Current Theories and Practice

Journaling Assignment

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Psychiatric Mental Health

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My feeling about joining a course in psychiatric mental health nursing is frightening. This feeling that I have is influenced by movies and stories from my friends and family members that are taking care of psychiatric patients. A concern that comes into my mind when it comes to learning about psych patients, is if I can take care of them to the best of my abilities and knowledge. In my belief, these are some of the most unstable patients that I could ever take care of, mentally speaking, because I am concerned about their health. I might not be able to get vital signs or give meds due to their condition, and they might attack me or anyone that I am with.

The experiences that I faced with psychiatric illness, started 2 years ago. I am usually an easy-going person and happy. But somedays, I just feel sad and emotional, I feel like I don't like anything that happens, I don't want to hear anyone, eat, talk, go outside, and more. It started to manifest like that usually by days, usually lasts 2 days and I rarely eat when it happens, and I am having trouble sleeping. It is like episodes to me, and it usually reoccurs to me after 6 months for no reasons or triggers. Doesn't matter if I was playing with friends, with family, or even with my girlfriend, it just happens and everything is just not right, important, everything is useless. It got to a point that I wanted to end my life, hearing voices in the walls and not being able to sleep for a day. I always then ended up hurting my girlfriend's feelings even though she was trying to understand and help me. I am ashamed of what I am and what I did to her, attacking her emotionally and verbally.

My fears and concerns every day are failing. My fear of failing was rooted in me back when I was a child. My grandmother always says to me that we can't fail because that's going to ruin her name, my parents disagree with what she said, but that influence is strong especially

when you are in Asian culture. Now in the present, my fears grew bigger because I was in nursing school, my parents have supported me to this day, worked hard and gave me all these tools to accomplish my goals, and if I can't do it, I am a failure and I am just some bum in the streets, just as how they told me back when I was kid. Also, I feel like I am failing my girlfriend who supported me for 4 years. I feel like I am nothing to her whenever I fail an exam or a CPE, even though she said that she does not care about it and she's proud of me, I feel like I need to strive for more.

My expectations for this module, is that I am hoping to find a way to relate my mental problems and to find a way how to combat them. I am hoping to learn how to deal with patients who are having mental problems, how to take care of them, and how to roll with them to provide the highest care possible. If there are three questions that I wanted to find the answers to, it would be: What are the triggers of my episodes and how to avoid them? What can I do to patients who are trying to attack me violently during medication administration or providing care? And what can I do to improve my mental health?