

**Current Theories and Legal/Ethical Journal Assignment**

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I have always thought Psychiatric Mental Health Nursing isn't for the weary. I believe it takes a special person to take care of this population of people. Although, you could say that about every kind of nurse. Every specialty in the medical field requires specific qualities within the person in order to succeed. I am truly excited to learn about mental health in this module, and begin to understand and unravel what a psychiatric mental health nurse looks like. I have a positive attitude and outlook for what this module can bring and open up to me. I don't have but a sliver of experience in psychiatric mental health nursing, so I'm excited to dive in and see what it's about. I understand it to be very difficult at times and knowing the difference of when to put your patient before yourself and putting yourself before your patient. Such as, not giving up on a difficult patient with suicide ideation or struggling with an eating disorder, but putting yourself first in situations when the patient becomes violent. I am anxious to get in there and see what it's all about and to hear professor's past clinical experiences that I can learn from.

As I mentioned earlier, I don't have a lot of experience with psychiatric mental health nursing. The only experience I have is from my boyfriend's sister. She was dealing with a lot of anxiety, stress, and depression, and she would enter these manic states. One day she tried to kill her brother by trying to stab him with scissors because he wouldn't give her any money to borrow. Their parents ended up having to call the police to come pick her up because she wouldn't calm down. Once the police showed up she looked them in the eyes and slit her wrists. The police evaluated her mental state and ended up sending her to a psychiatric mental health hospital where she had to live for a few months. That's the only instance where I've experienced a psychiatric illness, but I'm sure there's several other people out there struggling also. Due to that being the only experience I've really had, I guess I view them in a negative connotation. I would like for this module to give me a more positive outlook on psychiatric mental health illnesses. I believe they're very real and very true to the person experiencing the illness,

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and sometimes it can be hard for other people to understand what they're going through. No one in the family probably understood what the sister was feeling or going through, therefore it caused her to act out towards them; which, in turn, causes a vicious cycle. My perception of mental illnesses is mostly negative due to the only experience I've had. I can't imagine what the brother was feeling while his sister was trying to kill him and how he must be scared from the event. My outlook right now is looking at them in a negative sense, however I know that's not true. I understand that there are parts of mental health nursing that are positives. That's why I'm excited for this module because I love getting the opportunity to grow my mindset. My mental health knowledge bubble is very small right now, so I'm excited to learn more about this, so I can expand my mental health knowledge bubble and become more equipped and knowledgeable in the subject.

The fears and concerns I have about mental health illnesses surrounds the idea of someone getting hurt. Stemming from the experience I've had, a big part of me is concerned for my safety. I feel like I'm more naïve, so I'm afraid I'm going to get myself in a situation that I'm going to get harmed. Not only am I afraid for my safety, but for the people around me and the patient's safety as well. I don't want to say something or do something wrong to set them off where they want to harm themselves or others. I understand that not all mental health illnesses are like that, but it's just what comes to mind from my past experience. Due to these thoughts and emotions about mental illnesses I will probably find myself wanting to be more reserved, but I will force myself out of that shell in order to learn more and experience more.

My expectations for this module is to dive deep into psychiatric mental health nursing and learn about everything it entails. I hope to learn more about the different types of mental illnesses and change my mindset and outlook of mental illnesses. Questions I would like answered during the module would be: 1. If a person is genetically predisposed to a mental illness is there anything they can do to prevent it? 2. Is there a specific population of people that are more prone to developing mental health illnesses?

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3. If a person has a mild form of a mental illness, such as OCD, what are things they can do to prevent it from getting worse? I'm really excited for the opportunity to learn more about psychiatric mental health nursing and to grow a better understanding of it and the people suffering from it!