

Psychiatric Mental Health Nursing Introspective

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I feel that I am a stranger to the world of psychiatric mental health nursing. I know that as I progress through this module I will have a better understanding and appreciation for this specialty of nursing. When I was in high school I took a class called mental health and wellbeing. In this course we covered topics in mental illness such as schizophrenia, bipolar disorder, as well as discussed the long term effects of child abuse. At the conclusion of the semester, we had the opportunity to tour Terrell State Hospital, a public psychiatric hospital located in Terrell, Texas. I enjoyed the class, however I know that it only scratched the surface of psychiatric mental health.

My experience with psychiatric illness began when my parents divorced in 2017. During this time, my mom was diagnosed with depression and anxiety. These illnesses brought my mom down to the lowest of the lows and sometimes I wondered when I would have my mom back. Mental illnesses are a very serious and scary thing, its very tough to see the ones you love have significant impairment in their daily life. I struggled to see her in the state she was in, I wanted to help her but I didn't know how to. She stated seeing a psychiatrist and still does today. Once my mom was comfortable seeing a psychiatrist, I started attending of her appointments with her. It was during this time is when I began to understand the depths of my mom's pain and learn how I could help her cope with depression and anxiety. I knew that there would never be one thing I could say to make her depression or anxiety go away, but I did know that I could be there for her to listen and validate her feelings. To watch a loved on suffer and feel helpless for them is a terrible feeling, I would not wish it on anyone. Its' been four years and my mom has good days and bad days, we work through them together. This experience with her depression and anxiety had taught me that just being there for someone to validate their feelings can go a long way. It's not always about listening to respond but listening to understand.

My expectations for this module is to truly understand the field of psychiatric mental health. I would like to understand why there is a stigma or biased when we talk about the field of psychiatric mental health and or it's patients. I believe that no one truly understands the psychiatric mental health field better than the ones who battle with its illnesses and or disorders every day. I would also like to understand why this population seems to be so misunderstood to the general population. I believe that if biases were put aside and we took the time to show a little kindness and compassion, psychiatric mental health would not have the stigma that it has today. Lastly, I would like to have a better understanding of this field so that I may provide education and possibly prevent others from having biases towards this population.

I would like to have a better understanding of how to establish rapport with psychiatric mental health patients and to have a better understanding of what they go through day to day. I will say that I am nervous for clinical but I will take advantage of any and every opportunity to learn and gain understanding of this field. I am nervous for clinical but only because I don't know what to expect. As we start learning the material of psychiatric mental health, I know that I can only gain more understanding and confidence so that I may provide therapeutic care for these patients. I know that as I start my career I will encounter psychiatric mental health patients in any field and or setting, not just at a psychiatric hospital. This is why I am eager to learn about this specialty so that I can better care for patients and become a better nurse no matter where I work. Having a better understanding of this field will also allow me to become a better patient advocate.

In closing, my feelings, attitudes, and concerns towards the field of psychiatric mental health are open because I have a lot of learning to do. I am a stranger to this field and am trying to get my foot in to door by seeing patients for who they are and not their diagnosis. I believe

having this approach will be to my benefit when it comes to building therapeutic relationships and rapport with patients, as well as appreciating the field of psychiatric mental health.