

Current Theories and Practice Journal Assignment

Ashlee Guzman

Covenant School of Nursing

Instructional Module 6: Acute Psychiatric Nursing Concepts

Mr. Ellis

October 4th, 2021

Journaling Assignment

Psychiatric mental health nursing is an interesting topic to me because I haven't been around people with psychiatric problems. I have nervous feelings about being in clinicals, but I know I'll love learning about this topic during class. I haven't heard how clinicals are for psychiatric but I'm ready to learn and see how these patients will be treated. It's new to me and I know I'll have a great learning experience in clinicals. I'll be going with a positive attitude and ready to learn as much as I can. I have not had any experience in a rehabilitation center or psychiatric facilities but I'm ready to engage in my learning experience. I hope I get to meet a lot of new people and interact with patients to get to know them. I have no concerns with taking this class or having clinicals.

My experience with psychiatric is very broad. I just know of some family members from my husband's side who have drug addiction and have gone to get treated at a rehabilitation. My father-in-law is in that process where he is getting rehab for his drug addiction but in Mexico. I think it's been a few months and it can be a difficult situation. Especially when they don't accept the fact that they are addicted to substance abuse drugs. It's hard for the family members to see your family go through this process. I have an aunt that her boyfriend is also in a rehabilitation center in Mexico for drug addiction as well. Many people pressured him into doing it since he was a truck driver at night and they rarely drug test in Mexico. I know some family members with alcohol problems too and it's hard seeing them not realize it's bad for their health. My belief in psychiatric is that every patient can get better if they have that family support or even with no family, we can give them that help and support they need to get well. I think every patient can get better with effort and having patience with them so they can have positive attitudes.

My fears and concerns are to learn more about anxiety because my mom has a lot of anxiety. This subject fears me because I'm scared to learn more about my mom's problem which

hasn't got bad but gets worse since she is just stressed from work. I'm scared of losing my mom since she is older and has hypertension. A lot goes through my mind since she takes care of my son and is always there for me. I care about her health and mental status. In the past my mom has had anxiety attacks at night when she feels she can't breathe and just really tensed up. She has many sleeping problems and rarely gets sleep from work. This is my major concern but I'm ready to learn about anxiety and mood disorders in class. These thoughts affect my behavior by being more comprehensive to patients and understanding that it's difficult for them to go through this situation.

My expectation for this class is to learn a lot about psychiatric. I want to engage in my learning and be able to know what I'm doing when I work in my career. I want to get all the learning experience that I can during clinical's to be able to understand more my patients' feelings. I've never been to a psychiatric unit before, so I am excited to be able to step in one and just learn more about our career. There is so much to learn about, and this is exciting for me since I do consider working in psychiatric if there's a possibility. I hope to learn from this module how to administer medications to psychiatric patients and just learn more about patient care for them. I have no idea of how to deal with people who have mood disorders or anything like that. I want to be able to learn how to cope with our patients in this practice. I want to be able to reach out to them and just be there for them. I hope to learn how to be able to communicate with our patients and how to deal with any current disorders they may have. Three questions I would like to find answers to would be are there any certain types of mental health assessments we would do on a psychiatric patient just like in med surg how we would do head to toe assessments? My second question is once patients are in rehabilitations, are they there until they are better and capable of being on their own or how does that work? My third question would be if for psychiatric patients are there more

safety issues like certain things can't be in their room type of stuff? I'm looking forward to learn much more in class.