

Current Theories and Practice: Journaling Assignment

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As I have progressed throughout these past couple modules, I knew the psychiatric portion of nursing school was coming up soon. Most of my classmates are not excited to have to partake in psychiatric clinicals and learn about mental disorders, however, I find psychiatric mental health to be very interesting. It is exciting to understand what's really happening in the brain to make someone feel/act the way that they do. I wasn't really looking forward to the psychiatric portion of module 6, but as we get closer to doing clinicals I am excited to see a different nursing world. Overall, I am excited for psych rotations and to get to learn a different field of nursing.

I am not naive when it comes to mental health disorders. I have a few family members that have dealt with depression, anxiety, schizophrenia, addiction issues, and suicide as well. I have learned to be a very non-judgemental person when it comes to mental health, because I have found that most people struggling with mental health are just normal people that might be having a hard time coping with trauma or a tragedy. Sometimes there is a level of fear when it comes to mental health because most people don't know how to approach that person. In my experience, I had a family member that was struggling with alcoholism and was in rehab at Dove Tree so we were all told not to mention alcohol, bars, or drinking in general when we would go visit them, but as a kid in college, there are often times that alcohol could casually come up in a conversation. This was understandable of course, but at the same time made me feel like I had to bite my tongue and almost hide something from them. I think that's what makes me a little uneasy, the possibility of saying something that might seem neutral to me, but could be a trigger to someone else. On the other hand, I think that is a common fear that most people have and usually comfortability in a setting like this comes with experience.

I do have some apprehension about the clinical experience in general, I'm not necessarily concerned about the patient population, but, as I stated before, more about how to act or what the right way is to do things in a psychiatric setting. Although I do have a family history of psychiatric mental health issues, I don't think I necessarily have a "trigger" or something that would make me abnormally upset.

My expectations for this psychiatric mental health section of this module is to learn a multitude of information and also to gain perspective into another part of nursing. Mental health has always fascinated me. I think it's interesting to find the root cause of the illness, whether it be a childhood trauma or even a chemical imbalance. Even though I don't plan on being a psychiatric nurse, I think it will be very helpful to have basic knowledge of mental health issues for patients I may encounter in the future. I hope to learn about intricate mental health diseases and have a better understanding of how these issues develop. I also would like to be able to learn a little more on how to treat someone that is struggling with mental health and different interventions that can be done. The last thing that I am looking forward to learning about is how childhood shapes an adult, and how adverse events can cause mental issues to arise. Three questions that I would possibly like answers to in this module are, "Why are some people able to cope with adverse events better than others?", "Why are some people more likely to have depression or anxiety, while some don't struggle with things like anxiety at all?" "Are there alternatives to being heavily medicated that are effective, since there are so many side effects that come with many drugs?"

Overall, I am excited to begin clinicals this module and get to go to facilities that I have never been to before. I am also excited to learn about different disorders that we hear about all

the time, but have never had the chance to learn about. I am looking forward to being one step closer to graduating and getting to use all the tools that we have been taught.