



Adolescent Health

The Faculty of Health at Deakin University is a leader in providing education for people working, or aiming to work, in health and human services. We collaborate with major employer and professional groups, ensuring that our programs are at the cutting edge of current research and practice.

The Professional Development Unit (PDU) at Deakin University offers high quality educational learning packages. The packages provide health professionals with the opportunity to update their professional skills, support their current practice, take another career direction or seek an alternative entry pathway into Higher Education. Packages are delivered via distance education over a 12-week period. Students are able to work at their own pace within this timeframe and are offered in Trimester 1, Trimester 2 and Summer Trimester (numbers permitting).

Learning Packages are available in either full (with assessment) or audit (without assessment) format. Each full learning package is equivalent to 0.5 credit point, and multiples of 1 point may attract advanced standing into a Graduate Diploma/Masters degree. Audit packages will suit those who wish to gain knowledge but not undertake assessments. They do not attract credit for advanced standing.

There are two packages designed for nurses whose areas of practice include caring for adolescents in a variety of settings. They will also be valuable for those who have particular interest in adolescent health issues. Participants will be encouraged to reflect on their experiences, incorporating theoretical concepts while developing skills and strategies for application in their practice.

PDU011 Foundations of adolescent health

PDU012 Risk taking behaviours

Learning package one : Foundations of adolescent health

This learning package aims to develop knowledge and understanding of adolescent health care with emphasis on the development of the adolescent and the relevance of development to the management of the adolescent client.

The content of this learning package includes:

- adolescent development
- adolescent sexuality and reproductive health
- adolescent pregnancy
- adolescents with a chronic condition or disability
- adolescent issues, relationships and legal rights
- adolescent health care practice

Assessment: Assignment (2500 words) 100%



Learning package two : Risk taking behaviours

This learning package aims to further develop knowledge and understanding of adolescent health care. The package focuses on behaviours that can be perceived as potentially hazardous to the well being of the adolescent. It aims to provide a deeper understanding of issues such as substance abuse, depression and suicide in relation to the adolescent.

The content of this learning package includes:

- adolescent risk taking behaviour
- adolescents and alcohol
- smoking in adolescence
- substance abuse in adolescence
- mental health
- risks in cyberspace

Assessment: Assignment (2500 words) 100%

Admission requirements

Registered and enrolled nurses with hospital certificate or undergraduate diploma or degree
Other health professionals will be assessed on an individual basis

Fees & Refund Policy

PLEASE NOTE: Deakin University's ABN is listed on the enrolment form to act as a tax invoice. Employer sponsored payment of fees MUST accompany the enrolment form to guarantee enrolment in the desired Trimester. No exceptions. Please contact the PDU for current fees and refer to the Deakin website for information on refund policies.

Enquiries and applications

Applications close four weeks prior to the start of each Trimester. Contact the PDU for dates.
For information and an application form, please contact:

Professional Development Unit

Deakin University
221 Burwood Highway
Burwood VIC 3125 Telephone: (03) 9251.7776
Email: hmnbs-support@deakin.edu.au Website: www.deakin.edu.au/hmnbs/pdu



PDU Learning packages have been endorsed by APEC No 081219123 as authorised by Royal College of Nursing, Australia (RCNA) according to approved criteria. Enrolment attracts 12.5 RCNA CNE points as part of RCNA's Life Long Learning program (3LP)

While the above information was correct at the time of publication, Deakin University reserves the right to alter, amend or delete details of course and unit offerings. Amended March 2011