

PMH journaling

Celeste M. Ortiz

Covenant School of Nursing

8/4/2021

Psychiatric mental health nursing is a new concept to myself, I have no previous experience with any psychiatric illness. Coming into this course has made me feel fearful because most people usually explain this department as something bad. When hearing what society says about people who are diagnosed with a certain mental health disorder, they use offensive and derogative words to make others believe what they think they know. I know this is not the case, so I have pushed the fear to the side and am now thrilled and excited to start my new journey into psychiatric mental health. What I believe is that psychiatric mental health is all over our society. Many people who are diagnosed with a mental illness live normal lives they have jobs, family, and social lives like any of us.

I know anxiety and depression are also psychiatric mental health conditions so I can say I have little experience with this field. I know a couple of family members and friends who struggle with these two. I personally do not know how one feels to struggle with this, but I would love to learn more on the topic. I would love to learn more about this so I could assist my loved ones when they are experiencing episodes. Also, these are vital conditions for nursing students to understand as it will help with future practice.

Coming into this field is somewhat scary but I will have an open mind and maybe decide to further my education and career into psychiatric mental health. Some of the concerns I do have about clinical days are about the initial approach with the patients. I say this because it is a different field than what I am used to. I am just concerned that I will not know exactly how to interact with these patients who require different interactions. I know that some of the patients I may interact with may have an illness that requires different attention and I hope to attain the skills needed for this. Aside from these concerns I have I'm hopeful that I will have a great clinical experience.

The expectations I have for psychiatric mental health clinicals is that I gain new knowledge with every clinical situation, I hope to see many different illnesses, and I expect that everything goes well. Some of the questions I have for psychiatric mental health is that what are the types of degrees for someone with a disorder who is under suicidal watch? This is important for myself to understand as a nursing student because I want to be aware while at clinicals so I can assist on checkups. With this I would also like to know how do these suicide check-ins with the patients occur? I want to know if the nurses just pop in for a few seconds or do they have a list of questions they ask the patient before leaving the room? The last question I have is that the facilities we will be attending do they inspect each client for any items that are not allowed in the facility before and during their time there? I know that they have certain things they cannot bring in with them but what are those items? And how often do they find these items on the patients? I ask this because to advocate for these patients we need to know what items to be aware of and keep an eye on.

Overall, I am excited to start this new journey into psychiatric mental health aside from the fears and concerns, I know it will be a great clinical experience. Psychiatric mental health patients always get a bad representation, but it is up to health care workers to treat them like any another patient would be treated. And if its to hard to see it that way then these workers do not need to have a career in this field. I have an interest in this field and cannot wait for clinical experience.

