

Journaling Assignment: Psychiatric Mental Health Nursing

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Covenant School of Nursing - Instructional Module 6

Taking a course in Psychiatric and Mental Health Nursing brings about both excitement and nerves. In our modern world anxiety, depression, and other mental illnesses have become increasingly more common. It is important that health care officials place an emphasis on understanding and treating these mental illnesses. It is also important to acknowledge that mental illnesses and disorders exist and need to be discussed.

In today's society, it is hard to find someone who has not encountered another individual dealing with psychiatric illness - if not experienced it themselves. I used to believe that if a person appeared to be happy or normal, they were. In October of 2020, almost one year ago, I had a friend take his life. Cameron was among one of my first friends that I had met when I began college. He had the type of personality that could light up a room; this boy was undeniably happy, or so it seemed. When I was informed of Cam's death I was shocked. I also felt guilty for not having known that he had been struggling. This loss taught me that depression is just as hard to explain as it is to understand. Often times, those who suffer from mental illnesses are the best at hiding it. I believe that those who suffer from mental illnesses that result in suicide do not actually hate their life. These people just don't know how to deal with their pain, and do not know how to reach out for help - especially in a society that places a stigma on mental health issues.

Some fears or concerns I have entering into this module are that it might emphasize any underlying mental health issues I struggle with. I have Attention Deficit Hyper Disorder, and as a result, I struggle with a normal amount of anxiety and depression. ADHD, depression, and anxiety can often be coexisting conditions. However, I have only ever been treated for my

ADHD. My fear is that throughout this module I will come to know more about why I feel the way that I do. This might prove to be emotionally overwhelming. Additionally, I am a bit nervous about the possibility of patient aggression, self-harm, or suicide during our clinical experience. In an instance such as this, I might feel responsible for any harm done to the patient or staff. As a result, this guilt may be triggering when it comes to my own mental health.

My expectation for this course is to become more familiar with the warning signs and symptoms of mental illness. I would like to know how psychiatric and mental health issues affect a person's self-perception. Additionally, I look forward to learning how mental health issues differ in young people compared to adults. Lastly, I would like to be able to determine how to diagnose patients with similar illnesses that exhibit different behavior or symptoms. I feel that by gaining understanding about these things I will be able to better serve my patients.

Psychiatric and Mental Health Nursing places an emphasis on diagnosing and treating these mental illnesses, while also providing patients with education in managing their illness. For someone who deals with mental health issues, I think this module could be educational in more ways than one. Continuing to educate students in the field of Psychiatric and Mental Health could help to remove the stigma that individuals with mental illness are dangerous. As a result, fewer nurses will experience fear of working in the psychiatric and mental health setting. I believe that the experience I will gain from this module will help me to be able to advocate for my patients, family, and friends.