

Journal Assignment

Mariah Rangel

Covenant School of Nursing

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Mr. Ellis

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I am excited because it is not often that you hear about psychiatric nurses and all they experience. I find it interesting about all the different cases and sometimes those certain people that can make an impact in something you thought of one way and not the other. You get that different perspective from them and see a little bit of how they see things. I am also nervous about having clinicals because it is sometimes scary to see those manic episodes or see those suicidal patients that you can't have that breakthrough with.

I had my CNA license before coming to nursing school and had to do clinicals at the nursing homes in Plainview. I remember being in the Alzheimer's and Dementia unit and there were good days and bad days. I remember having to feed a patient and they were fine but then they just didn't like how to I was helping only them and decided to through the food and the water at me. My father-in-law was also a diagnosed schizophrenic. I did not have the chance to ask him how he felt about his diagnosis, but I know that he coped fairly well. I, myself, also deal with anxiety. I remember I was in 4th grade when I had a traumatic panic attack that I still get sometimes. They are not as bad, and majority of the time am able to calm myself.

A fear of mine would be if I get cornered or crowded and it would potentially cause me to have a panic attack. When I do have a panic attack, I usually have a hard time catching my breathe and sometimes shuffle when I have to walk. I also try to focus on something else to help calm me down. Once the attack has passed, I usually don't have another one and I can continue on with the day.

I hope to understand psychiatric health a lot more and not wonder if I am doing the right things for those patients that I may encounter later on. I hope I can also understand some of the disorders that are diagnosed and can see how they see the world from their point of view. One question I hope to find the answer to would be, why do people have certain triggers that cause

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them to have a panic attack. Another question would be, how do schizophrenics see the world and what characteristics stand out the most for them. Lastly, I would want to know what would be signs most people would miss when looking at someone developing Alzheimer's.