Postgraduate Nursing and Complementary Medicine

Care for Others

Web Edition
Updated 28 October 2013
Harmonising East with West

Create a Successful Career in Nursing and Complementary Medicine

Explore Your Study Options

Postgraduate Nursing and Complementary Medicine Programs

The School of Health Sciences is primarily located at RMIT University’s Bundoora campus west.

The School’s mission is to provide high quality health sciences education and high impact research that contribute to the provision of evidence-based health care to the community. This includes the education of well-qualified health practitioners in an exciting and interesting mix of disciplines and the generation of new knowledge in those disciplines.

RMIT offers you the opportunity to train to become a registered health professional, to serve the community and to benefit from the personal satisfaction gained by assisting people to improve their health.

The School has a strong commitment to research, which is highlighted by Chinese Medicine being a World Health Organization Collaborating Centre for Traditional Medicine.

The School’s aim is to develop health practitioners whose skills are valued not only in Australia but throughout the world; practitioners who will lead their professions through research and other scholarly activities; and practitioners whose skills will develop and improve over time as life-long learners.

Student Profile

‘I run my own business and I am a qualified acupuncturist, however I wanted to expand the range of treatment modalities that I can offer my clients. The Chinese Herbal Medicine program at RMIT allows me to broaden my skills while continuing to work full-time.

‘I have commenced the clinic hours as part of my studies and I always find discussing and working through cases with other practitioners to be both interesting and enlightening. It broadens my perceptions of a situation and allows me to see how a well-trained and experienced practitioner applies the skills that I am trying to develop.

‘As an acupuncturist I achieve great things everyday simply by being there to help people in both the momentous and mundane. I can be assisting in a labour, helping to achieve a pregnancy, avoiding surgery or bearing witness to the last days of a life and I am humbled to be asked.

‘I am in my dream job and these further studies will make me better at it.’

Matthew Power (cover image)
Master of Applied Science (Chinese Herbal Medicine)
Complementary Medicine Teaching Clinic

Complementary medicine at RMIT takes a holistic approach to healthcare through the study of Chinese medicine, chiropractic and osteopathy.

Throughout their studies, students receive a rigorous, conventional scientific grounding in human anatomy, physiology, neuroscience, immunology, pathology, pharmacology and toxicology to help them understand the body’s normal and abnormal states.

In this training facility, our students are taught to treat the whole person not just the symptom and senior students, under the supervision of registered practitioners, proudly offer their skills to the public for assessment and treatment of a range of conditions and health concerns.

Whichever treatment you choose; whether your visit is for an acute or ongoing condition, or for the maintenance of your overall wellbeing, senior students are trained to conduct a thorough assessment and to reach a working diagnosis that will best assist in providing the most effective treatment plan for your condition.

Please contact the clinic on tel. +61 3 9925 7666 for details or visit www.rmit.edu.au/healthsciences/clinic.

Acknowledgement of country

The Wurundjeri people of the Kulin Nation are the traditional custodians of the land on which this organisation stands. We pay our respects to owners and Elders, both past and present.
Influence Lives Through Research

RMIT University has world-leading strengths across a wide variety of areas in applied and theoretical research.

Nursing and Complementary Medicine Research at RMIT

With a long history as a technological and vocational institution, RMIT is young in terms of research. Yet, within a relatively short space of time, the School of Health Sciences has become widely recognised for its innovative and translational research, forging strong industry and research partnerships.

World-Class Research

The latest Excellence in Research for Australia (ERA) ranking system, released in May 2013, rates the School well above the world standard in clinical sciences and above world standard in pharmacology and pharmaceutical sciences. Staff also contribute significantly to public health and health service research, which is a new area in the School and a category for which RMIT University is rated as internationally competitive.

Ageing and Chronic Diseases

The financial burden associated with providing health care to the aged sector and to those with chronic diseases is escalating, as the Australian population grows older.

Our disciplines of Chinese Medicine, Chiropractic, Nursing, Osteopathy and Psychology are all committed to establishing an evidence base for the quality, safety and effectiveness of interventions for the ageing population and those with chronic diseases.

Areas of Research Focus

The School is active in a dynamic range of research from cell-based drug discovery and pre-clinical study through to evidence-based healthcare research that investigate mechanisms of chronic diseases, and the quality, safety and effectiveness of therapeutic treatments with an increasing focus on the ageing population.

Our teams conduct laboratory-based and clinical research in areas that include:

- Diabetes and obesity
- Respiratory, dermatology and neurological disorders
- Chronic pain and musculoskeletal disorders
- Public health and health services.

Research Opportunities

With globally recognised researchers numbered among its staff, the School of Health Sciences offers many opportunities for high-quality research for postgraduate and postdoctoral researchers and academic staff. For example, research in the fields of physical therapy and neurobiology investigates the efficacy of alternative methods in treating spinal pain syndromes and related neurobiological symptoms. Other research is examining the relationships between neck pain and postural balance.

Nursing team members are involved in research in the fields of public health and primary care, including the national health priority areas of mental health and cardiovascular disease. There is a strong evidence-based focus on research that reduces health disparities by changing health behaviours, improving health risk perceptions, evaluating interventions and informing service delivery systems. Nursing research also includes the promotion of women’s health; maternal, family and child health; and targeted interventions for vulnerable populations, minorities and migrants; regionally and internationally.

Our teams in Chinese Medicine have been investigating the efficacy and safety of acupuncture for acute analgesia, and acupuncture and Chinese herbal medicine in the clinical management of chronic diseases and pain, including diabetes, obesity, hay fever and chronic obstructive pulmonary disease. Other current research investigates the metabolic pathways that lead to fatty liver disease and insulin resistance, with the aim of developing new anti-diabetic drugs from traditional Chinese medicines.

