

Psychiatric Mental Health Nursing

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When I think about psychiatric nursing and the patients that are involved in this unit makes me wonder what it would actually be like? I've watched several movies relating to psychiatric patients being treated at these facilities but that was a movie of course and is in no way of comparison of what psychiatric illnesses really is. I truly wonder though what would it actually be like if I was a nurse there and caring for these patients. I have no experience and have not been to a hospital where they care for these people who have mental problems such as bipolar, depression, and schizophrenia disorders. Despite my lack of experience, I have always found interest in this area of focus and could even see myself in such a position.

Experience with Psychiatric Illnesses

With having no experience in this unit, several thoughts come to my head such as do I need to be trained in the role of a counselor or have to provide psychotherapy. There are several questions that I have to ask because I have no knowledge of these patients. I would love to better understand the patients and how they differ from regular patients. My beliefs for the psych unit would be having a different view on the way we see the patients and a different interaction style without triggering a patient. Communication would be the key to interacting with these patients, but some of us do not have very good communication skills. Hearing others talk about psychiatric nursing makes me curious as to what I would encounter during clinical rotations. Of course, I will never truly understand the subtle complexities that psychiatric mental health nurses endure behind the scenes. Just maybe a glimpse from what I will see during clinicals. I believe it takes a special nurse to be in this department and care for these patients. They have to be all in to deal with the uncertainty of these patients and the stress that may come.

Fears and Concerns

My main concern when caring for these patients with mental health issues is not being able to know if I am safe or not. How grave of danger would I be in, and what precautions are can I take to for my own safely. Another fear would also come from a patient inflicting self-harm. At the same time, I am afraid of getting hit by a patient and not having any help. With mental health, you're faced with a greater degree of uncertainty which concerns me the most. As a student nurse with no knowledge of these patients, despite my fear I still have a desire to help these people. The unit itself sounds extremely challenging and my fear anxiety of not reaching my full potential as a student nurse stresses me out. I want to do the best that I can do and learn while not being afraid of entering one of the more difficult cases. Psychiatric mental health nursing has been an interest of mine and now that the time has come my anxiety is through the roof and I am afraid of not doing my best.

Expectations

My expectations for this module are to be attentive and learn from the patients who have mental illnesses. During clinicals, I will do my best to look past being afraid and try to put my anxiety to the side. I've been interested in working as a psychiatric mental health nurse and I cannot let my anxiety get the best of me during this opportunity that is being provided. Also, I hope to learn the different mental illnesses that we will be encountering during clinicals. How does a person get a mental illness? What triggers the episodes? Lastly, is there any cure for this mental disorder? These are a few questions that I hope to get answered during this module.

Conclusions of Mental Health

Psychiatric mental health nursing can put you in some of the toughest situations. As a nursing student who has never been around mental illnesses and has no knowledge may be quite overwhelming for me. I've always had an interest in this department of nursing but having no

experience brings up several questions as to whether or not I can handle this position. From the looks of psychiatric mental health nursing seems to be challenging but yet rewarding. I hope to learn and focus on making a difference.