Current Theories and Practice Self Reflection

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Instructional Module 6

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February 16, 2021

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I have not been around many psychiatric illnesses in my life unless dementia is one but from everything, I have looked up it is not considered one. I have also had a couple of friends with things like depression and anxiety disorders, but I have not heard much about them from them other than a couple of their medications. I have heard more about psychiatric illnesses on things like social media and television. They may not be represented perfectly but they still show how important it is to treat them and that they do matter. Even though some psychiatric illnesses may seem not important to us they are important, and we should properly help these people. I feel like these illnesses are very important for us to know because of how many people suffer from them and it is our responsibility as nurses to care about these people. Even though I have only seen the effect they can have a little bit in my own life I still know how much these illnesses can affect people. I think it is important that we focus on these mental illnesses so that we can better people's lives especially since we are nurses.

My main concern about this course is the fact that there are so many diseases and the number of medications that we have to learn about. Just from the little bit that I have been able to see it seems like a lot of information that we have to learn. I know these things are important to learn especially with the medications, but it is just overwhelming. I may also be feeling overwhelmed because I do not know much about this information yet, so it is mostly all going to completely new. I also feel overwhelmed with the amount of work we have to do with class things and projects. I know I will be able to do it all but looking at it all now seems a little impossible.

My fears with clinics for psychiatric mental health just have to do with the fact that these patients are different compared to other patients. I just do not know the proper way to interact yet, but I know I will master it soon. It just is a little concerning because I do not know what to fully expect. It also is a little overwhelming because of all the new concepts we need to know for the clinicals and what we have to deal with. Overall, I am not too worried, but I just do not know what to expect.

I expect to be challenged with psychiatric nursing especially with the number of medications we have to learn. I also expect to learn a lot because I am interested in learning about it all. I may be challenged but I expect to enjoy this module and get through it. I hope to learn as much as I can about every mental illness because I know they affect a lot of people and I want to be able to help those people as much as I can. I may not be an expert by the end, but I want to know as much as I can. For some reason, I have been drawn to psychiatric nursing so I also want to learn if I would like it and if it would be a good place for me to be in.

The first question I would like to answer is if psychiatric nursing would be a good fit for me. I just want to see if I would like it and if I could benefit these patients to the best of my ability. I want to be a good nurse for these patients so seeing if I fit into it is very important to me. Another question I would like to answer is what the best way is to interact with these patients. I want to be as kind as I can and be the best nurse, I can be for them. These patients deserve the best care they can get, and I hope I can provide that. The last question I would like to answer is what the best way is to help these patients. This has a little to do with the last question with the fact that I want to be the best nurse I can be for these patients. I do not want to just be a burden to them, and I want to help them. I feel like all of these questions are important for me to be able to answer since they all have to do with how good of a nurse I can be. My future patients

deserve for me to be able to answer each of them with confidence so that they get the proper help they deserve.