

Journaling Assignment

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Instructional Module 6

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I am very excited for this course and eager to learn as I have no experience within this field and find it extremely interesting. As of right now, I am looking forward to all of the different clinical sites we get to go to, to learn about these patients and their conditions/disorders. One thing I would like to know more about is pediatric mental health. I believe Lubbock does not have a facility for pediatric patients and I am curious as to why since we are a growing city and there are children and adolescents facing these internal struggles and dealing with how to control disorders on a daily basis. I believe helping children with their mental health when it first becomes noticeable will allow them to better control and cope with their emotions as they get older. If symptom management can start early and be well controlled, this population can live in the community and live with their disorder. Lastly, I am curious about nurses and if working in the hospital setting and in a behavioral health setting can affect their mental health. Recently, I know there has been a lot of burnout in the working world due to nurses working numerous hours, days, and nights on COVID-19 units. I am curious how mental health affects this occupation and what more we can do to promote a healthy relationship with nurses in the workplace.

I do not have any experiences with psychiatric illnesses within myself or my family however I am super interested about mental health and how it affects patient's everyday lives. I have a family friend who recently stayed in a behavioral health facility due to a possible suicide attempt from an alcohol and prescription drug addiction. Built up and hidden over the past few years, I watched how it destroyed and led her family to be broken when the accident happened. This was an eye opener due to the fact no one on the outside of her family had any clue she was facing such serious struggles. After the accident, she was sent to a rehab facility to rehab and recover from her addiction. This made me realize how there are numerous amounts of people

who are living normal, everyday lives that we cannot externally see their internal thoughts and struggles. I do believe the mental health population is an underrecognized and undertreated population. As far as perceptions go about mental health, I know there is a large number of people who think that it is not an actual disease(s) but rather not being able to mentally handle traumatic events, depression and anxiety and things of that nature. Many people in our communities think mental health is a matter of not being able to cope with one's problem, illness, or disorder however we do know from education that it is not just that. My fears and concerns would be that I have no experience providing care to these patients and might not know how to handle certain or difficult situations in the clinical setting. Although I have no experience in this field, I am very passionate about making these patients feel as comfortable as possible and provide the best care I can while they are going through a very difficult time in their lives. I cannot imagine what these patients are going through but I can do everything in my power as their student nurse to help educate them about their disease and/or illness and what they can do to overcome obstacles and control their symptoms.

My expectations for this course are to better prepare me in this field of nursing and to be able to confidently intervene in situations appropriately. I hope to learn about all of the different psychiatric disorders and how they affect patients during this module as well as the genetic and environmental components that can impact and influence someone to develop disorders.

The questions I would like to ask about psychiatric mental health would be:

1. Why is there a negative stigma when it comes to psychiatric mental health within our communities?
2. What can nurses do to help psychiatric mental health patients return to the community in a healthy way?

3. What are some community resources for mental health patients to reach out to once they have been discharged?