

**Psychiatric Mental Health Nursing**

Elias Lozano

Department of Nursing, Covenant School of Nursing – Lubbock, TX

Nursing 1206: Acute Psychiatric Nursing Concepts

Instructor Jeremy Ellis, MSN, RN

10/04/21

### **My Feelings Towards Psychiatric Mental Health Nursing**

When I got into Nursing School, I had an idea of what I was getting myself into, although with my limited nursing clinical experience, I feel like I've learned so much in what seems like little time. The world of Nursing is not just one place or job, but an open endless field line of work centered around care where you can become a life learner as you grow. Taking a course now for Mental Health, I feel is extremely important to better the care we provide as nurses to our patients. Again, with limited experience around Mental Health Nursing, I am somewhat nervous as I really have no idea what to expect. I suppose the fear arises from the dangers associated with people who may have thoughts of harming themselves or even myself. However, I will be going with a positive attitude in hopes of making someone's day just little bit better, even if it is just simply talking and listening to what my patients have to say.

### **My Limited Mental Health Experience**

Even without any clinical experience centered around mental health, most people know someone who struggles with mental health. For me personally, I know my mother has struggled with depression and anxiety for parts of her life. I feel blessed to say that within my household, we openly discuss how we feel about things and take mental health very seriously. My perception of mental health is simply acknowledging it has a mental condition rather than a disability. From my mom's situation, I learned that sometimes people really need to talk about things that bothered them from the past, and if they trust you, they will open up to you and share feelings that may have been buried for years going unnoticed and causing internal pain because of it. Despite only knowing a small amount of information, I've seen what a mental illness can do to someone, and most importantly know how to listen to them when they need it most.

### **Fears of Psychiatric Nursing**

My concerns are slim but exist, mainly around how to therapeutically communicate with someone who's thoughts are complexed, the feeling of walking on ice and where to properly engage in conversation with someone I have little to maybe nothing in common with. For the most part it, it may be common sense on what not to say to trigger an adverse emotion, however sometimes the gray areas are not well defined, and this is what I am nervous about. I would love to work on therapeutic communication to better my care for people that look to me for care when needed. Another concern I have is simply my own safety, letting my guard down momentarily can cause issues, even for the staff around me. Having to work almost like a cop and watch your back constantly or developing a systematic approach to nursing care would seem stressful when it protects you and others from physical harm.

### **Expectations**

For this unique clinical experience centered around Psychiatric Mental Health, I hope to learn more insight on the different types of mental health. And to see why or how people develop these mental illnesses, what are the risk factors for obtaining a mental health illness, treatments, and also outcomes. I'd also like to know if people can fully recover from a mental illness or is it just something that never goes away, and if we simply treat symptoms just enough for them to live as close as a life as normal. And I would love to learn the cultural aspect towards mental health, for example, across Hispanic communities for some reason it is not taken as seriously, I'd love to learn why is it like that and how can I change that going forward. I would also like to know if the California homeless crisis and homelessness issues in general in the United States have any correlation to mental health and if there are proper programs that even address this at all. Overall, I am just excited to learn more about this segment of my local community and hope

to better understand how this population is treated, cared for, and possible resources to better our community.