

# Diploma In Mental Health Nursing



**POLYTECHNICS**  
MAURITIUS

## OVERVIEW

There is a rapid and extensive paradigm shift of Psychiatry Nursing/Mental Health practice into social and community Psychiatry, General Hospitals and Preventive Mental Health Programmes. This necessitates a need for psychiatric nurses who can adapt to and master health issues of today and apply modern psychological, psycho-physio-social understanding in all phases of Psychiatric Nursing practice and research.

In order to maintain a high standard in Psychiatric Nursing practice, nurses require a specific training in the field so as to acquire the relevant knowledge, skills and attitudes to practice safely, confidently and efficiently. Our Diploma in Mental Health Nursing prepares you to be at the heart of action as a registered professional Mental Health Nurse. It will enable the nurses to achieve the educational purposes both in theoretical and clinical context in order to be in line with the registration requirements of the Nursing Council of Mauritius.

Our modern campus situated at Pamplemousses in the North of Mauritius, offers you a state of the art Campus with modern technological facilities and replicated Skills Lab for simulation-practice. You will surely feel comfortable to know that we work in collaboration with the Mauritius Institute of Health under the aegis of the Ministry of Health and Wellness.

## DURATION

18 months | Part-time | 1 Full Day per Week

## ENTRY REQUIREMENTS

All nurses registered with the Nursing Council of Mauritius holding either a Certificate or Diploma in General Nursing or a Certificate in Mental Health Nursing looking to top-up to a Diploma.

## WHO IS THIS FOR?

This course is for those who want to embark on a specialist field of psychiatric nursing and aspire doing a career in Mental Health Nursing.

## PATHWAYS & CAREER PROGRESSION

Upon successful completion of the Diploma in Mental Health Nursing, you will be eligible to embark on an undergraduate study in Mental Health Nursing, take leadership roles in a health care environment and/or embark on a teaching and mentorship profession.

## COURSE CONTENT

### Year 1 Semester 1

- History of Psychiatry and Psychiatric Nursing
- Classification and conceptual models of mental and behavioural disorders
- Life sciences: Neuroanatomy and neurophysiology
- Basic, general and psychiatric nursing
- Signs, symptoms and terminology in psychiatry

### Year 1 Semester 2

- Therapeutic methods in nursing implications
- Professional interactive skills/Application of nursing process
- Philosophy, education and human values
- Aetiology of mental and behavioural disorders
- Psychology as applied to Mental Health

### Year 2 Semester 1

- Counselling
- Sociology as applied to Mental Health
- Research in Mental Health nursing
- Education in nursing
- Infection and infestation control

Prospective students on the above diploma will also be required to acquire hands-on practical experience in a Mental Health Hospital

**Foreign Language** – Optional

**Want to  
know more  
about this  
course?**

Call us **460 07 05**  
Mail us **contact@poly.ac.mu**  
Visit us **www.poly.ac.mu**