The excellence of this research is underscored by:

- Establishment of the China-Australia International Research Centre for Chinese Medicine.
- The World Health Organization (WHO) Collaborating Centre for Traditional Medicine.
- Multi-million dollar research funding from the National Health and Medical Research Council (NHMRC), the Australian Government and the Chinese Government.
Research Programs

Master and PhD by Research
A Master or PhD by research program consists primarily of a thesis project, conducted under supervision of, and in consultation with, our academic staff. You will also undertake a small coursework component to equip you with the necessary analytical, technical and communication skills to succeed in your research project.

A master by research is completed over four semesters full-time, while a PhD is completed over eight semesters full-time.

A postgraduate research degree can pave the way to a career in research, or demonstrate your problem-solving, work and technical skills to prospective employers. With a research degree, you will stand out from the crowd.

RMIT’s modern laboratories, sophisticated industry-standard equipment and collaborative environments will enable you to deliver practical solutions to real-world challenges. You’ll be connected with RMIT’s research institutes, international research institutions, and partner organisations like the Royal Melbourne Hospital.

Program Code  Specialist Discipline                  Further Information
MR224    Master of Science (Complementary Medicine)  www.rmit.edu.au/programs/mr224
DR224    Doctor of Philosophy (Complementary Medicine)  www.rmit.edu.au/programs/dr224
MR225    Master of Science (Nursing)                  www.rmit.edu.au/programs/mr225
DR225    Doctor of Philosophy (Nursing)               www.rmit.edu.au/programs/dr225

You can find further details about individual programs by typing in the specific URL listed above or visit www.rmit.edu.au/healthsciences/researchprograms.

For more information about College of Science, Engineering and Health research centres, affiliations and research expertise visit www.rmit.edu.au/set/research.

To find out about research programs, supervision and entry requirements visit www.rmit.edu.au/graduate research.

You can find full details about application processes and key dates at www.rmit.edu.au/programs/apply/research.

Research Staff
A list of nursing and complementary medicine research staff and their areas of speciality is available online at:
— www.rmit.edu.au/nursing/people
— www.rmit.edu.au/chiropractic/people

To Start Your Career in Research:
1. Complete your bachelor degree with high grades.
2. Complete an honours degree or a master degree by research.
3. If you excel in your honours degree or master degree by research, you can continue your research in a doctorate (PhD). This involves four years of research under the supervision of a senior researcher.

For further information about entry requirements and the application process for postgraduate by research programs, please refer to the How to Apply section of this brochure.

Graduate Profile

‘Since childhood I’ve dreamed of being a nurse. I have always seen it as a noble profession that aims to help people and reduce pain and suffering.

‘Paediatric nursing is my passion. I love children and babies and to be able to take care of them has always been my ambition.

‘As individuals, I believe we should always try to better ourselves and learn more every day. This is especially true of medical professionals where continuous education is essential to keep up with technological and medical advancements.’

Nouran Essam Katooa
Doctor of Philosophy (PhD) (Nursing)
Bachelor of Health Sciences (Honours)

Program Code
BH062

Campus
Bundoora campus

Honours will expand your undergraduate education in health sciences and deepen your knowledge and research skills in preparation for a higher degree by research. The healthcare and community sectors are experiencing increasing demand for research and evidence-based practice. Research experience and higher degrees are required for academic and research positions, and increasingly for other positions within the healthcare and community sectors. Experience in research is also valuable in maintaining the currency of your knowledge as a clinician/practitioner.

This program will allow you to participate in an original research project, investigating a crucial gap in our knowledge of health science. It will also introduce you to research theories, methods and ethics and teach you the skills to critically analyse, interpret and write about your work in the context of existing knowledge. As a graduate from this program you will acquire a basis for life-long learning in a changing world.

Learning and Teaching

Students will principally work with a primary supervisor to conduct their original research project. They will also experience a range of learning environments, including workshops, lectures and individual research within a laboratory or clinical environment. Learning is principally self- and supervisor-directed, as will be encountered in the workplace. Lectures are also used in the program to communicate knowledge and guide student learning and are complemented by online learning materials where appropriate. These methods and approaches have been selected so that you will be equipped to undertake postgraduate studies in research or have the skills required to adapt to and work competently in workplaces that value knowledge and training in the fields of health science.

Program Structure

The Honours consists of 96 credit points. You will complete six courses (a mix of 12 or 24 credit points each). This program will provide you with a thorough education in scientific disciplines and introduce you to research application. Graduates will have sound evidence-based knowledge as a foundation for entering either employment where the knowledge and approaches of scientific research can be used, or advanced level programs (e.g. Master or Doctorate by research).

The following is an example of courses offered:

<table>
<thead>
<tr>
<th>Courses</th>
<th>Credit Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Research Dissertation</td>
<td>24</td>
</tr>
<tr>
<td>Research Literature Review</td>
<td>24</td>
</tr>
<tr>
<td>Research Proposal and Ethics</td>
<td>24</td>
</tr>
<tr>
<td>Select 24 Credit Points</td>
<td></td>
</tr>
<tr>
<td>Advanced Research Methods</td>
<td>12</td>
</tr>
<tr>
<td>Honours Research Methods</td>
<td>12</td>
</tr>
<tr>
<td>Professional Issues and Research Methods</td>
<td>12</td>
</tr>
<tr>
<td>Research in Nursing and Midwifery</td>
<td>12</td>
</tr>
<tr>
<td>Research Methods and Statistics</td>
<td>12</td>
</tr>
</tbody>
</table>

Career

Graduates may either apply to enrol in a master or doctoral level degree by research or seek employment. Employment opportunities exist in academia, research and development, pharmaceutical industries, government organisations, or clinical practice in specialised areas.

