Psychiatric Mental Health Nursing Assignment

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Psychiatric Mental Health Nursing is one of the courses I am not really looking forward too, maybe as we get deeper into the course things will change. I know that mental health, is very important factor in nursing due to the increasing number of patients with some type of form of mental disorder. I feel that the more we know as nurses the better we can understand what we can do to help them when we encounter them. Some concerns I have are not having the time to fully understand mental health and also having to take this course online. I have found that things that I thought would be easy online, really aren't. I am still grateful for what time we will have learning about psychiatric care.

Since starting nursing school, I have learned that I have some anxiety, and really high blood pressure. I actually ended taking a module off because I could not get control of things. I swear there would be times that I thought my heart was going to pop out of my chest. Taking medications and learning to control my breathing when I am having a "moment," is what I call them has helped tremendously. I have also gone through some postpartum depression, the feeling of not being good enough to be a mother is one of the worst feelings. I feel that my postpartum depression came from being in an abusive relationship. I never wanted to hurt my son, I wanted to self-harm myself. I felt like that was going to be my only escape from the abusive relationship I was in. You always hear the stories about new mothers hurting their children, and I didn't want to be one of those statistics, so I reached out for help. Not all women have that, and it is so important to get that under control that way no harm is done to the children or themselves. I want to try my best to understand where others are coming from and what they may be going through.

One thing that concerns me with mental disorders is the few people who don't believe they exist. Trying to understand that mental disorders are real has been the hard task, it has taken me a while to come to the fact there are some things people will refuse to believe. I feel that

people would rather just shrug it off as something else. I wonder if that is why you see so many people take opioids, and other drugs to help cope with their feelings. Is it such a stigma that more people want to hide their mental illness that seems to cause more trouble, or do we as a society don't want to believe mental illness is a real issue.

My expectations for this module is to gain more knowledge how mental health that will help prepare me to be the best nurse I can be for my patient. I also want understand more of what caused my feelings, and how to maybe prevent them from coming back, or how to control the feelings. I also expect to know more about the medications and how it will affect the body, since I am currently taking a few to help with my anxiety. From what I understand medication plays a big role in the mental health nursing and knowing how it can help or not help can help me understand more about the disorder. I would like to learn about resources that I can refer my patients to so they know help is out there.

One question I hope to find the answer to would be, "Are mental disorders hereditary?" I am sure that in some way they are, but I have children, "Do I need to worry about me passing something on to them?" Next question would be, "How do doctors know what medication to start a patient on for their disorder?" There are so many medications out there to treat disorders, but I want to know how a doctor picks one and go from there. Final question I want to know, would be, "Other than patient history how does one know the patient actually has the mental disorder and not faking it or putting on a show for attention?" I know movies stretch the truth or say whatever to sell the movie, but could the disorder really be faked by someone? And if faking a mental disorder is that somehow a mental disorder within itself? I know that there is a name for a lot of different disorders now.