

**Current Theories and Practice:
Journaling Assignment**

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IM 6: Psychiatric

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While I am very excited to be learning a new area in nursing, I am apprehensive about studying and experiencing a clinical rotation in Psychiatric Health Nursing. I have some experience with mental illnesses, but not in the role of taking care of someone with the illness. I expect my thoughts to change a lot during this module on the subject of Psychiatric.

I work at an apartment complex here in Lubbock that is older, and we often work closely with the Open Door Housing Program. They house chronic homeless people, and many of these people have mental illnesses. I have had a few tenants where family members or case workers have let us know the psychiatric illness present, so that we may be better equipped to help when they come into the office. There has been a few times when two particular tenants have come into the office acting very aggressive and behaving erratically or creating stories about the office workers. I've learned that staying calm, and patient is the key to helping them, and to not discount their feelings even if I don't understand at all.

I also have an older brother that was in a motorcycle wreck many years ago and has brain damage that has altered his way of life, thinking, and perceiving the world around him. I know this is not a psychiatric illness, but I do believe that the way I interact with him can be similar to how I will interact with patients with psychiatric illnesses.

My fears and concerns are mainly for how I will handle certain situations. I am not necessarily fearful of any potential patients, but rather if I will be able to control my facial expressions or thoughts when I don't understand a situation. I know I will have to focus on having patience with all of the patients and staying calm as well.

CURRENT THEORIES AND PRACTICE: JOURNALING

I expect to learn so much this module, especially about treatments and the different types of psychiatric illnesses. Three questions I hope to have answered are:

- Are there conditions where medications are not effective, and if not, how are these conditions treated?
- If a mental illness is caused by a traumatic event, will they live with the illness their whole life or will it be more similar to an acute illness?
- Is there a specific type of psychiatric illness that is caused more often from a traumatic event than other illnesses?

I hope to have these questions and many more in this module.