Professional Recognition

The Honours program will equip you with research skills and is not subject to any external accreditation by a professional association. Through its research programs, the School of Health Sciences has established numerous links with the health care and community sectors. Please refer to your specific discipline for further information.

Pathway

Upon successful completion of this program you may be eligible to apply for Masters by research programs. Graduates who achieve first class honours or equivalent may be eligible to apply for a PhD by research program.

Entry Requirements

Students must have completed an undergraduate degree in a health science or related discipline (e.g. Chinese medicine, chiropractic, nursing, psychology, or osteopathy), with a grade point average of 2.5 or above. Other factors (e.g. relevant industry experience) may also be taken into account.

Acceptance is also contingent upon an appropriate supervisor within the School of Health Sciences agreeing to supervise the student. Students should contact the program coordinator for information on potential supervisors.

How to Apply

Apply directly to RMIT University www.rmit.edu.au/programs/apply/direct. Please refer to How to Apply on page 15 for details.

Further Information

Dr Sarah Spencer
Program Coordinator
Tel. +61 3 9925 7745
Email: sarah.spencer@rmit.edu.au
School of Health Sciences
Tel. +61 3 9925 7376
Email: healthsciences@rmit.edu.au
If you're a healthcare practitioner, this program offers you a unique opportunity to do a clinical education program in acupuncture. The program integrates Chinese acupuncture with modern neurophysiology and evidence-based medicine. This 15-year-old program was developed to meet the increasing demand for qualified acupuncturists. It incorporates Western medicine diagnosis with Chinese medicine theory for the clinical management of various conditions.

Program Structure
The Master consists of 144 credit points. The following is an example of courses offered:

<table>
<thead>
<tr>
<th>Graduate Diploma</th>
<th>Credit Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acupuncture Neurophysiology and Research Methods</td>
<td>12</td>
</tr>
<tr>
<td>Acupuncture Techniques</td>
<td>12</td>
</tr>
<tr>
<td>Acupuncture Theory and Practice 1</td>
<td>12</td>
</tr>
<tr>
<td>Acupuncture Theory and Practice 2</td>
<td>12</td>
</tr>
<tr>
<td>Chinese Medicine Theory 1</td>
<td>12</td>
</tr>
<tr>
<td>Chinese Medicine Theory 2</td>
<td>12</td>
</tr>
<tr>
<td>Classic Literature in Chinese Medicine (Acupuncture)</td>
<td>12</td>
</tr>
<tr>
<td>Clinical Chinese Medicine 1</td>
<td>12</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Master</th>
<th>Credit Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical Chinese Medicine 2</td>
<td>12</td>
</tr>
<tr>
<td>Clinical Chinese Medicine 3</td>
<td>12</td>
</tr>
<tr>
<td>Professional Issues and Project</td>
<td>12</td>
</tr>
<tr>
<td>Supervised Clinical Practice 3</td>
<td>12</td>
</tr>
</tbody>
</table>

Career
You will be suitably prepared for private or group practice.

Professional Recognition
The Master of Applied Science (Acupuncture) is approved by the Chinese Medicine Board of Australia. As a graduate of the program you will be accepted by the Board, subject to continued accreditation, and can begin practice upon graduation. The program is also recognised by the following professional bodies:
- Australian Natural Therapists Association (ANTA)
- Acupuncture Association of Victoria Inc. (AAV)
- Federation of Chinese Medicine and Acupuncture Societies of Australia Inc. (FCMA)
- Australian Acupuncture and Chinese Medicine Association (AACMA).

Entry Requirements
A bachelor degree with a clinical practice background in one of the following cognate disciplines: Chinese medicine (either acupuncture or Chinese herbal medicine); medicine; chiropractic; osteopathy; naturopathy or, if you have a bachelor degree with a clinical practice background in one of the following cognate disciplines: physiotherapy and nursing, you may also need to be competent in physical examination and differential diagnosis. You may be required to study two bridging courses (Diagnosis in Western Medicine and Differential Diagnosis in Western Medicine) prior to, or concurrent with, your first year's courses.

Alternatively, registered healthcare practitioners will be considered eligible and specific additional studies may be required.

How to Apply
Apply directly to RMIT University www.rmit.edu.au/programs/apply/direct.
Please refer to How to Apply on page 15 for details.

Further Information
Suzi (Shu Yi) Mansu
Program Coordinator
Tel. +61 3 9925 7318
Email: suzi.mansu@rmit.edu.au

School of Health Sciences
Tel. +61 3 9925 7375
Email: healthsciences@rmit.edu.au

URL
www.rmit.edu.au/programs/mc024
Graduate Diploma in Child and Family Health Nursing

Gain the most contemporary knowledge and skills to practise at an advanced level in the specialist area of child and family health nursing in community settings. You’ll develop the ability to critically analyse and apply principles of primary health care to help you secure a rewarding role as a maternal and child health nurse.

RMIT University’s discipline of nursing and midwifery is one of the oldest providers of nursing education in Australia, and is at the forefront of nursing education and research.

Learning and Teaching

You will experience a range of learning approaches including learner-centred curriculum, learning activities and projects.

You will be exposed to a range of teaching/learning opportunities including face-to-face lectures, online learning, and field experience across a broad range of practice, within the framework of early childhood services.

Your courses are offered via face-to-face classes and flexible mode (online courses). Learning is supplemented by independent study and clinical experiences.

Program Structure

The Graduate Diploma consists of 96 credit points. You must complete eight courses (12 credit points each). The program is structured to enable you to:

— Critically analyse and apply the principles of primary health care related to child and family health
— Analyse and evaluate nursing strategies designed to promote and maintain wellbeing for children and their families
— Apply evidence-based practice to primary care within the scope of the Maternal Child Health service
— Critically examine key ethical issues relevant to professional health care practice in community settings.

