

Journaling Assignment
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The perspective of some of the older generation about mental illness is the unwillingness to accept that people can have mental illness, which leads to the avoidance of needed mental health services due to the fear of being ridiculed and they may think that if someone has mental illness means that they are “crazy”. This is the opposite of what my beliefs or perceptions about mental illnesses are. Mental illness is more than the myths or misconceptions that other people believe such as medications for mental illness are dangerous, which is not true, all medications have side effects and medication would not be prescribed without a reason. Medications can help people who have depression, anxiety, or attention deficit/hyperactivity disorder to ease their symptoms, so they can function normally. Mental illness is like any other medical condition such as people with diabetes, they need to take insulin to keep their blood sugar within the desired range. Another myth or misconception is having mental illness means you are “crazy” which is also not true. It involves genetics, coping, personality, social network, childhood, trauma, hormones, etc. It means the same as someone with an illness like diabetes - it means that you have an illness with symptoms such as alter thinking, destabilize your moods, and many more but that does not mean you are “crazy”. I also believe that this younger generation are more accepting and aware of mental health issues compare to the older generation. A lot of people are working to reduce the stigma about mental illness, increase awareness, and promote understanding of mental health.

My fears and concerns about taking a course and having clinical experiences in Psychiatric Mental Health Nursing are not being use or comfortable to the psychiatric setting, which is understandable because this is new to us and not knowing how to talk to the patients or not knowing what to say or what not to say. My expectations for this module are to get a lot of

experiences in the psychiatric and obstetrics unit and learn throughout our clinical days there. I hope to learn during this module are how to take care of people with mental health disorders and childbearing families, how to communicate with them, and to support their recovery and help them get back to their baseline.

The three questions I would like to find answers during this course are:

1. What do you do when an individual with schizophrenia do not want to eat the food that you gave because he or she thinks that you poisoned it?
2. What a caesarean section looks like?
3. What are the complications of pregnancy and taking care of people with mental illness?
What are the things you need to consider?