

Covenant School of Nursing

PMH Journal

Mr. Ellis IM6

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I have had some experience with mental health in the clinical setting such as the adult Facility in Amarillo, and at that time I found that field of Nursing to be very fascinating. I have always thought that psych Nursing was under-appreciated and over-looked by the general population, as well as the psych population in general already having the stigma that is commonly associated with it. When I went to the Amarillo facility, I found value in the Nursing of psychiatric patients and that it's a very draining field so I wouldn't say I enjoyed it, rather I felt more at sense of purpose I have found a sense of purpose I have seen in few other fields of my time in the health care. Now, while it's not a very fun aspect of Nursing I did enjoy and find my own humor in talking to some of the more... lively patients and their "stories" that are wildly outrageous. I was told about "large Nazi robot's" were laying under the town awaiting his orders to rise and take over, of course I've gotten good at not laughing at these stories, but I did enjoy hearing how they saw their world. On the opposite end the patients with severe cases of depression or other psychological trauma that can unsettle and shake anyone, and the most we can do sometimes is just listen to their story cause that may be a small thing to us but maybe something they didn't have the luxury of prior. For this module relating to psych Nursing, I have no real concerns as I do favor this field and have gotten comfortable with caring for people in these settings.

I gravitate towards this population as I have depression myself, I know that there are several people in the world with a "just be happy" kind of mentality that is not only dismissive of their personal situation, but it also hinders the progress to psych nursing as whole. I know all too well that there can be days to weeks where you simply just can't. There may be no real reason why or a quick fix, sometimes there isn't even a temporary fix to push you even a little bit to the next day. For me I can completely shut down and go into an autopilot mode where I simply go from point A to point B and when those periods happen to fall at crucial moments in my life. There are times where my depression severely impacts my life, just last module there was a time where I couldn't get myself out of bed for anything

that wasn't attendance based and instead of studying for the test a few days away I slept away my all-free time then failed that test. All my other tests ended up being ok but I created a stressful situation that lasted weeks of constant catching up to make up for it and several points of "I don't care anymore, whatever happens happens.". I have no family who is capable of understanding, and often they would give me unsolicited and demeaning advice like "you need to study more." or "What are you doing wrong?". I do have friends who understand and refrain from judgment and we support one another with whatever is weighting us down.

I have no real concern about my well-being, I know what I can and can't handle. I'm aware of my mental limits and when I am in a bad place mentally and take my own actions to limit my distress and prevent complications. Due to the strain, I was dealing with last module I am now more inclined to seeking professional help from consoles at school as I hear we have that available to us. As far as the clinical aspect is concerned, I'm not worried about that and know that their stories are their own and it's not my place, and frankly not my concern once I leave the unit. I am actually a very jaded individual so very little extra-personal stimuli can create turmoil in me, I do that enough all on my own.

A major question I would like to learn is simply non-pharmacological remedies others use to manage their lives, another topic I would like to learn is how to diffuse certain situations. I'm also excited to learn more of how pathology works in a lot of these psych disorders.