

Current Theories and Practice Journal Assignment

Abigail Orta

Covenant School of Nursing

IM6: Acute Psychiatric Nursing Concepts

Mr. Ellis

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I personally feel sympathy towards those who have mental illnesses, but also scared because of my past experiences dealing with patients who have had different mental disorders. I think having clinical experiences from a nursing perspective will give me a better insight and understanding of others' mental illness conditions. As of now psychiatric mental health is not my favorite subject, but maybe it will change after this module. When I hear psychiatric mental health I immediately think, "these people are crazy", but I know that's not always the case and that there are a variety of reasons behind each.

Other than me having anxiety, I do personally have not dealt with any psychiatric disorder for myself. I previously worked in the lab at the hospital in my hometown as a phlebotomist and we have a 4th floor specifically for mental health patients. Most of my experiences are from a hospital setting, so I got to see some of the nursing side of psychiatric mental health. My brother who serves in the United States Air Force was recently diagnosed with a mental health disorder. Because of this, he is now being medically discharged. As much as it saddens me about his condition, I am now interested more than before to learn about these different mental illnesses.

I have many fears and concerns about psychiatric mental health. Because I worked in the lab department, I would frequently have to go up and draw labs on the psychiatric patients. There were certain items I could and could not take into the patient rooms to draw labs because of safety reasons for myself as well as other admitted patients. Going up to the 4th floor always scared me because I never knew if the patient was going to be in a good mood or bad mood. There were times I could easily draw labs work without any problems, but then there were times where the patients were aggressive towards me. I have been hit, yelled at, pinched and cussed out by many patients. I had several experiences with a patient that would make me ask her "sister",

who was standing in the corner of a dark room, for consent to draw her blood. I understand these patients do have mental illnesses and are not always in the right state of mind, but this really scared me. Also considering I had a needle in my hand that I had to poke them with. It was not always the most enjoyable experience with them, so that may be why I am afraid of psychiatric mental health as well as clinical. Because of these experiences, I tend to drawback from psychiatric mental health. When my peers tell me they want to work with people who have these illnesses I always question them. I hope to get over these fears and become more comfortable with these patients because I know that in nursing, I can not expect everyone to be the “perfect” patient. I have to be open and know that I will come in contact with a variety of patients during my career.

I expect to get a better understanding of the mental illness conditions. Because I have not dealt with them personally, I do not know much about them. I also expect to have better experiences than before with these patients. I want to be able to confidentially approach these patients with mental disorders instead of being afraid to care for them. I hope to learn about how these illnesses affect each person and how they deal with it when they can not control them. It would always make me sad when elderly patients who had mental disorders were admitted into the hospital because I wondered who took care of them if they could not mentally take care of themselves. I also hope to learn how to properly care for these patients and meet their needs as best as I can. I always find myself asking “how does this happen?” Or “Why does it happen?” When it comes to psychiatric mental health. Three questions I would like to find answers to are: how the mental illnesses develop?, is there ever an absolute cure or do they have to be on medications for the rest of their lives?, and what goes on in their brains as far as the anatomy? I hope that this module can change my perspective and help me be more comfortable.