

**Covenant School of Nursing
Instructional Module 6 Assignment
Topic: Current Theories and Practice**

Journaling Assignment

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1. Discuss your feelings, attitudes, experiences, and concerns about taking a course and having clinical experiences in Psychiatric Mental Health Nursing.

Overall, I am excited to be introduced to psychiatric mental health nurse. I think that psychiatric nursing is interesting and very different than other types of nursing. I have always been interested in psychology and learning about different mental illnesses and how they can affect people. I worked as a nurse aide for two years and have had some exposure to psychiatric patients. I am eager to learn how to interact with these patients appropriately. It can be difficult to know the correct way to communicate with these patients. My biggest concern with these patients is not knowing how to interact with them the right way. I want to know how to properly communicate and interact with patients to avoid triggering or offending the patient.

2. What is your experience with psychiatric illnesses? If you don't have any experience with psychiatric illness, then discuss your beliefs or your perceptions about mental illnesses.

I believe that mental health is one of the most overlooked health issue today. I do not think it is talked about enough, and I feel like sometimes people that struggle with an illness are afraid to talk about it because they worry that they will be judged. I have struggled with anxiety since I started college. I have also struggled with depression before and have had to start on an anti-depressant medication. I always heard people talk about it, but I never knew how real it was until I experienced it myself. I usually do not like talking about having anxiety or depression because I feel like people either think it's not real or make judgements about it. The fear people have about talking about mental illness causes many people to just deal with it on their own and never seek help. It can be an extremely hard thing to deal with alone.

3. What are your fears and concerns? Can you identify anything that might have triggered or initiated those fears or concerns? (Explore the possibility of past experiences that may elicit an emotion). How do these thoughts and emotions affect how you behave or respond?

As a nurse aide, I had some exposure to patients with psychiatric illnesses. I was a sitter for a patient who struggled with mental illness, and she would talk to me normally and be civil one moment, and the next she would be screaming at me and crying because she wanted me to leave her room. I hadn't had exposure to this kind of patient before so I was very confused about what the correct thing to do was. In this situation, I just wanted to leave the room like she wanted me to do, but I could not leave her in there by herself. I ended up calling for her nurse and explaining the situation to her and asked what I should do when the patient started acting like that. When I think of that situation, I start to feel nervous about taking care of psychiatric patients because I felt scared and confused taking care of that one patient. I was afraid to be in there with her by myself when she started screaming and crying because I did not know what she would do and I did not know what to do to help her calm down.

4. What are your expectations? What do you hope to learn during this module? Identify at least 3 questions for which you would like to find answers during this course.

In this module, I want to learn about the common mental illnesses like depression, mood disorder and anxiety. I have always been interested in what causes illnesses like that and ways to treat them or ways to control symptoms. Mental health is interesting to me because it is a common illness that is hardly talked about. I am interested in learning what could cause or trigger a mental health disorder and how they are diagnosed. Three questions I would like to find answers for are:

1. How does depression affect a person's brain and neurological system?
2. What does a person with schizophrenia see and feel?
3. How are mental illnesses diagnosed?