Journaling Assignment: Current Theories and Practice

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As I prepare for this next module knowing it is partly about psychiatric health, there are a few ideas that come across my mind. I do feel nervous learning about such an important topic as I have not had much, if any, clinical experience with psychiatric patients. However, I do feel optimistic and excited to learn about all the things psychiatric mental health nursing encompasses as mental health has always seemed to be an interesting topic. My only real concern is I do something wrong to trigger the patient, or interact with them in such a way they feel uncomfortable with me providing care. In addition to not having much clinical experience, I also do not have much official personal experience.

Growing up my family did not take mental health as a serious factor in terms of overall health. With this my family never bothered to seek professional help during the times they should have. My parents had my bother and I by the time they were both 20, and because of this my mom had a tremendous amount of stress in her early age, while my biological father was an alcoholic and heavily into smoking marijuana and at multiple times throughout my childhood admitted to not wanting to be a father. My mother though during her 20s did go to therapy for depression, but felt it wasn't helping her at all so ended up not returning. However, my mom and stepdad always told my brother and I if we felt we needed therapy they would be supportive. I would like to one day seek some form of therapy myself as I'm very interested in learning how I can better myself and what tools I can use to accomplish those goals. When I was younger I was definitely more apprehensive about the idea of mental health, as it wasn't something we talked about as a family until my brother and I had become older. Now that I'm older I strongly believe mental health is something that needs to be taken seriously both in the medical community and in the family unit, neglecting to do so usually results in negative outcomes.

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While now supporting psychiatric mental health, I would be lying if I did not admit to having some reservations. I honestly don't like being touched by other people who I'm not close with, so a concern is when people grab me and I freeze up for a few seconds. This probably stems from when I was a child my uncle would aggressively touch me and I don't really remember much else from that time period in my life except feeling uncomfortable, and since then growing up I wouldn't enjoy when people would touch me unprovoked. Normally I'm pretty good and can catch myself as it's pretty inevitable someone will touch/grab you throughout the day, but with psychiatric patients who can be unpredictable at times that becomes a little harder to manage. Also the fear of messing up or not doing good this module, as I'm the only one in my family who decided to go to college so I feel like there's a lot of pressure on me to do good.

With the start of a new module comes the start of new opportunities to learn and build my skills as a nurse. During this module I hope to learn how to provide adequate care to patients who are suffering psychiatric mental health issues while also deepening my understanding of how these disease processes work. The first question I have is what are the current trends of mental health issues, are they getting better or worse, are different age groups being affected, What is current data showing us. The second question is why do we treat the patients with the therapies that are currently used. The third question is are any of these preventible or is there a strong genetic link to the disease process. I'm extremely excited and grateful to get the chance to learn about such an interesting part of the medical field, and I expect to further strengthen my patient communication skills in addition to my clinical skills.