

Current Theories and Practice Journaling Assignment

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Instructional Module 6: Psychiatric Mental Health Nursing

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November 3, 2021

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I am always nervous when I am going into a new clinical setting, but psychiatric mental health makes me really nervous. I am a fairly shy person so I do not talk a lot when I am in a situation that is new or unfamiliar and I am afraid that my being quiet could make some of the patients uneasy. I do not want to trigger anyone or make them feel anxious. Moreover, I look forward to learning more about psychiatric mental health nursing, because it applies to every field of nursing due the number of people that are affected with mental disorders. I hope to gain knowledge of how to care for this patient population.

My experiences dealing with psychiatric mental health thus far have been isolated to a family member that I see regularly. I would like to say that I am sympathetic toward her situation, but I deal with her so often that sometimes I don't avoid triggering her. I worry that I am beginning to become more frustrated with always having to tip toe around her and put what is best for her in front of what is best for me or my other family member just so we don't have to deal with her outburst. I know that my frustration will not carry over to our time in clinical because patients are not involved with my daily life. When I am at clinical, I am able to put aside my personal beliefs and biases in order to care for my patients as best I can.

My biggest concern with clinical this module is that I am going to say or do something that will trigger a patient and set back their treatment progress. I am a quiet person and as you said on Thursday being quiet around some of these patients can make them feel like they are being interrogated or that I am trying to be intimidating, when in reality I need help in learning how to communicate with patients. I don't think anything triggered this fear. I have always had anxiety over new situations and am usually a quiet shy person.

I have no expectations except that I am clueless in this department of nursing and am ready to learn. I am nervous about my psychiatric mental health nursing clinical but am ready to learn from the nurses and to see how they communicate with the patients.

- What type of communication is best for psychiatric patients and are different types of communications for different disorders?
- Who is qualified to diagnose someone with a psychiatric disorder and how many people go undiagnosed and untreated due to lack of knowledge and resources?
- What population of people are most effected by psychiatric disorders and are their resources readily available to them for treatment?