health care in a cross-cultural nursing environment.

The role was established to facilitate the provision of coordinated clinical care for people with mental health disorders who present in General Practice. The aim of the position is to provide improved access to mental health services and improve outcomes in terms of recovery and relapse prevention. The dominant patient population is young adult and is culturally diverse.

The role of Registered Nurse reports to Head, Health, and has no direct reports.

### Accountabilities

Specific accountabilities for this role include:

- Establishing a therapeutic relationship with the patient.
- Liaising closely with daily and carers (as appropriate).
- Regularly reviewing the patient's mental state.
- Monitoring and ensuring the patient's quality use of their medication.
- Providing information on physical health care to patients.

- Work with General Practitioners with “intake” and initial assessment and development of Mental Health Care Plan.
- Coordination of clinical services for patients with severe mental health disorders.
- Contribute to the planning and care management of the patient, including making the necessary arrangements to access interventions from other health professionals and support workers (as required).
- Participate in team care and facilitating case conferencing with GPs, UNSW psychologists, allied health professionals, psychiatrists and support workers with non-government organisations.
- Maintain essential documentation for patients entering, exiting and continuing with the program.
- In collaboration with the GP or Psychiatrist, develop and review a Mental Health Treatment Plan
- Participate in policy and procedure development and review, and quality improvement activities.
- Identify, initiate, implement and evaluate quality improvement activities to determine effectiveness with particular attention to:
  - Communication between health care providers and support workers
  - Follow-up systems of care
  - Resources to support education, self-management and relapse prevention
  - Provide appropriate pharmacological and psychological interventions.
- Cooperate with all health and safety policies and procedures of the university and take all reasonable care to ensure that your actions or omissions do not impact on the health and safety of yourself or others.
- Align with and actively demonstrate the [UNSW Values in Action: Our Behaviours](#) and the [UNSW Code of Conduct](#).
- Cooperate with all health and safety policies and procedures of the university and take all reasonable care to ensure that your actions or omissions do not impact on the health and safety of yourself or others.

### **Elements of care**

The MHNP will function autonomously and collaboratively in an advanced and extended clinical role by providing the following assessment and management services to patients:

- Comprehensive health assessment.
- Specialist psychiatric examination.
- Differentiating between normal and abnormal findings.
- Initiating and evaluating diagnostic procedures and laboratory tests.
- Interpreting information in order to formulate a differential diagnosis.
- Utilising complex problem-solving skills and established evidence based guidelines to manage specific patient needs.
- Regularly evaluating the health and well-being of patients to ensure optimal outcomes are maintained.

- Makes autonomous and/or collaborative decisions in partnership with their patient and primary carer as required, while being mindful of ethical and legal framework of privacy of information.
- Utilises psychosocial assessment and counselling skills to provide holistic care and ensure emotionally and physically optimal environment.
- Collaborates and refers patients to other health professionals when necessary. Referrals may include Psychiatrists, allied health professionals and General Practitioners.
- Foster and establish collaborative and meaningful relationships with community and mental health resources.

The MHNP has undertaken training and has clinical experience in providing the following evidence-based psychological interventions to patients:

- Cognitive behaviour therapy
- Interpersonal therapy
- Dialectical behaviour therapy
- Motivational interviewing
- Mindfulness based cognitive therapy
- Trauma focused therapy

### **Clinical Practice Guidelines**

The MHNP will follow the evidence-based practice guidelines (Australian version) as developed by the Australian and New Zealand College of Psychiatrists for the management of:

- Anorexia Nervosa
- Bipolar Disorder
- Deliberate Self Harm (youth and adult)
- Depression
- Panic Disorder and Agoraphobia
- Schizophrenia

Drug therapy will comply with the National Policy on the Quality Use of Medicines and demonstrate the use of evidence-based medicine, supported by Therapeutic Guidelines and Australian Medicines Handbook. Any changes in a patient's medications.

### **Skills and Experience**

- ACMNH credentialed and must be registered with the Nurses Board of NSW
- Proven experience in patient assessment/case management/individual and group therapy/meditation/recent acute inpatient and or community experience.
- Ability to deal with challenging behaviours/proficiency in recording patient care details electronically
- Must be registered with the Nurses Board of NSW.
- Demonstrated knowledge and skills of contemporary nursing practice

- Ability to work independently and as a part of a team
- Excellent communication skills with patients, their families and other members of the general practice team.
- An understanding of and commitment to UNSW's aims, objectives and values in action, together with relevant policies and guidelines.
- Knowledge of health and safety responsibilities and commitment to attending relevant health and safety training

**About this document**

This Position Description outlines the objectives, desired outcomes, key responsibilities, accountabilities, required skills, experience and desired behaviours required to successfully perform the role.

This template is not intended to limit the scope or accountabilities of the position. Characteristics of the position may be altered in accordance with the changing requirements of the role.