The following is an example of courses offered:

<table>
<thead>
<tr>
<th>Core Courses</th>
<th>Credit Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical Issues for Children in the Community</td>
<td>12</td>
</tr>
<tr>
<td>Communication and Counselling for Health Care</td>
<td>12</td>
</tr>
<tr>
<td>Professionals</td>
<td></td>
</tr>
<tr>
<td>Contemporary Issues in Nursing and Health Care</td>
<td>12</td>
</tr>
<tr>
<td>Family Studies</td>
<td>12</td>
</tr>
<tr>
<td>Primary Health and Assessment of the Young Child</td>
<td>12</td>
</tr>
<tr>
<td>Research in Nursing and Midwifery</td>
<td>12</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Elective Courses</th>
<th>Credit Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Select 24 Credit Points</td>
<td></td>
</tr>
<tr>
<td>Advanced Counseling</td>
<td>12</td>
</tr>
<tr>
<td>Breastfeeding and Human Lactation</td>
<td>12</td>
</tr>
<tr>
<td>Clinical Teaching in Nursing Practice</td>
<td>12</td>
</tr>
<tr>
<td>Mental Illness and Treatment</td>
<td>12</td>
</tr>
<tr>
<td>Any University course at graduate diploma level</td>
<td>12</td>
</tr>
<tr>
<td>(you must meet course prerequisites)</td>
<td></td>
</tr>
</tbody>
</table>

Career

Graduates are able to pursue careers in maternal and child health nursing through local government, early parenting centres and community services.

Professional Recognition

You may wish to join professional organisations such as the Victorian Association of Maternal and Child Health Nurses.

Pathway

Upon successful completion of this program you may be eligible to proceed to a master by research.

Entry Requirements

To be considered for admission into the program you should:

— hold a bachelor degree in Nursing from an approved higher education institution, or equivalent; and
— hold a graduate diploma or bachelor degree in Midwifery, or equivalent; and
— hold registration as a Division 1 Nurse with the Nursing and Midwifery Board of Australia; and
— hold registration as a Midwife with the Nursing and Midwifery Board of Australia; and
— have at least one year clinical experience as a Division 1 Nurse; and
— have at least one year clinical experience in midwifery; and
— have had at least one year of the above clinical experience in either nursing or midwifery within the last five years.

Successful Applicants

In order to undertake the compulsory clinical placements, the following current documents must be provided:

— Working with Children Check
— National Police Check
— Immunisation status

How to Apply

Apply directly to RMIT University


Please refer to How to Apply on page 15 for details.

Further Information

Dr Leanne Sheeran
Program Coordinator
Tel: 9925 7445
Email: leanne.sheeran@rmit.edu.au
School of Health Sciences
Tel: +61 3 9925 7376
Email: healthsciences@rmit.edu.au
Master of Applied Science (Chinese Herbal Medicine)

Program code
MC138

Campus
Bundoora campus

Duration
3 years part-time, mixed mode. Midyear places may be available.

Fees and Scholarships
Please refer to Fees List on page 15 and Money Matters on page 14.

URL
www.rmit.edu.au/programs/mc138

This program offers a new pathway for all primary health care practitioners and science graduates (clinical diagnosis is required) to qualify for Chinese herbal medicine practice. You will study the theory and practice of Chinese herbal medicine, medicinal chemistry, botany, pharmacology and toxicology, and clinical practice as well as the interaction of herbs and drugs.

As a graduate of the program, you will meet the requirements set by the Chinese Medicine Registration Board of Victoria and equivalent accrediting bodies in other states.

Learning and Teaching
Workshops are run to provide you with a firm theoretical basis, and clinical practice is incorporated to enhance skills and learning. The program emphasises skills to address real patients in clinical settings.

Program Structure
The Master consists of 144 credit points.

The following is an example of courses offered:

<table>
<thead>
<tr>
<th>Courses</th>
<th>Credit Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Botany, Medicinal Chemistry and Research Methods</td>
<td>12</td>
</tr>
<tr>
<td>Chinese Materia Medica and Formulae 1</td>
<td>12</td>
</tr>
<tr>
<td>Chinese Materia Medica and Formulae 2</td>
<td>12</td>
</tr>
<tr>
<td>Chinese Medicine Theory 1</td>
<td>12</td>
</tr>
<tr>
<td>Chinese Medicine Theory 2</td>
<td>12</td>
</tr>
<tr>
<td>Classic Literature in Chinese Medicine</td>
<td>12</td>
</tr>
<tr>
<td>Clinical Chinese Medicine 1</td>
<td>12</td>
</tr>
<tr>
<td>Clinical Chinese Medicine 2</td>
<td>12</td>
</tr>
<tr>
<td>Clinical Chinese Medicine 3</td>
<td>12</td>
</tr>
<tr>
<td>Pharmacology and Toxicology</td>
<td>12</td>
</tr>
<tr>
<td>Professional Issues and Project</td>
<td>12</td>
</tr>
<tr>
<td>Supervised Clinical Practice 1</td>
<td>12</td>
</tr>
<tr>
<td>Supervised Clinical Practice 2</td>
<td>12</td>
</tr>
</tbody>
</table>

Career
The program aims to produce graduates who have the ability to practice Chinese herbal medicine in a safe, competent, ethical and professional manner. The combination of theoretical knowledge, practical skills, clinical experience and recognised qualifications prepares you for a career in Chinese herbal medicine which may involve independent practice, employment in a multi-discipline health care clinic, teaching and/or research.

