

Current Theories and Practice

Kelsee Hays

Covenant School of Nursing

Psychiatric Mental Health

Mr. Ellis

April 26, 2022

Psychiatric mental health has always been something that I have always been very interested in. It is something that has impacted people that I know personally. I feel excited to get to learn everything about psychiatrics, while I know some of the topics may bring back negative experiences from my past. I think that learning all of the diseases processes is going to be very interesting! I think that it is going to be interesting because I feel like psychiatric nursing is just different from other nursing. There is also something about psychiatrics that has stuck with me since IM 1 and it was a story that Dr. Harrison told us. I am very excited to take this course and have clinical experiences.

Unfortunately, I have known a few people in my life that have suffered/suffer from psychiatric illnesses. One of my best friends from high school suffered from severe depression and tried to commit suicide on multiple occasions. She would always come to school with cuts on her arms and her legs, until one day she didn't come to school. That day, she was put into a mental hospital for trying to kill herself. She had to stay there for about a month and so while she was in there, I would write her notes and that was how I would talk to her. Thankfully, she has recovered and is doing really well now and is working with children who have autism. A second is my biological grandfather. He was a severe schizophrenic. My grandmother remarried before I was born, so he has never been in the picture. On occasion, we would take him holiday meals and things of the sort. Sadly, he committed suicide about 7 years ago. My mom always tells me he had files and files about how there was a doctor who put a chip in his body and that the FBI is out to get him. I am very unfamiliar with schizophrenia and I am very excited to learn about it because I think it is going to be very interesting. My last experience with psychiatric illness is with my dad and is an ongoing battle each and every day. Before my parents got a divorce about 10 years ago, my dad didn't drink alcohol. My dad got remarried and started drinking a little bit, which is fine, but then it became excessive and he is mean and aggressive when he is drunk. AA meeting after AA

meeting, nothing seemed to work. He has been in an out of rehab multiple times. He has turned away from everyone that has loved and supported him and has put himself in a terrible situation. From time to time, my step mom will still check up on him and find him at a bar every other night. From growing up in a Christian family, he has turned away from God which has upset his parents the most. My emotions on this in particular are really from a Christian perspective. The perspective is that I believe that with God, all things are possible and that if you are looking for change in your life, it is not going to happen in one night and it is not going to be easy. For the other experiences/what I have not experienced, I don't really know what I believe. I just know that these people probably can't necessarily control their emotions or what is going on inside of their minds.

I think that my biggest fear or concern would be that I would end up like my dad or grandfather. I am not sure if any of these things are genetic, but my dad tells me on occasion that he wants me to watch what I am drinking because he says I will become addicted. I don't know if that is true and it could just be something he trying to say to me to try to get in my head. I don't even know how you get to a point where it becomes that much of a necessity, but I am interested to learn. When my mom and dad would fight, my dad would say things to my mom like, "you sound like your dad right now," or "you are acting like your dad." These things do scare me a little bit because I don't want to end up this way and I don't want people to think I am going to end up like my dad. My response to these thoughts is obviously that this is what is going to happen because I am going to try my hardest not to let it happen. I am excited to expand my knowledge on these topics and the others as well this module.

My expectations for this class are what I have explained in the paragraphs above. I am excited, interested, and ready to learn about all of the psychiatric illnesses that this course has to offer. I am especially interested in the three that I have discussed above since they have impacted my life in such a way that I want to be able to make a change if there is a possibility. I expect to be able to use my nursing

practice to communicate with and care efficiently for psychiatric patients. I hope to increase my knowledge in psychiatrics in general so that if I am ever in a situation where certain information is needed, I will be useful. I want to learn everything! I want to learn everything that this course can give me in eight weeks. My three questions I would like to identify are: 1. What makes an addiction an addiction? 2. How do psychiatric illnesses develop? 3. Can you be born with a psychiatric illness?