Current Theories and Practice

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My thoughts and feelings for clinical experience in Psychiatric Mental health nursing are anxiousness and curiosity. Anxious because I have an idea of psychiatric mental disorders from college courses, but I feel like it's not enough knowledge to actually be able to care for a patient. I wouldn't know how to approach the patients, how to communicate with them, or how to give them the optimal care that the patients may need. That is why I am excited to gain that knowledge and experience. I look forward to learning the different psychiatric disorders and being able to understand them in depth. I remember in an earlier module when I was assigned to a nurse that had a schizophrenic patient, I felt intimidated because I didn't want to do anything that could trigger the patient therefore, I did not choose that patient for one of my two patients. I should have chosen them so that I could gain experience, but I just felt uncomfortable due to not really knowing how to approach the patient. Now that I will be gaining experience in this module if I ever come cross a situation similar to that one, I will be able to approach the situation differently.

The most I've really experienced are patients with Alzheimer's. They seem to always be confused and have forgotten daily living activities. I've learned that by just talking to them gently and guiding them carefully are some of the great ways to care for them. During past clinicals, I had a patient that kept taking off their nasal cannula. With assistance of my instructor at the time we were able to distract the patient from removing their oxygen by having the patient fold small towels. Also, some of the patients I've met

love telling stories and even though they may repeat the same story, they appreciated me listening to them.

My fears and concerns would be for a patient to get triggered unknowingly and get violent. I wouldn't know what to do or how to react. I would do my very best to calm the patient down or even get help immediately. I have not personally had an experience, but I had a classmate in college that worked in the hospital. One time when my classmate came to class my classmate had deep scratches on their arms. I had asked what had happened. My classmate explained to me briefly a patient that wasn't mentally aware had caused the scratches. My concern would be what do you do in those situations that a patient harms you when they did it unknowingly. How do you protect yourself? Another fear or concern is to be able to control my emotions and know when to be strong. In this situation during clinicals our instructors at the time took us down to the neurology floor. We got to see patients having seizures through past videos that they had. During that time we were able to also see patients that were currently there through cameras. One of the patients suddenly was having a seizure. The patient was a child, and their parent was present with them. Seeing the fear, the patient had when the seizure was coming and seeing the parent desperately trying to do everything they could to calm their child down had me in tears. It made me really sad to see that situation. I could tell they were very close, and it reminded me of how close I am with my parents and I couldn't imagine what that parent must've been going through at the moment.

My expectations by the end of the module is to be able to be comfortable and have confidence in caring for a patient with a mental disorder. I want to be able to learn

and understand the different psychiatric disorders and how to better care for these patients. As well as how do the medications work in the body and brain, how to be able to know what to do in difficult situations, and techniques that help patients keep calm when they are not mentally aware. Three questions I would like to find answers to are: how to protect yourself and the patient when they are triggered and act violently? How to approach care for a patient with multiple mental disorders? What happens if a patient with a mental disorder refuses medication that is very important and beneficial to them?