

Current Theories and Practice

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Psychiatric Mental Health Nursing: Personal Feelings

When discussing mental health I feel that I often get uncomfortable because it's such a broad topic that I feel quite uneducated about. I believe mental health problems are one of the greatest struggles that our society faces today. This is an issue that is extremely overlooked, with an impact that is greatly influential on many of those among us. Therefore, my outlook on psychiatric mental health nursing is this: If I can expand my knowledge and learn more about the effects of mental illness on patients, then I will be able to provide better patient care. Not only may I be able to better treat patients' of my own, but I am hopeful that I may be more insightful and able to recognize anyone who may be facing mental battles. I am excited to further explore the world of psych and gain a better understanding of the subject. Although I am timid about visiting psychiatric facilities, I understand that the very same people who are there are also among us each and every day. I look forward to the experience and am grateful for the opportunity to obtain deeper knowledge. I hope that at the end of it all, I recognize the true significance of psychiatric mental health nursing.

Mental Illness Experience

Personally, I don't have a lot of experience with psychiatric illnesses. As far as I'm aware, I, nor anyone I'm close with have even been diagnosed with any psychiatric mental illness. However, I'm not sure of the criteria that must be met in order to be officially diagnosed. I feel that there are many people who face mental illness but go undiagnosed because they don't seek out help. Honestly, I can't even say that I really know how to distinguish psychiatric disorders. I know many of my own classmates who really freak out about the tests, and some who have been brought to the point of tears just thinking about it. I myself do get nervous, but am able to just tell myself that it is what it is and never really freak myself out about things. I am

able to remain calm most of the time, and can just go with the flow and not worry. This makes me wonder, do my friends really have anxiety? Should they be clinically diagnosed? Am I just built different? That's the problem, I don't know the difference between what should actually be considered psychiatric disorders and what normal reactions of the mind should be. I question how mental illnesses are diagnosed because I view the mind as so mysterious and find it difficult to believe that someone is able to determine what is going on in someone else's mind. I know people face real problems inside their own heads that I may never truly understand. I may never experience them on a personal level.

Fears of Psychiatric Mental Illness

My only fear and concern about exploring psychiatric mental health nursing is that I may not ever truly comprehend the effects that they have on those affected. Although I'd like to be able to understand exactly how these patients feel, I know that most likely that won't be possible. I'm afraid that I may say the wrong thing and potentially set someone off. I'm afraid that in the fear of saying the wrong thing I say nothing at all, when in fact I should say something. As much as I wish that everyone could be saved from mental illness, I know that it's impossible. I understand that sometimes the battle is lost, so I'm concerned about being the last person someone talks to before the illness wins. I will do all that I can to overcome the fears I face. I will remind myself that simply being kind could make a difference in someone's life. I try to spend each day being friendly to each and everyone who I interact with because my greatest fear of all is being the reason someone gave up.

Learning Goals. My only expectation from psych is that I learn more about the topic than I know today. Any further knowledge in the field will be a win in my book. If I have to choose three specific questions I would like to find answers to through this course they would be:

How can I identify someone who may be dealing with a psychiatric disorder? How should I approach someone with a psychiatric disorder? How can I be successful in psychiatric mental health nursing?