

Current Theories and Practices- Journal Assignment

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Current Theories and Practice

This module, as a class we will get to experience new patient interactions with Psychiatric Mental Health Nursing. This is a new side of Nursing that I get to experience and learn more about. I will be discussing what I am looking forward too, my fear or concerns and also any previous experiences I have with psychiatric.

Walking into this side of Nursing I am very excited to learn more about interacting with patients and how to properly talk to each individual. I will be interested to compare the similarities and differences with what we have already learned and how the nursing aspect will be. I know this module will help give me more skills to better assist those in the hospital that will come in with similar backgrounds. I am looking forward to be exposed to new information regarding medications and different diagnosis. Overall, I am very excited to start this module and understand how to better communicate and better understand the needs of each patient.

My previous experience comes from working in the hospital setting for over two years now, I have come across different patients with a background of Psychiatric needs. Things I have seen is confusion that leads to anger and causing stress, hallucinations, and suicide ideation patients, among others like Bipolar, Schizophrenia, Depression and etc. One event that sticks with me is when I sat for a patient that has had previous attempts for suicide and there again for the same event. I noted that this patient was wanting help, but did not want to go to an in-patient facility because she felt confined and trapped. This patient expressed their concern about in-patient, they expressed being at the facility they were fine and felt better- this is because the situation that caused the depression and anxiety that led to the suicide attempt was caused at home. When discharged they were put right back to the same event having a repeat in actions. Being put back where the anxiety and frustrates came from that developed the depression was

hard to go back too. I want to understand how in-patient facility help equip patients to go back to their regular life outside of treatment and what kind of strategies were given to help prevent another attempt. With having some experience with psychiatric illnesses, I am interested to learn more skills to better understand how these patients think and the outlook they have.

With new experiences and new situations also come fears and concerns. Starting this module, one thing I am most worried about is knowing how to talk and communicate with individuals. I don't want to say the wrong thing or not say nothing at all when a patient is communicating something with me. Also, in some situations I know patients can get upset or angry. I want to know how to handle these events and how to calm the patients down. This fear comes from my experience at the hospital. I have seen patients become very upset and angry that leads to yelling and hitting at staff members. I believe this has led me to fear to not say the wrong things because I know what it can lead too. This is why proper communication is a big skill I want to achieve this module.

Some expectations I have for this module is to have a better understanding how disorders make people think and how this knowledge can help me understand how to better assist their needs, being able to give proper education is an important skill for me to accomplish because I want to teach patients skill to help manage anxiety or stress, the last thing I want to learn from this module is giving the proper resource to patients; this includes the hotline for crisis and giving the right information to help the patient know they can call or go to the hospital if they ever have thoughts of self-harm.

Overall, I cannot wait to get this module started and see what things I will learn that I never thought about or considered. I know this module; I will look back on the rest of my nursing career because communication is a skill that is used in daily life and psychiatric

disorders is something so many people are impacted with. Being able to have an understand will have an impact on me for the better outcome of the patients.