

Topic: Current Theories and Practice

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

Journaling Assignment:

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When I learned we were going to have psychiatric mental health nursing module I am not going to lie I got nervous. I was nervous because I have spent every module taking care of patient I could kind of relate to. Older adults I treat as if they are my grandparents or my parents. Children I could treat as I would my own kids. I do believe this is going to be a brand new experience for me and I am excited. I am sad though since I am not vaccinated I will not be able to attend the sunrise facility. I believe that would have been a wonderful opportunity for me. I am not going to lie when they were explaining the no head bands or things hanging around our neck I got a little nervous. My best friend though is a psych nurse and she loves it so she really has me excited to go. My only concern for clinical is not knowing how to interact with these patients. I want to be the absolute best nurse I can be and that means knowing how to interact with all types of patients.

I have had a little experience with psychiatric illness not just with my own personal anxiety I have a uncle who has been diagnosed with schizophrenia and it has not only affected his life but all our family. He has turned to drugs as an escape route from his own mind. When he is on his medications you would not even know that he has it. He has lived with my grandparents till the day he died. My mom, aunts and uncles have all taken him in but he relapses and ends up on the streets out of fear of us getting hurt or us waking up to him not around. We have tried to convince him to go to rehab for the drug addiction and to help him be better at taking his medications. To me I feel like every one has a little bit of a mental illness they just are better at coping with it or better at hiding it and denying it. I believe it's a real problem that a lot of the time is treated like something you should be ashamed of. I believe mentally ill is just something that makes you different from everyone else and makes you you.

My fear and concerns I really did not think of any before this module. I had to really dig deep and the only real fear or concern I have is to offend a patient. I know I am going into their world and I have to learn to adapt to their normal. It's hard cause a lot of the patients probably really believe they

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are not sick and that I am trying to hurt them. I would never want anyone to think that I want to be a nurse to help people but I never thought of them not seeing that I was there to help. I think my biggest fear is having a patient who is schizophrenia and just seeing my uncle all over again and just wanting to beg him to please stop. I do get a little anxious around him and I am always wondering what is he thinking. He is always thinking out of the world things so I think that is a fear of mine cause I know how dark their thoughts can go. I am not going to lie it might be hard for me for awhile to adjust to that but I have learned a lot from him the most important thing is I learned patience. There was so many times I just wanted to scream at him to stop. Than I realized he can not help it this was not him he was sick and he needed me and my family to bring him back. I do feel hard for this patients because a lot of the time their family or support system gets burnt out and may not be by their side to fight the battle.

I am coming into this module with no expectations. I am absolutely clueless on this subject. I feel like the little experience I have means nothing when you're actually around all kinds of different mental illnesses. I know one out of million different ones. I believe there might be some we do not even know what to call them yet. Being a mentally healthy person is hard and no one is every 100% we all are fighting our own inner battles. I guess I would like to find ways I can contribute to not only helping myself learn how to manage my own but how to help others manage theirs. My three questions I would like to have answered when I finish this module would be. First, how can I speak to and help someone with a mental illness? I also have wondered I know we have medication that can help with taming symptoms of mental illnesses but there is also some that prefer therapy so that would bring me to my next question. Are drugs or therapy better for mental health conditions? I have actually heard this from a lot of my friends who suffer from really bad anxiety that exercise can actually be someone medication if they are consistent. That would be another question I have if exercise can help control mental illness without any other intervention needed.

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Overall, I am excited to be in a new module I love to learn new things. I believe the more experiences I have will help me be a better nurse one day. I never thought I would actually be interested in psych but I have a lot of friends in this field of nursing who tell me they never thought they would pick it but it was calling to them. I want to see if that's the case for me because I am still undecided about where in nursing I belong. I am a firm believer that god will put me where ever it is that he needs me to be. That's why I go into every module like yes, this is where I am suppose to be because I never know if that is true or not.