

Psychiatric Mental Health Nursing

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### Experience

Prior to starting instructional module six, I have had no experience with psychiatric patients. I have also had not experience about psychiatric care. Of course, I have learned about different types of illness since starting school. But, I also know that what we learn in class is completely different from what we learn when we are actually on the clinicals floors where we get to be hands on and interact with patients.

### Patient Care

I do believe that psychiatric care is something that nurses cannot learn out of a book. One thing that I have learned while being in nursing school is that different types of illness require different types of care. Even though we are taught through textbook on ways to care for patient based off of their illnesses, we still have to note that we have to mold that care to fit that patient's certain needs. I think that psychiatric care seems to be a bit harder than some of the other patients I have cared for in past modules. What makes a psychiatric nurse different from other nurses?

### Personal Concerns

I have heard that for some illness, a patient can be acting one way and act completely different the next. I have also heard that their mood can also switch on you while you are caring for them. I know that each patient is different from another patient, so the way we care for one is also different from the next one we take care of. That would be one of my questions, is how do we know what to say and what not to say? I know that there are things that can trigger a patient's mood, so we have to watch what we say to them and how we talk to them. For example, in lecture this past Monday, Mrs. Harrison expressed how the word "why," can make a patient go into defense mode. I would not have thought about how certain words can make people feel different ways. Of course, we are taught in school that we should never judge, and I would never

want my patient to feel that I am judging them. If we answered our patients with the question of “why,” it could make them feel that we are judging them. Another question I have is actually based on our patients’ point of view. I am not sure if this question could be answered or not. How do patients feel when they see student nurses around them? I have had patients in previous modules where they are happy to share about the experience with their illness because they know that we are students and are trying to learn about them. Psychiatric patients, I wonder if they are the same, about sharing about their illness and how it affects them.

### Personal Experiences

Even though I have never taken care of a psychiatric patient, I have taken care of myself. Personally, I know about depression and anxiety. I have dealt with it since I was in high school. But I have known about it prior to that. My mother has bipolar depression and my father suffers from depression. I never really understood my mother’s bipolar depression till I started getting older. When I got older I could see how she would act one day and would act different the next day. Also, how she would act when she did not keep up with her medications. My father would remind her to take them when he noticed how she would get aggravated or upset but little things. I have learned more about these issues since I have been in school. From some of the lectures I have had, I have been able to recognize some signs and symptoms through my own personal life. I find all of this material that we are learning during this instructional module to be very interesting. I find that it is very interesting because, based on the fact that one illness can have a series of different effects on one person to the next. For example, depression is different for everyone. Some may have it more severe than others, but how does this happen? How do we know what type of depression someone could have? We may have a gist of these illnesses, but we are still learning about them.