

Current Theories and Practice Journal Assignment

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IM6: Acute Psychiatric Nursing Concepts

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I feel that having clinical experiences dealing with psychiatric mental health is going to be a little challenging, but I am looking forward to it. I am trying to have a positive attitude going into these experiences because I want to understand and help individuals who deal with a psychiatric illness. I want to learn all the different ways these illnesses effect different people. I feel that this module and clinical experiences are going to be my most interesting yet. These upcoming experiences should be very beneficial for me to build on my knowledge from past modules and experiences to help patients that are in need.

My experience with psychiatric illness is a little complicated. I do have really bad anxiety, but I wouldn't know if that would count as a psychiatric condition. I do know there are patients who suffer from far worse, and I want to help them in any way that I possibly can. I do have family members who suffer from these types of illnesses, but I really never sat down and talked one on one with them. I also never knew how serious these illnesses could be until I started to see what these conditions were capable of. I became more interested as I have been going through nursing school and coming in contact with certain patients. I think psychiatric illnesses are overlooked by a lot of people. They do not seem to be as talked about as other illnesses, especially in the media. I think this is a problem because more and more people every day are suffering. There are more people harming themselves and I feel it is because no one is willing to listen and talk through it with those who suffer. Another thing I think is a problem is the age is getting younger and younger in those who are suffering. I know that treating and diagnosing may be hard for these conditions, but there is new research every day and I feel that one day the medical community will find and improve on ways to care for those who suffer.

Although I am excited to learn, I do have some fears and concerns about my upcoming psychiatric clinical experiences. I fear that I may trigger someone without knowing or offending

them unintentionally. I do not know what these patients have been through, so I would not want to do anything that would upset them. Also, I am concerned about giving medication or even just providing simple care to these patients. I do not want to be caught in a situation where I am doing all the wrong things and make the staff not trust me. I do think there is past experiences that triggered these concerns. I was so afraid to do the wrong thing in front of my stepfather because he gets angry really fast. I always tried to do things right the first time because I was scared if I didn't, I would get in trouble. This definitely does affect the way I respond or behave in certain situations now. I go into every situation scared and sometimes even make myself sick because I am afraid to mess up. This is a problem for me because even little things make me scared and most of the time, there is nothing to be scared about. I am working on this though and hope to in the future go into situations as a confident person.

I have very high expectations for this course/ module. My first question I want answers to, is what is triggering the brain to develop these types of illnesses. My second question would be what medications and tests there are to help patients become stable and successful with controlling these illnesses. Lastly, my third question would be why these certain conditions are not talked about as much. I feel strongly about this last question because I think there should be more awareness for those who suffer from psychiatric illnesses. Although I feel strongly about my third question, I would like for all of my questions have answers to.

In conclusion, my feelings, attitudes, and experiences are why I think these clinical psychiatric experiences are going to be interesting to me. I know I may not get all my questions answered, but I am still very excited to learn about what we as nurses are going to do for patients who suffer from these types of illnesses. I came into nursing school to build on my knowledge, and that is what I intend to do during this module.