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Covenant School of Nursing

Instructional Module 6

Mr. Ellis

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I am very excited to be going through the psychiatric clinical section. I am interested in mental health and I want to be a psychiatric nurse when I graduate so I have been looking forward to module 6 ever since I started nursing school. I am interested in going to all of the clinical sites and seeing how they function and how they take care of their patients. Getting to follow a nurse around and learning how to deal with patients in a real-life setting will be very fun and I know I will learn a lot from them because they have so much knowledge to share about dealing with these types of patients. I am not concerned about going to the clinical sites because I worked at the Plaza from the summer of 2021 until they closed in November. I enjoyed getting to work with the nurses there and seeing how they care for their patients and want what is best for them.

Like I said I did work at the Plaza and I loved every minute of it. I was in module 4 when I applied to work there and then got hired at the end of module 5. I ended up failing module 5 and had to end up taking some time off of school so I got to work at the Plaza throughout the summer and fall until they closed it down. I learned so much from my time there and I got to see how mental health affects people and what they have gone through. I got to work with people who have suicidal ideations people who were homicidal to people who were struggling with multiple mental illnesses. What I like most about mental health is that everyone is so different and has different stories and every patient is different so you get to see something different every day. Since I was a nurse tech I was allowed to do assessments and that was my favorite thing because you get that one-on-one time with the patient and get to listen to them and see how they have been affected. It puts into perspective how they just need help dealing with their mental illness and how people are so unsympathetic towards them. The nurses at the Plaza

taught me so much every day and I am so grateful that I got to meet them all and form a bond with them. They taught me about de-escalation, 10-2-50, psychiatric nursing terms, and all about mental illnesses. There was one nurse that I worked with and he made an impact on me. He was amazing at de-escalation and he taught me that if you just talk to the patients as any other human being they will work with you as well. Just watching him work with these patients makes me want to be as good a psychiatric nurse as he is. He is making a difference in their lives and I want to be able to do that as well. I want to let them know that I am on their side and want to see them be better. I feel like having experience in a psychiatric setting will help me be successful in this module because I already have a little understanding of mental health. Being at the plaza gave me so much experience in just a short little time but I know that there is still so much to learn and I am so excited to learn all that I can in this module and my future endeavors.

Although I am not fearful to go to the clinical sites I am more concerned about what to do if a patient is distressed and relearning how to handle that because it has been a few months since I have been around psychiatric patients. I was used to being around these patients almost every day to working in the Emergency Department and not having to take care of them as often. I think it will be interesting in seeing how different nurses handle situations because everyone has their way of dealing with issues.

My expectations from this clinical rotation are to see how to work with psychiatric patients from a nurse's standpoint more than just a nurse tech standpoint. What I hope to learn from this module is just more about mental health and dive deep into the different types of mental illnesses. I am also interested in learning about all of the different types of medication and how they work on different people and different illnesses. I also hope to see how other psychiatric facilities work the same way or differently than the Plaza. My first question would be is a mental illness that is brought on later in life any different than a mental illness that people are born with? My next question would be when talking to a patient who is in mental distress, what are some therapeutic conversations that I can have to help them through what they are

experiencing? My last question would be what causes people to be born with mental illnesses and disorders?

I am looking forward to these few weeks that we get to spend learning psychiatric issues and visiting the facilities. I know it will help me grow in my nursing career because even if I do not end up going into mental health nursing I know I will still have patients who do have psychiatric problems and it is always good to have an understanding of what your patient is going through.