

# *JOURNAL ASSIGNMENT*

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I feel nervous about entering the Psychiatric Mental Health. It is a very sensitive subject and some people do not really talk much about it. When talking about psychiatric problems and mental health is something that people think of as “crazy people.” I have felt that some people cannot express how they feel or know how to talk about themselves without criticism. I worry about myself not being able to understand how they feel and what they are going through. It is more like getting on their level and know what to say and what not to say. We hear the growing community of mental issues but not the mental issues that changes a person or makes them a completely different person. It is so hard to diagnose, and some people just do not listen and talk down about the community. I want to have a positive feeling and go into the course with an open mind and no judgement.

I have had some exposure to patients with mental health problems. When working at a clinic, we had at least 2 patients a month that would come in. When he had those patients come in, we would stay in the room with them and conversate until our doctor would enter and talk with them. Once our doctor felt that they were needing more help than we could give, he would have us call for transportation to Sunrise Canyon. Someone from their clinic would come by and determine if they were not stable enough to go home and would take them to the Clinic. I know that staying with those patients and talking with them were hard for me to do. I feel that the only reason why it was hard was because I feared saying the wrong thing or give the wrong signal in my body actions that would trigger them.

My fears are not helping the patient and having the wrong body language. I know that most are being treated to control their mental health state, but I don't want to upset anyone in any way. I don't know their triggers and what could make them upset. I think that is my biggest

fear is making someone upset with no intention too. Triggers are the biggest things to these types of patients and most having some traumatizing pasts that trigger their emotions. I know that some are not dangerous, but some can be. I want to help these patients at the best of my ability and treat them with the most respect that I can. As I want to avoid those triggers, this will make me very quiet and distant while I sit and try to figure out the best way to interact with the patients.

I am hoping to get a better understanding about mental health through this module. I want to understand better to be of help to someone who needs it. I want to make sure I am that I am giving my patient the best care I can. I would like to learn how to approach a patient about their concerns. I want to show them that I can help them with not judgment. I think this will be a great experience and positive point in my career to help others. I hope to make a difference in a patient's day and experience with them.

I know that having this class will help me answer questions that I have always thought about. My first question I would like to learn about is, how does someone get diagnosed with a mental health issue Why does someone get diagnosed with a certain diagnosis? How can they differentiate what diagnosis the patient is diagnosed? There are so many aspects that I am sure that the doctors take into considerations. I am interested also in the nurse aspect of how they care for a patient and how they avoid anything that may trigger and patient. I have so much respect the nurses and caregivers for someone that cares for these patients. You hear so many horror stories but never the positive ones. I want to really want to learn the skills and mind set these nurses have to experience in order to care for the patients that they do. I am nervous but

excited to know the background of Psychiatric Mental Health, how to help these patients, and understanding the pathology of these mental health issues.