

Current Theories and Practice Journaling Assignment

Dominique Diaz

Covenant School of Nursing

Instructional Module 6

Mr. Jeremy Ellis

February 21, 2022

Current Theories and Practice Journaling Assignment

I am looking forward to learning about psychiatric mental health, more specifically the nurse's role in treating individuals with psychiatric mental health illnesses. I am motivated to learn different mental illnesses because I feel like it would be more detailed than what I have personally seen and can help aid my understanding in some of the outcomes of my experiences.

I have only little to no experience regarding mental illness. Specific mental illnesses that I somewhat have knowledge on are bipolar disorder (manic depression), post-traumatic stress disorder (PTSD), depression, and addiction. My aunt had bipolar disorder, but from my perspective the biggest concern that I had to handle was the toll it took on my dad (they are siblings). I am in the Army Reserves, and have never been deployed, however some of my active-duty friends have. Although I have not experienced what they have, I have seen how severe PTSD can get and what it can do to a person. With this being said, I always try my best to listen to what they have to say about their trauma when they do choose to talk about it and try to provide support as well. For depression, when I was in high school my best friend attempted suicide. I feel like it was difficult to help her, not because of how she was or acted, but because I was young and did not understand the severity of her depression until she chose to act upon it. Outside of her, when COVID originally hit, I also know how depression affected a lot of people, especially the elderly population since having visitors was no longer an option. For addiction, my uncle suffered from it and it was very difficult for him and my family. He was addicted to alcohol, where it was so severe that when he had withdrawals he would hallucinate, which was very difficult for my dad to see. I want to learn how to properly handle these situations, and know what is best for them. I am excited to learn more about mental illness because I want to become more aware of these problems.

As of right now, I cannot think of any fears or concerns. There is not much that triggers me, and I do not see anything occurring in this module that would end up becoming one. Even if we learn about the disorders that my family members have experienced, I know I will be okay. Within my family, it has been so long of these ongoing issues that I feel like I have personally made my peace with them. I am actually more motivated to learn more about the disorders I mentioned above, so I hope we do. I am very interested in psychiatric mental health, and hopefully if I like it, then I would love to become a psychiatric nurse. I hope I get as much experience as possible when I begin clinicals to help guide me in that decision. I feel like I would enjoy it, but I want to see for myself if it is like how I imagine or if it is similar to my friends' experiences as a psychiatric nurse.

I expect to learn a lot this module for psychiatric mental health. I somewhat wish it was longer than four weeks since this is the specialty I am most interested in, but I do understand there will be a lot to learn, and it will require a lot of hard work. The three things I want to learn this module is how to help properly help patients with their mental health, the theories behind different mental health illness and what causes them, and helpful coping mechanisms that prove to be helpful. I feel like with the people around me, I tend to "tip toe" around certain subjects to avoid triggering them, or if someone comes to me for help, I lack in aiding them so I hope I can learn how to properly act when it comes to certain situations that I typically try to avoid. I think learning about mental health from a nursing standpoint will be very beneficial for me in the long run, whether I become a psychiatric nurse or not.