

PMH Journaling Essay: My Experience and Views

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Psychiatric and Mental Health can certainly be a sensitive subject to many. While not everyone has the same triggers, every person has at least one topic they are sensitive to. This subject is not lighthearted, but it is drastically important to focus on at this time in society. Psychiatric and Mental Health conditions consume today's population whether you know someone who experiences a condition, or you have one yourself. Personally, I am victim to both circumstances and therefor have a very strong perspective on psychiatric and mental health concepts.

Overall Feelings on Psychiatric Mental Health Nursing Course

I find psychiatric and mental health nursing incredibly interesting, therefor I am eager to learn all about the different concepts. In all honesty though, when I first learned we were going to be taking this course I was less than amused. My initial reaction stemmed from past trauma and I couldn't help but think "Oh great, we are going to have to discuss suicide and be around people who are at risk for committing suicide or have already tried". This was in immediate concern for me as suicide is a major trigger of mine.

Personal Experiences

When I was 4 years old my father, who suffered from depression, committed suicide. Four seems too young to remember details of this tragedy, right? Wrong. I remember everything from the day it happened, finding him, and countless memories from before. I call this God's way of allowing me to hold onto the little memories I shared with him, even if it does include details of that terrible day. Naturally, I would develop depression, anxiety, and PTSD from this experience, leading to repetitive nightmares involving suicide, which is why suicide as a whole is

extremely triggering to me. Besides my situation causing a lifelong trigger, it has also lit a fire within me to advocate immensely for mental health and suicide awareness as a whole.

Fears and Concerns

In relation to psychiatric and mental health I am concerned that certain topics might be hard to focus on emotionally, due to my own reality of certain topics. I fully know that education on these topics are crucial to the nursing career, and that I can only better myself by focusing on how to use my new knowledge to help others. It is all about perspective, and while it might be difficult to dive into certain topics, it will be another opportunity for me to advocate for someone and care for them based on their individual needs.

Expectations

Throughout this module I hope to learn how I can care for those with psychiatric and mental health illnesses in an individualized fashion. No two mental illnesses are alike, and therefore emotional needs will vary from person to person. I am eager to learn about the many illnesses, causes, and treatments. Specifically, how can I advocate for a patient depending on their specific illness? What puts a patient more at risk for developing these conditions? Why do certain medications for psychiatric and mental health illnesses often have a multitude of adverse effects consisting of worsening emotional symptoms?

Conclusion

Overall, I believe this course will be extremely beneficial to everyone in the class, including myself. Psychiatric and mental health illnesses do not discriminate, therefore it is a concept everyone will have an encounter within their lives one way or another. While my past experiences have formed certain emotional hardships for me, they have also allowed me to see

mental illness in a different perspective from most. I believe this will help benefit my nursing career and quality of care for my future patients who suffer from psychiatric or mental health illnesses.