Professional Recognition
The Master of Applied Science (Chinese Herbal Medicine) is approved by the Chinese Medicine Board of Australia. As a graduate you will be accepted by the Board, subject to continued accreditation, and can begin practice upon graduation in Victoria. The program is also recognised by the following professional bodies:
- the Australian Natural Therapists Association (ANTA)
- the Federation of Chinese Medicine and Acupuncture Societies of Australia Inc. (FCMA)
- Australian Acupuncture and Chinese Medicine Association (AACMA).

Pathway
Recognition of prior learning (RPL) and credit transfer are ways that RMIT recognises applicants’ skills and knowledge gained through formal and informal education and training, work experience, and/or life experience (including volunteer work, committee responsibilities, family duties and hobbies). If you have studied an approved acupuncture program at another institute, you may be eligible for some exemptions.

Entry Requirements
A bachelor degree with a clinical practice background in one of the following cognate disciplines: Chinese medicine (either acupuncture or Chinese herbal medicine); medicine; chiropractic; osteopathy; naturopathy or, if you have a bachelor degree with a clinical practice background in one of the following cognate disciplines: physiotherapy and nursing, you may also need to be competent in physical examination and differential diagnosis. You may be required to study two bridging courses (Diagnosis in Western Medicine and Differential Diagnosis in Western Medicine) prior to, or concurrent with, your first year’s courses.

Alternatively, registered healthcare practitioners will be considered eligible and specific additional studies may be required.

International qualifications are assessed according to the Australian Qualifications Framework (AQF). English Language Requirements: A minimum IELTS (Academic module) overall score of 6.5, with no band below 6.0; or equivalent. For equivalents to English entry requirements, refer to www.rmit.edu.au/international/english-equivalent.

How to Apply
Apply directly to RMIT University

Further Information
Suzi (Shu Yi) Mansu
Program Coordinator
Tel. +61 3 9925 7318
Email: suzi.mansu@rmit.edu.au

School of Health Sciences
Tel. +61 3 9925 7376
Email: healthsciences@rmit.edu.au
Graduate Diploma in Mental Health Nursing

Program code
GD158
Campus
Bundoora campus
Duration
1 year full-time or 2 years part-time
Midyear places may be available
Fees and Scholarships
Please refer to Fees List on page 15 and Money Matters on page 14.
URL
www.rmit.edu.au/programs/gd158

This cutting-edge program prepares you for specialty mental health nursing practice. Expand your knowledge of contemporary issues that are influencing current and future nursing practice, and develop counselling, leadership skills, research and scholarship capabilities.

RMIT University's discipline of nursing and midwifery is one of the oldest providers of nursing education in Australia, and is at the forefront of nursing education and research.

Learning and Teaching
You will experience a range of learning approaches including learner-centred curriculum, learning activities and projects, including working in multi-disciplinary teams.

You will be exposed to a range of teaching/learning opportunities including distance education packages, online learning, face-to-face lectures and learning experiences. All lectures are video recorded to enhance the flexible delivery of this program.

Your courses are offered via distance education/online and face-to-face classes supplemented by online material.

Program Structure
The Graduate Diploma consists of 96 credit points. You must complete eight courses (12 credit points each). The program is structured to enable you to:

— Critically analyse the impact of ideological and political discourses on the development of Australian health care policies and practices
— Critically analyse the impact of changing technologies on clinical practice
— Conceptualise future directions in health care policies and practices
— Explore the nature and implications of moral and legal accountability, responsibility and liability in professional practice
— Discuss the nature and implications of human rights and social justice considerations in health care domains
— Examine critically key ethical and legal issues relevant to professional health care practice in institutional and community-based settings
— Critically describe the models of health education, and the principles of adult learning and health promotion
— Analyse the concept of multiculturalism as applied to Australia with particular reference to the health care system
— Examine critically different approaches to health care research.

The following is an example of courses offered:

<table>
<thead>
<tr>
<th>Core Courses</th>
<th>Credit Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advanced Counselling Skills for Individuals and Groups</td>
<td>12</td>
</tr>
<tr>
<td>Assessment Analysis in Mental Health Service Delivery</td>
<td>12</td>
</tr>
<tr>
<td>Communication and Counselling for Health Care Professionals</td>
<td>12</td>
</tr>
<tr>
<td>Contemporary Issues in Nursing and Health Care</td>
<td>12</td>
</tr>
<tr>
<td>Mental Illness and Treatment</td>
<td>12</td>
</tr>
<tr>
<td>Professional Development In Health Practice</td>
<td>12</td>
</tr>
<tr>
<td>Research in Nursing and Midwifery</td>
<td>12</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Elective Courses</th>
<th>Credit Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical Teaching in Nursing Practice</td>
<td>12</td>
</tr>
<tr>
<td>Nursing Ethics and Health Care</td>
<td>12</td>
</tr>
<tr>
<td>Quality Improvement for Nursing</td>
<td>12</td>
</tr>
</tbody>
</table>
Career
Graduates are able to pursue careers in mental health nursing in a wide range of hospital and community settings across metropolitan and rural areas.

Professional Recognition
Mental health nurses who are eligible to join a professional organisation such as the Australian College of Mental Health Nurses and are able to cite this qualification as part of their application for credentialing. Credentialed mental health nurses may be funded for employment under the Mental Health Nurse Incentive Program. They can also achieve accreditation, which will enable them to obtain a provider number that supports development of their own private practice. Registration will allow you to practise in any Australian state or territory.
www.acmhn.org

Pathway
If you successfully complete the Graduate Diploma in Mental Health Nursing with a grade point average (GPA) of 75%, you may proceed to a master by research.
If you have completed a recognised psychiatric graduate nurse program (at least 12 months in duration) you may make application for credit towards courses in this program.

