

**Psych Journal Assignment**

Elizabeth Orosco

Covenant School Of Nursing

Module 6

Jeremy Ellis

February 21, 2022

To start off with, I am very excited to learn and engage with clinical experiences in Psychiatric mental health nursing. I was very excited when I found out that psychiatric mental health was part of a module for CSON. It is a topic and area that has always interested me and I feel like there is not enough education that is being taught regarding mental health today. I feel like this society tries to hide it under the rug and does not educate this society when it comes to mental health. I also feel that they treat mental health like a taboo. Also, in my experience I have seen where individuals have treated mental health like it is a bad thing. In my eyes, mental health is as important as physical health. Another reason why I am very interested in learning more about mental health is because I know individuals that have dealt with their mental health and I am very eager to learn more. I had no concerns regarding mental health until the first day of class when the instructor stated not to wear any headbands for the possibility of being choked.

Personally, I have not really dealt with any psychiatric illnesses besides the normal anxiety. However, I do have friends that have dealt with psychiatric illnesses and how it has effected them. For example, I have witnessed a close friend of mine with a diagnosis of Bipolar disorder. Growing up my friend was not diagnosed with it or showed any signs like she does now as she is older. A few years back my friend had gone through nursing school and graduated with her BSN. When she was a new nurse she dealt with extreme anxiety being a new nurse in med surg. A backstory with my friend is that she was born with a heart defect and when she was younger her cardiologist had stated that she was going to need a minor heart surgery when she was in elementary school but later on in her adult life she would possibly need a full heart transplant. The cardiologist had also stated to be careful with stress due to the possibility of stress accelerating the need to get a heart transplant sooner. Well, with being a new nurse my friend was very stressed. Unfortunately, she started to get sick with the stress and had to stop

being a med surg RN. When tests came back, her heart was in bad shape and she needed a heart transplant as soon as possible. With these traumatic experiences, my friend was later diagnosed with bipolar disorder. With this experience, I was able to witness and be by my friend's side with all that she was dealing with. I personally do feel that there should be more education and also more education when it comes to a nurse's mental health as well.

Some of my fears and concerns mainly come from what my friend experienced as being a nurse. I do not have a heart condition like she did but it is mainly the fear of what RN's can experience when it comes to mental health. I do know that my friend had other things that were on her plate so her experience is different from others. I know that it is different for other nurses as well. Also, the concern of if there is enough mental health awareness in the field? And what they are doing about it. I wonder if there is something that will change in the future for nurses.

One of my expectations is to learn more about psychiatric mental health. I am also excited to see how psychiatric facilities are in person and the patient's daily routine when it comes to the facilities. As individuals, I've noticed that this society has made psychiatric facilities look a specific way in movies and could possibly give the wrong impression of what it truly is. Another expectation that I would like to know is to learn about the current resources that are available to anyone regarding treating and getting help when it comes to psychiatric mental health. I also want to know what resources are available for nurses that are in the field that they can use when it comes to mental health. And I feel that curiosity comes from what my friend experienced in her career. There are 3 questions for which I would like to find answers for during this course. The first question is, how to bring more awareness when it comes to mental health and what is being done about it? The second one is, I want to know why it effects certain individuals compared to others? Lastly, my third question is what funding is available for mental

health. We have always heard about funding for physical health but I have yet to hear if there is any for mental health.