

**Current Theories and Practice: Journaling Assignment**

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As I begin this course, I come in with an open mind about Psych and Mental Health. I know there is a lot to know about Psychiatric Mental Health, but I will admit and say I am a little afraid to attend clinical rotations. I have heard plenty of stories and I also have read research studies about psychiatric nurses who have been assaulted throughout their nursing career. I do believe that unfortunate situation can happen in any profession however, the percentage is high in the specific psychiatric field. I look forward to learning more about different types of disorders during this module.

While attending undergrad at Tech in 2013, I worked weekends in the ER. When working, my desk chair was right in front of the two rooms that held patients who had Schizophrenia in most cases. Those two rooms were the only ones that had locks outside the doors, and they were mainly for inmates or psychiatric patients who had to be watched by our officers, but I saw quite a few patients who very much had Schizophrenia. I can recall a couple of encounters, where I felt afraid while some patients were in those rooms. The first encounter I can remember is when there was a male, probably in his late 40's or early 50's, and he kept saying there was a bull coming for him. He constantly banged on the door and yelled the bull was coming for him. Every now and then he would also place both arms over his chest, as if he was trying to stop the bull from charging at him. Eventually, I'm not sure what happened but he got out of his room and ran around the ER saying the bull was coming for him. I had no idea what to do at that moment. I was very much afraid, and felt unsafe because I was not sure what this male was capable of doing.

My second encounter in the ER, was with another male patient possibly in his 30's who constantly said the devil would not leave him alone. When I say I was afraid, I was very much afraid. This male constantly looked straight out the little window on the door where I was sitting. His eyes looked frightening, and he was also violent. While doing a nursing assessment, this same male patient

became violent with his nurse and grabbed him by his scrubs. Thankfully, officers were present at bedside because they have to be, but I can't imagine if I was in that situation.

One of the main things I noticed while working in the ER, is that for patients who were in those two rooms as Psych patients, every time there was a male nurse. As a woman, I am definitely not trying to say we are less capable of taking care of a patient with a mental health disorder, but some of us are physically weaker than others. If we are alone with the patient in a room, the way I think is that anything can happen in just a couple of minutes. I have been in some atmospheres where nurses, or nursing administration can care less about their employees. I believe that if someone wants to work in this specialty, then everyone including administration needs to have each other's back and take care of each other. It takes a strong person, and a strong-willed person to work in this specific field.

I hope to learn more during this module, and not just think these patients are "scary." As I mentioned before, I come in with an open mind, considering what I have seen. I hope to learn more on the "how" and "why." How did they get a mental disorder? Why do they see what they see or why do they do specific things? I am also interested on why you became interested in this specific field? What's the scariest encounter you have seen? Who is a patient you will never forget taking care of during your nursing career? There are plenty of questions I can think of, but those are my top ones.

I hope and pray that throughout this module, myself and my classmates experience good and safe rotations while attending the Psych facilities. It is definitely going to be different from other rotations we have attended, and I look forward to learning about all the new disorders. I hope to learn more on how to speak and communicate with these patients without feeling fear or intimidation, because I have to tell myself that some of these patients are just as vulnerable than any other one. I know that some will want to be helped and taken care of, while others will not.