Entry Requirements
To be considered for admission into the program you should:
— hold a Bachelor of Nursing (BN) degree, or equivalent, or a bachelor degree in psychiatric nursing from an approved higher education institution
— hold a current registration or be eligible for registration with the Nursing and Midwifery Board of Australia
— have completed 840 hours of supervised clinical practice in the field of mental health nursing or be doing this concurrently during the program.

How to Apply
Apply directly to RMIT University
Please refer to How to Apply on page 15 for details.

Further Information
Associate Professor Phil Maude
Program Coordinator
Tel: 9925 7447
Email: philip.maude@rmit.edu.au
School of Health Sciences
Tel: +61 3 9925 7376
Email: healthsciences@rmit.edu.au
Graduate Diploma in Wellness

Program code
GD169

Campus
Distance education

Duration
1 year full-time or 2 years part-time. Midyear places may be available.

Fees and Scholarships
Please refer to Fees List on page 15 and Money Matters on page 14.

URL
www.rmit.edu.au/programs/gd169

Become a manager who’s ready to lead the wellness revolution in this dynamic postgraduate program.

Wellness is now a trillion-dollar-plus industry and there is a growing need for highly skilled professionals. RMIT aims to produce practitioners and managers who will lead the wellness revolution. The wellness industry is extremely diverse and the Graduate Diploma is designed to cater for a wide range of interests, with graduates gaining a professional qualification in addition to personal wellness skills.

Learning and Teaching
The program is open to local and international (offshore) students. Some elective courses require on-campus attendance but you are able to choose electives that are fully online. There is a wide range of approved electives to choose from so that you can develop a specialisation.

RMIT offers a variety of learning and teaching approaches including lectures, seminars, studios, workshops, presentations, group discussions and syndicate work.

You will have access to the Learning Hub and other online and digital resources through the myRMIT student portal. Ongoing assessment throughout the semester includes examinations, essays, reports, oral classes, presentations, group projects, research projects, laboratory projects and practical assignments.

Program Structure
The prescribed courses in the Graduate Diploma of Wellness will expose you to wellness theory, principles, critique, assessment, strategies, and the contemporary wellness literature. You will undergo a personal wellness journey, which includes assessing your own wellness across 12 dimensions, designing and undertaking an eight-week personal wellness program with the assistance of a mentor, and evaluating the results.

The program also explores the use of complementary therapies as wellness strategies, and integrates happiness and positive psychology as integral to wellbeing. You will explore Wellness Assessment and Health Analysis in depth, and apply wellness and coaching principles and techniques in the Wellness Coaching course, which is the capstone course for the Graduate Diploma of Wellness.

This program also requires you to choose a research elective in which you will explore a variety of research methods and their application to different research questions.

The Graduate Diploma consists of 96 credit points. The following is an example of courses offered:

<table>
<thead>
<tr>
<th>Courses</th>
<th>Credit Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happiness and Positive Psychology</td>
<td>12</td>
</tr>
<tr>
<td>Research Methods</td>
<td>12</td>
</tr>
<tr>
<td>Wellness and Lifestyle</td>
<td>12</td>
</tr>
<tr>
<td>Wellness Assessment and Health Analysis</td>
<td>12</td>
</tr>
<tr>
<td>Wellness Coaching</td>
<td>12</td>
</tr>
<tr>
<td>Wellness Practices and Perspectives</td>
<td>12</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Electives</th>
<th>Credit Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Select 48 Credit Points</td>
<td></td>
</tr>
<tr>
<td>Accounting for Business Decisions*</td>
<td>12</td>
</tr>
<tr>
<td>Aromatherapy for Wellness</td>
<td>12</td>
</tr>
<tr>
<td>Body, Breath and Movement</td>
<td>12</td>
</tr>
<tr>
<td>Business in a Global Context*</td>
<td>12</td>
</tr>
<tr>
<td>Business Strategy*</td>
<td>12</td>
</tr>
<tr>
<td>Chinese Medicine Theory 1</td>
<td>12</td>
</tr>
<tr>
<td>Corporate and Workplace Wellness</td>
<td>12</td>
</tr>
<tr>
<td>Food as Medicine</td>
<td>12</td>
</tr>
<tr>
<td>Herbs and Natural Supplement</td>
<td>12</td>
</tr>
<tr>
<td>Leading People and Organisations*</td>
<td>12</td>
</tr>
<tr>
<td>Marketing*</td>
<td>12</td>
</tr>
<tr>
<td>Mindbody Wellness</td>
<td>12</td>
</tr>
<tr>
<td>Permaculture and Sustainable Living</td>
<td>12</td>
</tr>
<tr>
<td>Yoga Fundamentals</td>
<td>12</td>
</tr>
</tbody>
</table>

* Master of Business Administration (MBA) electives are available online via Open Universities (OUA).

www.open.edu.au/courses/mit
Career

The Graduate Diploma of Wellness develops the knowledge and skills essential for employment in the growing field of wellness. Work opportunities exist in the spa and wellness industry, the complementary healthcare sector, conventional healthcare and community health settings, the corporate sector and private practice as a wellness consultant.

The Graduate Diploma in Wellness is not subject to any external accreditation by a professional association.

Pathway

Upon successful completion of this program you may be eligible to apply for a master by research program.

Students who select and successfully complete MBA electives may be credited towards an RMIT MBA if an application is made within five years.

Entry Requirements

In order to qualify for entry you will have successfully completed a bachelor’s degree or equivalent from a university, or from a private college with a government-accredited bachelor degree program. It is not required to have an undergraduate degree in a health discipline as wellness is relevant to every sector. While a background in a health discipline may be helpful with some courses, this is not necessary. Current wellness students have varied educational backgrounds including business, media, teaching and health care (conventional and complementary). Recognition of prior learning (RPL) and credit transfer are ways that RMIT recognises applicants’ skills and knowledge gained through formal and informal education and training, work experience, and/or life experience (including volunteer work, committee responsibilities, family duties, and hobbies).

