

Current Theories and Practice Journal Assignment

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I am very excited to experience module 6. I can recall starting module 1 and hearing about the modules ahead of us and thinking to myself, “I cannot wait till I get to module 6 to learn about mental health,” and of course OB. I do not have any experience with mental health, well that I am aware of. Maybe taking this course will open new doors or make me realize things I haven’t before. I do not think I have any concerns regarding mental health; however, I may be naïve to certain topics, situations. I understand mental health is a very sensitive topic and I am lucky to have the opportunity to learn how to help those who need help or to be educated in general. Furthermore, I am excited to spread mental health awareness, I do hear more about the topic in our current days, but I do not think that has always been the case. I have had clinical experience with a schizophrenic patient in module 4 and I have been a constant observer for an attempted suicide. I noticed the schizophrenic patient would hallucinate, have delusions, and would mumble to herself. I didn’t and still do not understand schizophrenic, my nurse at the time explained somethings to me but I hope to learn more about the topic during this module. The patient I had to constantly observe overdosed on Tylenol because they wanted to experiment.

Experience

I stated in my last paragraph I do not have any experience with mental health personally. I am not aware of anyone with mental health problems on either side of my family. I do believe mental illness was not discussed as much as it should have been a couple of years ago, but I think it is becoming a topic more and more people are opening up to. I believe the culture you grow up in can affect your mental illness, in the aspect of asking for help. For example, tons and tons of people sadly, suffer from depression, however, if you are in a Hispanic culture maybe the individual is scared to ask for help due to the response he or she might get.

Fears and Concerns

I think the main fear and concern I have for myself is seeing something that is too much for me to handle. I know we will discuss hard topics and perhaps go into details about certain events. I think I will be fine learning about adults but hearing about a pediatric patient committing suicide would be hard for me to listen to because I have a son of my own and I have nephews and nieces. I know ultimately learning about mental health will help me grow as a person and of course a future nurse. Regarding depression or thoughts of suicide I will learn how to respond, what to look for, and more which I look forward to. I think when I know I have a patient who is in the hospital due to mental health perhaps depression, suicide attempts the emotion I am going to feel is sympathy because no one knows what someone else's life is like or what lead to certain events. I want to be the best nurse to these patients because what if that is what they cling to, to help them hold on.

Expectations

I expect to learn many interesting things and to understand more subjects regarding mental health. I want to be able to understand what a schizophrenic, bipolar disorder, and PTSD are thinking, or feeling. I am curious about many things so I guess one of my questions would be, if a mental illness is linked to genetic is there any way to stop the onset of the illness from occurring? In addition, what do you do if the support or the medications you prescribe to the patient with mental health does not help? My last question is how exactly do you know you have good mental health?

Conclusion

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In conclusion, I am excited to learn about mental health this module and of course OB. I think mental health has taken a huge step forward in regard to the acknowledgement and I want to be the change that helps those who do not show their hurting physically, but they feel it mentally.