

Journaling Assignment

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Psychiatric Mental Health Nursing requires compassion and strength. This specialty has a pretty big public stigma. With that being said, I am nervous and scared for my clinical rotations. However, I am excited and looking forward to learning more about mental health. Mental health issues are very common, and I will work with patients who have a mental health issue no matter what floor I work on. I am nervous because I have not had any experience in a psychiatric mental health facility. I am scared because of the fear of violence, fear of the unknown, stories in the media and listening to stories from prior students. I hear about psychiatric patients. Even the rules about accessories make me fearful. I fear I am going to get attacked or hurt. Also, I don't think I have the confidence to be stern with the patients yet. I think psychiatric nursing can be a challenge to my personal health. I think the stress of dealing with these patients can affect me. Though, working with psychiatric mental health patients isn't always what the negative stigmas say. I have learned that stigmas can be a barrier to how I treat patients. If I already have my mind set on how I view these patients, I won't have an open mind or approach. I had my first clinical experience at Dove Tree and it was a very positive experience. I enjoyed my day there. The patients were not these crazy people I had imagined. They were people with lives. They were parents. They had professional jobs. I thought it was interesting how people can be working professionals but suffering mentally. Therefore, I completely changed my view in this field. I need to view these patients as people not just psychiatric patients. I don't know what people are going through, so I need to be open minded. Before I started studying nursing, I didn't really believe in mental health or more specifically anxiety or depression. I thought it was just something people made up in their heads. I just couldn't understand how someone could have everything and still be sad or what it seems like everything. I have now realized that everyone

deals with situations differently. My perspective on psychiatric nursing has completely changed. I know now that different signals and chemistry in the brain can affect people's thoughts and behavior. Everyone has gone through different trials in life. However, I don't like the thought of the first line of treatment being medications. I think today it is so easy to be prescribed all kinds of medications. Some medical professionals don't even take the time or day to actually listen to the patients. I feel like medication especially psychopharmacology changes who a person is. I think the first line of treat should be therapy, counseling, communicating. Though, maybe I just have a stigma towards medication as well. I will be learning more about how the medications works, so I can see the benefits to them. But I don't think mental illness should just be treated with medication. To effectively treat mental health issues, you have to treat the patient physically, mentally, spiritually and emotionally. I think meditation, counseling, therapy and exercise can help with all of those. My expectations this module is to learn how to effectively help patients with a mental health illnesses. I want to have an open approach to learning about all the ways I can help these patients. I also want to have more knowledge about communicating effectively. By the end of the module, I will have more experience dealing with a new specialty. Mental health issues are increasing and it is alarming the lack of prevention and shame there is discussing mental illness. Mental health doesn't look anyway, and I will learn more about it. Also, the more I talk about it and recognize it the more effective I can be helping my patients. The best way for me to learn is getting exposure and having the opportunity to learn from these patients. At the end of the day, it isn't about what I believer in or don't, it is about treating patients the best I can with an open mind and active listening. My questions are: 1. How does psychopharmacologic work? 2. How substance abuse cause mental illness? 3. Can you prevent mental health? Overall, I am looking forward to gaining knowledge and to learn new skills.