

**Current Theories and Practice: Journaling Assignment**

Madison Brown

Covenant School of Nursing

Instructional Module 6

Mr. Jeremy Ellis

August 23, 2022

### **Current Theories and Practice: Journaling Assignment**

I will be the first to say psychiatrics has never been one of my favorite specialties. I have a friend who has a mental illness, so I have had some experience with it. I also work in the hospital setting, so I have come across patients with mental illnesses. However, I do not deal with psychiatric patients every day, so my experience is limited. With that being said, I have some thoughts and concerns that I would like to discuss.

One of my biggest concerns when taking care of a mentally ill patient is that I accidentally do something to upset them. I think mental illness affects everyone differently, and each person has their own set of triggers. Therefore, it is important to take the time to build a trusting relationship with these patients to provide them with the best care. I am hoping to learn more about each mental illness, so I can better understand what these patients are going through. I also want to be able to identify the most common triggers in patients, and what I can do to treat them more effectively.

Furthermore, I think taking care of patients with mental illness can be scary. As I said earlier, I haven't been exposed to psychiatric patients very often, so I am unsure how to interact with them most of the time. Therefore, I can come off as quiet and unsure which isn't the best way to interact with patients. I think the mind is a powerful thing, and when it becomes unstable, it can lead to dangerous situations. For example, a lot of the school shootings are due to kids that were bullied and were in a bad place mentally. Obviously, there are safety precautions in place in case a situation was to get out of hand, but it is scary to think about. I know not every situation will get out of hand, and the more I interact with psychiatric patients, the more comfortable I will become.

Unfortunately, I am unable to go to the psychiatric facility during clinical because I am unvaccinated, but I am eager to learn about each illness in class. How do these mental illnesses occur, and does a person's mindset play a role? What are the most common triggers in patients with mental illness? What is the best way to interact with psychiatric patients? These are all questions I hope to have answered in lecture.

Psychiatric patients are just like anyone else, and I know they deserve to be treated just like everyone else. Like Mr. Ellis said in class, everyone is fighting some sort of mental battle, but some are more severe than others. Everyone goes through different hardships, and I think those experiences and the feelings that come with them play a huge role in mental illness.