

Psychiatric Mental Health Nursing Journal

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CSON

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Growing up I have always been intrigued with patients with mental illnesses. Many questions would wonder through my mind like, what happen for them to think or act that way? How do you get them to calm down when they are having an episode or how do you even approach them without triggering them? What is actually going own in their head to make them say, act, or even think that way? These are just a few questions that has gone through my mind about mental illnesses. I can remember watching movies with patients that had a mental illness and wanting to know more about it as well as be able to help them. I am looking forward to learning and working with patients that have mental health issues. With that being said, in this journal I will be discussing my feelings, attitude, concerns, experiences, fears, and expectations about mental health.

First, I am so excited about this module. I am eager and thrilled to learn about psychiatric mental health. I really have a passion for and want to learn more about mental health because I feel like it really is an illness that many people overlook. Even though I am excited, I am also nervous that I will not be good at it. For an example, you know how some people really love basketball but their just not good at it, that is what I am nervous about. Now my approach towards psychiatric mental health is more sympathetic as well as empathetic then before. For example, just being mindful of my patient and what he or she is going through as well as putting myself in their shoes and knowing how I would want to be treated if I was in their shoes. I feel like a lot of people do not really know the seriousness of mental illnesses, so that is why often times you see people make fun of them and mistreat them because they do not know how to deal with them or understand why they behave the way they do. Which brings me to my next point, my concerns. I am more concern about what happened to them to cause them to act and behave

the way they do. I feel like if I were to understand their background and past, it would help me better understand why they behave that way and just have a better understanding of how to care for them as a nurse.

Second, I want to discuss my experiences with mental health. I remember a time when I was in high school, I heard my mom talking on then phone saying my cousin was cutting herself. Back then I was like why anybody would want to harm themselves. Not really understanding the seriousness of her mental illness. It was not until I got into college and took psychology when I finally realize that she was suffering from depression. Then that is when I dived into understanding why she was depressed and cutting herself. I knew she was not doing harm to herself just because, so I started looking at her childhood. She was molested, her mom left her and her brothers when she was five with our granny, she was talked about because of her weight, and she moved from house to house. Knowing all of that helped me better understand why she did what she did. It also helped me know how to approach her and be there for her no matter what. Eventually she stopped cutting herself and no longer suffers from depression.

Although I am extremely excited about this module, I do have some fears. One of my fears is me not being able to connect with my patients and not being able to help them the way I vision in my head. I guess since I am so passionate about mental health, I want to be able to build that trust and safe space with each patient I encounter. I want them to know that I do care, and I am here to help them. I want to know that I do not think they are crazy and what they go through is real to them. Another fear of mines is me witnessing caregivers mistreating them. That fear is probably just coming from watching movies and seeing how some healthcare staff members treat mentally ill patients.

Lastly, I want to discuss my expectations in this module. I expect to learn how to communicate effectively to patients with different mental health issues as well as different levels of the illness. Second, I want to learn the proper steps to take during the different phases that come with mental illnesses. Third, I want to gain understanding of the seriousness of the different mental illness as well as how to care and individualize patient care according to their illness.

In conclusion, I have many feelings, concerns, attitudes, fears, as well as expectations for this module, but overall I am excited about psych and ready to learn about the different mental illness as well as know how to care for my patients.