In addition, RMIT has an articulation agreement with the University of California at Irvine whereby credit will be granted for satisfactory completion of their Spa and Hospitality Management Certificate (equivalent to a single 12 credit point elective) see: http://unex.uci.edu/certificates/business_mgmt/ mgmt_supervisory_skills/spa. Enrolment is via UCal Irvine and you must complete the Certificate before applying for credit in the Graduate Diploma of Wellness.

Students without adequate computer and English language literacy skills may find it difficult to meet the demands of the program. You will need to navigate Blackboard and other software applications (instructions will be provided). English literacy skills should be sufficient to be able to comprehend large amounts of written instructions and prepare assessments suitable for publication in English language media. As a guideline a minimum of one of the following would be recommended to students for whom English is not their native language:

- IELTS (Academic): 6.5 (no band less than 6.0)
- TOEFL (Paper based): 580 (TWE 4.5)
- TOEFL (Internet Based Test iBT): Overall score of 92 with minimum of 20 in any sections
- Pearson Test of English (Academic): 58 (no band less than 50)
- Cambridge English: Advanced (CAE): CAE Grade B
- RMIT English Worldwide (REW) English for Academic Purposes (EAP) programs Advanced Plus certificate

Note: This program is not available to international onshore students as online programs do not meet ESOS regulatory requirements.

How to Apply

Apply directly to RMIT University www.rmit.edu.au/programs/apply/direct

Please refer to How to Apply on page 15 for details.

Further Information

Professor Marc Cohen
School of Health Sciences
Tel. +61 3 9925 7376
Email: healthsciences@rmit.edu.au

Graduate Profile

‘I’ve long been interested in what it is that makes us healthy and genuinely happy. My personal struggle with chronic fatigue heightened my interest in this area, so when a friend mentioned the RMIT Wellness program I looked into it and discovered that it was the program for me.

‘There have been many highlights during my studies, though the biggest is the positive effect that the program has had on me personally and that has flowed onto those around me. It is a great privilege to work with lecturers who are the leaders in their field and to have the chance to learn with such a diverse and supportive group of fellow students.

‘In addition to my studies, I’m also a founding member of the RMIT Wellness Society. It’s an invaluable part of the University experience as it provides an avenue to meet like-minded and supportive people in a fun context that promotes and nurtures wellness. I see this as particularly important as this postgraduate study experience is almost exclusively online.

‘In my role as the board executive officer at a global law firm I already have a focus on the governance health of a workplace. With my wellness knowledge I hope I can extend that to assist organisations to focus on the health and wellbeing of their people.’

Andra Bruveris
Master of Wellness*

* The Wellness program is now offered as a Graduate Diploma
Money Matters

Coursework Degrees

What you pay will depend on whether you are offered a Commonwealth supported place (CSP) or a full-fee place. Financial assistance is available to eligible students regardless of the type of place they enrol in.

Commonwealth Supported Places (CSP)

A Commonwealth supported place is a place at university where the tuition fee is jointly paid by you and the Commonwealth Government. Your share of the fee, called the student contribution, is set by the government and is determined by the discipline area you are studying. This table shows a student’s annual fee for a full-time study load in 2014.

<table>
<thead>
<tr>
<th>Student Contribution Band</th>
<th>Maximum Student Contribution for a Place in 2014*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Band 1: humanities, behavioural science, social studies, clinical psychology, foreign languages, visual and performing arts, education, nursing</td>
<td>$6044</td>
</tr>
<tr>
<td>Band 2: mathematics, statistics, computing, built environment, other health, allied health, science, engineering, surveying, agriculture</td>
<td>$8613</td>
</tr>
<tr>
<td>Band 3: law, accounting, administration, economics, commerce, dentistry, medicine, veterinary science</td>
<td>$10085</td>
</tr>
</tbody>
</table>

* Subject to the passage of legislation.

If you undertake more or less than a full-time study load, or you study courses from a combination of the above categories, you will be charged the proportionate student contribution.

For more information visit www.rmit.edu.au/programs/fees/highered/css.

Full-Fee Places

Students in full-fee places are required to pay a tuition fee that covers the full tuition costs of their program.

Only students who are Australian citizens, New Zealand citizens or hold an Australian Permanent Resident Visa are eligible for a domestic full-fee place.

Students who do not meet these citizenship and residency requirements may be offered a place as an onshore international student.

Fees for 2014 are listed in a table on page 15.

Honours Degrees

All honours degrees have Commonwealth Supported Places (CSP) available. See coursework degrees.

Research Degrees

If you are an Australian citizen, Australian permanent resident or New Zealand citizen you may be eligible for a Research Training Scheme (RTS) place where your tuition costs are funded by the Commonwealth Government and you therefore have full exemption from tuition fees.

Acceptance in an RTS place is very competitive and places are granted on the condition that you meet progress requirements and complete within the allotted time for your program and your status as a part-time or full-time candidate.

Other Fees and Expenses

In addition to tuition fees, you may be charged a student services and amenities fee (SSAF) which is indexed annually. Eligible students can defer payment of the fee through SA-HELP. For more information visit www.rmit.edu.au/programs/fees/ssaf.

You may also be required to purchase items related to your program, including field trips, specified textbooks and equipment. These material fees are not compulsory and students may choose to purchase these items independently. These expenses vary from program to program. Please contact the relevant school directly or visit www.rmit.edu.au/programs/fees.

Financial Assistance

Scholarships

Before you let financial constraints or living arrangements get in the way of your decision to study, find out about the range of discipline-specific and general RMIT scholarships available for postgraduate students.

