

IM 6 PMH - Journal Assignment

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Instructional Module 6

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For this Module, having the opportunity to take a course about Psychiatric Mental Health and having the opportunity to get to attend clinicals I feel excitement into it and a sort of nervousness because we are learning and interacting with people who are just like us but perceive the world differently than others. What I feel about psychiatric illness is sometimes it can be a genetic component to be a person is born with it either because their mom or dad or any of their family member are suffering from a mental illness that they have no control of. Also, I think it can also be acquired meaning you can gain it from substance abuse which can cause some type of mental illness like psychosis because of an experienced I have had while I was at Covenant ER working for Patient Transportation. There was a patient who OD on meth and when they woke up, they had their own thought about what was going on with them and the hospital and they got severely hostile with the nurses and hospital staff and wanted to harm them. Another is acquiring PTSD for example from something traumatic that happened to a person life whether it is from war related, and or being abused. In all honesty I don't quite have the understanding on the mechanism of how a person's brain works with different kinds of psychiatric illnesses. As far as experiences with psychiatric illness I've only had a couple experiences through my family from anxiety and depression. As a family coming from an Asian descent, I could say that we are not a family to express feeling for anxiety and depression, talking about it with the older generation of our family they think of it as a phase in life that a person will eventually get through it and or get over it. As the younger generation of our family, we understand acknowledge the problem of anxiety and depression. One of my experiences was with one of my cousins who suffered from depression during the end of his high school years. One thing about him is that he knew how to hide it, every time we got together his mood is always full of enjoyment. But during the last few months of his high school years, he had broken up with his high school sweetheart and that's when I saw his mood drop down to the lowest to where he almost ended his life. Another experience I've had with psychiatric illness is anxiety from my other cousin also which I think triggers it because of pressure of playing

basketball because she is so competitive and loves the game of basketball. We started to notice she had anxiety when she started to be more vocal about it because she is the type of person who also always looked like nothing was going on. At times she would tell us strange ideation that we thought she was just joking about because she was the type of person who always like to joke around. But now she is currently attending Cognitive Behavioral Therapy to help relief her anxiety and ways that she can do to relieve her anxiety. Personally, I don't suffer from any serious psychiatric illnesses except for anxiety. I feel like it progressed more when I started nursing school, but I am probably speaking for everyone who suffers from it while in school. I think what triggers my anxiety is for example going to places I am not familiar with or not know what to exactly expect from a place or a person. Also, what the one thing that can trigger my anxiety the most is public speaking I could be calm the for the whole day then when I start putting myself in front of many and even a few people my anxiety starts to occur. Sometimes when it progresses to a worst moment, I start to sweat more than usually, and my heart starts to race and sometime when it happens in the evening, I would have a difficult time falling asleep and or staying asleep at night. My belief towards mental illnesses is that it should not be ignored it should be relevantly an important ideal in the health care system. People who suffer from it need the help they can get and probably want the help that they to get better and want to get better. Mental illness is just like any other illness a person gets like diabetes, hypertension. They should all have an equivalent treatment priority. I don't have any fear or concern about my PMH experience throughout the module. I'm excited to learn more about PMH and to get into more in depth over the subject to be able to understand. My expectation for the module is to be able to learn more about the concept of PMH and as for clinical experience I want to be able to learn how a person copes with their illness and how it is dealt with. My questions for this module about PMH are if a patient is on a medication for their illnesses can the medication be able to make their illness worse than it was before. My next question is if a patient refuses to take their medication what the other ways in are helping cope with their symptoms. My last question is if

your family has a history of mental illnesses, how likely will the genetic component pass on to the next generation to have the illness.