

IM6 Journal Assignment 1: Current Theories and Practice

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In response to my feelings, attitude, experiences and concerns that involve taking a course and having clinical experiences in Psychiatric Mental Health Nursing is to approach each day and experience with an open mind and positivity. Personally, I have never pondered the idea of finding my base in nursing under the Psychiatric Mental Health Nursing unit, however that does not mean it is a closed door. My goal in this module is to keep a positive mindset in every situation to accumulate experience to better my ability to care for my patient's regardless of the unit I am working on. I have not had any previous experience in Psychiatric Mental Health Nursing; however, I acknowledge the reality of the mental illness potential in anyone and everyone.

While I have not had any "serious" personal experience with psychiatric illnesses, I find that the label "Psychiatric Mental Health" creates an image of a common horror film in the average person's mind; I am eager to listen, learn and make a change in the eye of the community. The perception of mental health is very subjective, who is really "normal" or "mentally stable" does anyone really know? We all experience a mental health deficit at times and should not be so quick to judge and treat others poorly because of it. The mind is a very powerful thing and I think mental health has a huge impact on the quality of life and should be taken very seriously. I think it is important that as a nurse we not only care for our patients that might be struggling with a mental illness, but we show compassion on an everyday basis to everyone.

As I previously mentioned the label of "Psychiatric Mental Health" and how it creates an image of a common horror film in the average person's mind, with no previous experience in this scope of practice, this is the image I have of the what this unit will look like during my clinical

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rotation. The misconception of the patients we will see based on these films are the creation of the concerns and fears that arise in the anticipation of clinical days. Understanding the misconception had me intrigued, open minded, but still nervous on what to expect. The biggest concern I have is initiating a “trigger” resulting in harm or death to patient, staff, or myself. I am concerned with my ability to calm a patient by communication if in a situation without guidance from a nurse or instructor. With that being said, the skills I will learn in this module will alleviate these concerns and fears and strengthen my ability to care for others.

In this module my expectations for myself are to listen, learn, and be able to acquire the knowledge and skills needed to become the best nurse I can for the best outcome of my patients. In order to achieve this goal, I will need to practice a calm, positive mindset to absorb the wisdom and knowledge taught by the instructors and nurses. By the end of this module, I would like to be able to acknowledge mental illnesses, recall the nursing interventions and procedures for the different levels of mental illnesses, and be able to teach people in the community ways to prevent and treat people with mental illnesses.

Over the course of 8 weeks in the Psychiatric Mental Health block, I would like to learn about the different mood disorders, how to prevent them and why they happen. I would also like to learn about the different personality disorders and if they have a link to mood disorders or a common occurrence between a certain personality and/or mood. Another topic I would like to learn about is how to control anxiety. Anxiety is a struggle in my everyday life, and I would like to learn how to prevent an “anxiety attack” to better my ability to care for patients in a time of stress. I am excited to learn about the human brain, psychiatric illnesses, and communication skills that will allow me to better understand my patients and provide them with care and resources that will allow them to achieve a healthy state of mind.