Introspective Journal Entry

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My feelings on taking psychiatric mental health are immensely varied. On one hand, psychiatric mental health nursing seems like a very intimidating specialty. It is very different than anything I have ever studied and the closest I have gotten was taking psychology as a prerequisite. I feel like it is so different than everything I have learned so far but, has always been important because everyone experiences alterations in their mental health. To take care of a person holistically, you have to have a solid understanding of PMH nursing. Although, I do not currently plan to work directly in this field, I will encounter and take care of patients experiencing a variety of mental health issues. I am a little apprehensive about the amount of content I need to learn but I am very eager to take this information with me into my nursing practice.

I have had many experiences with psychiatric illnesses. My best friend had a very horrible thing happen to them and that resulted in several illnesses. They have Major Depressive Disorder, Panic Disorder, and PTSD. I often was with them during their panic attacks. It was very scary to watch at first but, I became very comfortable with comforting someone as best as I could during the panic attack. This friend, along with another expressed suicide ideation to me several times. It was a very hard thing to try and navigate in high school because I was not sure what to do. It was also hard seeing some of my closest friends struggle so much, because no matter how okay they acted they were hurting so much on the inside. Both of these friends have since gotten help, they are taking medications, talking to therapists, and more. Although, these have made their illness more manageable, I know it is still something they have to deal with on a daily basis. I also work as a resource pool aide at UMC, and I have had several experiences as

well. I witnessed the patient completely dissociate where they were and act out in a violent behavior.

My fears and concerns for this module is to experience more poor experiences like I have had at UMC. It honestly really scared me because in two experiences at UMC, I was left in the patient's room by myself. In both situations, I had walked past a room and witnessed it, and so I stepped in to help. I don't know why but I seemed like the only person in the room the patients were okay with and would listen to me. Maybe it was because the other care providers were yelling, and I came in very calm? They were concerned for both patient's safety so, me being the only one they seemed okay around, had to stay with them to ensure safety. And of course, I wanted to provide for those patients' safety, but it was still a very scary experience for me. I know I needed to be there, but it was a poor experience because I really did not have the education or skills to handle that.

My expectations for this module are how to learn to be more comfortable with psychiatric illnesses and being around patients. I think having more knowledge behind the why this is happening will really help me understand some of the behaviors that have scared me in the past. I don't think the behaviors themselves scare me but more of not having the knowledge to properly care for these patients. I want to be able to relax in the clinical setting and really get to see what psychiatric mental health nursing is all about. I want to learn how to communicate effectively and know the steps taken in acute situations. One of the questions I have is how can nurses ensure the safety of their patients?, another question I have is, what are de-escalating techniques and how do I employ them? Lastly, what is the role of a psychiatric mental health nurse in different facilities. Like a group home, or an acute care hospital. I'm really looking forward to this module, even if it's intimidating! I'm getting more comfortable with being uncomfortable.