Scholarships Office

Tel. 03 9925 2811
Email: scholarships@rmit.edu.au
www.rmit.edu.au/scholarships

HECS-HELP

HECS-HELP assists eligible students in a Commonwealth supported place to pay their student contribution. To learn more about HECS-HELP visit www.studyassist.gov.au to obtain a copy of the Information for Commonwealth supported students booklet.

FEE-HELP

FEE-HELP is an optional loan scheme that assists eligible students to pay all or part of their tuition fees. To learn more about FEE-HELP visit www.studyassist.gov.au to obtain a copy of the FEE-HELP Information booklet.

Income Support

The Commonwealth Government has approved a number of RMIT University postgraduate programs for student income support payments. The approved programs are listed at www.rmit.edu.au/programs/fees/highered/masters.

Income Tax Deductions

Students may be eligible to apply for income tax deductions relating to the education expenses that are linked to their employment. The Australian Taxation Office (ATO) website www.ato.gov.au provides guidance on the taxation treatment of your fees.

Further Information

Info Corner
330 Swanston Street (cnr La Trobe Street)
Melbourne VIC 3000
Tel. +61 3 9925 2260

Information for Prospective Students

Information sessions are run throughout the year. For details visit:

- the College of Science, Engineering and Health postgraduate studies page www.rmit.edu.au/seh/research
- the RMIT University Eventbrite web page http://rmituniversity.eventbrite.com.au
How to Apply

Coursework and Honours Degrees

Entry Requirements
To be considered for admission, you must meet University entry requirements. In addition, you must also meet program entry requirements to be considered for admission.
Refer to the URL listed under individual program entries for entry requirement eligibility before applying.

Direct Application
Apply online at www.rmit.edu.au/programs/apply/direct.
Timely applications for coursework programs are due by:
— 10 November each year (for Semester 1 start) and
— 31 May each year (for midyear Semester 2 start).
Midyear applications open 1 May, visit www.rmit.edu.au/midyear.
Applications will continue to be accepted until all places have been filled. You are encouraged to lodge your application early.

Research Degrees

Entry Requirements
Refer to the URL listed under postgraduate by research programs for entry requirement eligibility before applying. Also refer to www.rmit.edu.au/programs/apply/research.

Finding a Supervisor
All applicants need to find a supervisor with similar research interests as themselves and discuss a research proposal with them. Before you apply, it is recommended that you contact the Higher Degrees by Research Coordinator in the School to which you are applying. The research proposal must be included in your application.
www.rmit.edu.au/research/searchsupervisors

Application Process
Application for candidature involves three steps:
1. Find a program and confirm eligibility
2. Seek academic advice
3. Complete and submit application form and all supporting documents.
For detailed information visit www.rmit.edu.au/programs/apply/research or contact the School of Graduate Research.

Application Timelines
You are encouraged to lodge your application early and consider the scholarships closing date if you also wish to apply for a scholarship.
Applications for 2014 scholarships are open from 1 September until 31 October 2013.
Applications for 2014 Research Training Scheme (RTS) places are open from 1 September until 31 March 2014. Early offers will be made in December to applicants that apply by 31 October 2013. Applicants who submit their applications after 31 October will be advised of the outcome from early January.
Applications for midyear 2014 RTS places are open 1 May until 31 August 2014. Early offers will be made in June to applicants that apply by 31 May 2014. Applicants who submit their applications after 31 May will be advised of the outcome from early July.

Fees List

The table below shows a student’s annual tuition fee for a full-time study load in 2014, for students in a full-fee place.
For information about full-fee places and other fees and expenses refer to Money Matters on page 14.

<table>
<thead>
<tr>
<th>Program Code</th>
<th>Award Title</th>
<th>Full-time Duration</th>
<th>2014 Annual Program Fee</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>BH062</td>
<td>Bachelor of Health Science (Honours)</td>
<td>1 year full-time</td>
<td>$23,040*</td>
<td>6</td>
</tr>
<tr>
<td>MC024</td>
<td>Master of Applied Science (Acupuncture)</td>
<td>3 years part-time*</td>
<td>$20,160*</td>
<td>7</td>
</tr>
<tr>
<td>GD159</td>
<td>Graduate Diploma in Child and Family Health Nursing</td>
<td>1 year full-time</td>
<td>$16,320</td>
<td>8</td>
</tr>
<tr>
<td>MC138</td>
<td>Master of Applied Science (Chinese Herbal Medicine)</td>
<td>3 years part-time*</td>
<td>$20,160*</td>
<td>9</td>
</tr>
<tr>
<td>GD158</td>
<td>Graduate Diploma in Mental Health Nursing</td>
<td>1 year full-time</td>
<td>$16,320</td>
<td>10</td>
</tr>
<tr>
<td>GD169</td>
<td>Graduate Diploma in Wellness</td>
<td>1 year full-time</td>
<td>$23,040</td>
<td>12</td>
</tr>
</tbody>
</table>

* Commonwealth supported places are also available for this program. For details refer to Money Matters on page 14.
* Full-time study unavailable for these programs. Fee listed is based on a full-time study load.

The tuition fees vary according to each program and are adjusted on an annual basis. You are encouraged to confirm fees for 2014 on the fees web page (available from October 2013) www.rmit.edu.au/programs/fees prior to making an application.

RMIT reserves the right to adjust fees for full-fee places on an annual basis by an amount that will not exceed 7.5% each year (subject to rounding).
For higher education fees, tuition fees are rounded up to the nearest $10 per credit point increment. The absolute fee increase may exceed 7.5%.

Note: Fees for Open Universities Australia (OUA) courses may be higher than their RMIT equivalent. For further information about OUA online courses, fees and enrolment please visit: www.open.edu.au/courses/rmit.
This guide is designed for Australian and New Zealand citizens and permanent residents of Australia

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