

PMH Reflective Journal Assignment

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I think psychiatric illnesses are very interesting and I am excited to learn about them in this module. I think a good majority of people have a psychiatric illness or some sort of mental health disorder. It is important for nurses to be able to identify psychiatric/mental illnesses. I am worried about the material just because I only have a small amount of experience on this topic, however I will come to class each day eager to learn so I can provide better care for my patients. Once we finish this module we should all have a better understanding of patients that present with these illnesses and I look forward to having all of that new knowledge.

I used to work at a retirement community where most of my shifts I spent in the memory care unit. I worked with patients who had Dementia and Alzheimers. Although these diseases might not be talked about in this module, I feel like they can still relate because many of my patients in this unit showed aggression and had physical altercation with staff members. I imagine that some of the patients I'll see in this module might show aggression due to their psychiatric illnesses. I have also been working as an EMT for the past 6 months so I have seen many patients with anxiety, depression, and suicidal ideation. Working as an EMT has helped me gain more confidence when it comes to communicating with these patients and it has also helped me learn some techniques to help calm the patient. This can be important because a severely anxious and distraught patient can be difficult to treat if you aren't able to get them to calm down and answer your questions. I do not have much experience with Bipolar disorder or Schizophrenia but I am looking forward to learning about them.

I think a lot of people believe that people with mental illnesses aren't capable of living a normal life when in reality most mental illnesses are easily managed with medications, therapy, etc. and a lot of people with mental illnesses are just "normal" people with families and jobs. I think safety is one concern that I have and it's mainly because I had a patient get violent with me and try to slap me when I worked at the retirement home and then I also had another patient while working in EMS that had a high ETOH level and became violent towards me and my partner when we tried to help him. We ended up having to use soft restraints on that patient and he ended up ripping through them. I don't really mind getting slapped or kicked but I do get worried about getting hit with objects or stabbed with objects. It's not a big fear but it is something I occasionally get worried about especially since I currently work during the night. I am glad I have had experience with difficult patients because I'm sure I'll encounter some patients like this in module 6. I also do not have the Covid vaccine at this time so I am worried that I won't get to go to some of the clinical sites. I really hope that's not the case but I have heard from former module 6 students that the vaccine is required for at least one of the sites.

I'm not sure what to expect but I think that's what will be fun about this module. I'm anticipating this module to be difficult and a lot of work but I'm hoping it won't be too overwhelming. I'm working full time on my days off so I am nervous that it might all be too much for me. My sleep schedule is a mess because I work nights and class and clinical are during the day so I have to keep switching back and forth. I've already used my 1 drop and my 1 fail so I need to pass this module. I would love to make it on the Dean's list but since I am working full time I'll be happy with any passing grade. Needless to say I'll mostly be worried about my own mental health in this module but I'll manage and do the best that I can. Hopefully

I'll learn some mental health tips so I can keep myself healthy as well as teach my patients how to stay mentally healthy. The three questions I have are: Do I have to have the Covid vaccine to be able to attend clinical? What are the best ways to communicate with a patient suffering from an anxiety attack? How can I as the nurse help my patient who suffers from a psychiatric illness? I'm very interested to see if I will know the answers to my three questions by the end of the module.