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Mental Health Internship Supervised Shift and Therapeutic Care

Practical 01 / Supervised clinical practice

Aim

Provide supervised mental health nursing, reassess safety and communicate the shift plan.

Principle

Respectful engagement, ongoing assessment and documented response support recovery and continuity.

Articles and Materials

- Supervised assignment or fictional ward case
- Mental status, observation and care plan records

Procedure

1. Receive handover and identify care goals, risks, orders, current status and team responsibilities. Confirm authorised activities and supervision.
2. Establish rapport, obtain permission and review the person's concerns, function and baseline mental state. Check immediate medical and psychological safety.
3. Record relevant mental status findings and update priorities with the supervisor. Set a measurable goal for therapeutic contact, activity or self-care.
4. Carry out the assigned supportive conversation, activity or medicine checks while preserving privacy. Record actual response and any limitations.
5. Reassess changes in distress, safety, function or adverse effects and alert the team when urgent review is needed.
6. Review the plan with the person and discuss coping supports and agreed next steps. Include family only with permission.
7. Give handover with current findings, actions, response, risks and ownership of further assessment.
8. Document the actual role and observed evidence and obtain faculty feedback and verification as required.

Precautions

- Respect autonomy and confidentiality.
- Escalate immediate physical or safety concerns promptly.

Observations and Record

Mental Health Internship Supervised Shift and Therapeutic Care

Documentation

Item	What to record	Why it matters
Assessment	Concerns, mental state and safety	Guides care priorities
Nursing activity	Action, response and reassessment	Evaluates intervention
Competency	Handover and verified role	Shows supervised practice

Worked Example

A patient reports increased distress during a group task. The intern reduces demands, uses a calm conversation and calls the nurse for reassessment.

Result and Evaluation

Complete a supervised mental health care cycle and communicate an accurate updated plan.

Viva Questions and Answers

Why document the person's response?

It shows whether the nursing intervention helped and informs the next plan.

What is communicated at handover?

Current mental state, safety, care, response and the next accountable action.

Mental Health Internship Discharge Review and Community Linkage

Practical 02 / Supervised community practicum

Aim

Prepare an individual discharge or community review and verify safe follow-up and family education.

Principle

Recovery after discharge depends on practical access, agreed support, safe contact and a clearly owned clinical plan.

Articles and Materials

- Fictional discharge and follow-up chart
- Medication plan, referral and competence log

Procedure

1. Review the approved discharge or follow-up plan, patient preferences, existing support and next appointment. Confirm current clinical stability with the supervisor.
2. Verify medicines, monitoring, early concerns and the clinician responsible for changes. Identify barriers such as cost, access and language.
3. Review the person's goals and consent for involving family or community staff. Agree on the safe contact route.
4. Discuss signs of relapse or difficulty and how to obtain timely care. Use teach-back for the plan and whom the person would call.
5. Prepare the referral or home follow-up with the relevant findings and agreed actions. Confirm which team receives it.
6. Review attendance or adherence barriers and adjust support with the authorised team. Verify whether urgent safety or clinical concerns emerged.
7. Document agreements, review timing, response and responsibilities and protect confidential information.
8. Ask faculty to review the learning evidence and record what was performed, assisted or observed.

Precautions

- Confirm services and contact permissions.
- Refer any significant new safety concern promptly.

Observations and Record

Mental Health Internship Discharge Review and Community Linkage

Documentation

Item	What to record	Why it matters
Plan	Consent, goals and approved follow-up	Supports continuity
Linkage	Referral, receiver and barriers	Reduces missed care
Review	Response, next step and verification	Tracks care and learning

Worked Example

The patient is unsure how to attend follow-up while working. The intern discusses consented support and arranges an accessible clinical check.

Result and Evaluation

Complete a workable discharge or community plan with verified handover and a supervised learning record.

Viva Questions and Answers

What makes follow-up accessible?

A feasible date, address or channel and a known point of contact.

Why check teach-back?

It confirms the person can explain the plan and when to request help.

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