

CURRENT THEORIES AND PRACTICE**JOURNALING ASSIGNMENT****DISCUSS YOUR FEELINGS, ATTITUDES, EXPERIENCES, AND CONCERNS ABOUT****TAKING A COURSE AND HAVING CLINICAL EXPERIENCES IN PSYCHIATRIC****MENTAL HEALTH NURSING****COVENANT SCHOOL OF NURSING****JOY OGUNBERU**

My first and ever experience in Psychiatric or mental health was in my job as a nurse Aide in the nursing home. Before then, I always believe psychiatric patients are patients who has lost their minds completely and require help most of the time. The patients I cared for in the nursing home usually are able to take care of themselves for the most part, they are oriented some days to person and place and can communicate well. Other times they just act out and talk all day to themselves. I was really excited to learn that we will be taking a class in mental health, I really wanted to learn more about this disorder and disease.

I am expecting to learn new disease process that develops as a result of mental issues like alcohol withdrawal, or substance abuse and schizophrenia. In my country, people with mental illness are not treated well or taken care of. It is assumed there is no cure or nothing to be done to reduce their symptom or protect them in the society. I was skeptical the first time I heard we will be taking psychiatric in this module, because I thought it would be a difficult topic. I feared that the course would be overwhelming and confusing as the disease process; but so far it has been an eyeopener to me to see and learn things I never knew were associated with psychiatry.

My expectations in this module is to learn new issues, disease process, medications and nursing care peculiar to psychiatric patients. I intend to learn how to provide therapeutic communication with these patients. I believe the medications used for this type of disorder will be different from what I have learnt so far in the course of my nursing education, and I am looking forward to learning this medication and how they work in the body to bring about desired result.

The answers that I would love to be answered in this module are Anxiety, Headache and Timidity. First, I want to know how these traits are related to mental health; I want to learn how one can reduce anxiety which will potentially reduce unnecessary headache. Secondly, can some acquired traits or in born traits be outgrown or do they get better as one gets older. Lastly, what led to the etiology of this disorder or traits? Why are some people bold, carefree and happy; and others depressed, sad and anxious?

I hope at the end of this module; I would be able to care for a psychiatric patient, be able to provide therapeutic communication with this patient and safely administer medication to these patients. I also hope to learn to how to identify signs and symptoms related to this disorder to be able to offer appropriate nursing education and nursing teaching to the patients and their families.