

Psychiatric Mental Health Nursing

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The feelings I have over taking a course in psychiatric nursing are mixed. I feel as I am not completely sure what to expect. This course will be a very new experience for me altogether. I expect this course to be very complex and take plenty of time studying and reading to stay ahead. I feel as though I am ready to take on this new challenge with an open mind in doing my best to be engaged with this course material. My experiences with this material are very limited. There will be much information that is new, and this will keep me intrigued to be able to learn all that comes with this course. I have a very limited experience also when it comes to clinical experience with mental illness also. For this new patient population, I believe I will need to develop new skills for these interactions. Up to this point in nursing school we have been exposed to a diverse patient population, but I believe this certain population will pose new challenges and experiences. This course will require a positive attitude to be successful. A major concern I have is just how much new material and skill development this course will require. It will be fast paced as well so I look forward to using time management to keep from becoming too overwhelmed with all the material and aspects of this module.

I personally do not have much experience with psychiatric illness. I believe that mental illness has always been a subject that does not get talked about as much as it needs to be. However, now there have been great strides today to change that. People have been open more publicly when it comes to mental illnesses and struggles, they face. This can be seen by even celebrities and professional athletes. This subject was not talked about and more than likely just kept a secret if anyone was dealing with a mental illness or had someone close to them dealing with them. This is a stigma that I believe led to many people not even reaching out for help in cases where they needed it in recent history. Even now with the advancements on this subject I still believe there are people who go without treatment or diagnosis of this simply because the

lack of knowledge and understanding of the subject. I believe this to be true because personally I have not had personal experience, so I do not have a complete understanding of what a mental illness is in its entirety and all the factors that come with one.

My biggest concern with this module is not being able to understand what I believe will be an abundance of material when it comes to psychiatric nursing. This concern comes from the fact that I have had very limited experience and exposure to mental illnesses. I believe this could put me at a disadvantage when it comes to this subject. With my family, this type of subject was not ever discussed even if it was present. I would say we were in a way shielded or kept from the reality of mental illnesses. This of course was not done purposely as I believe this is just a complex subject that myself and my family did not a firm grasp on. As we have gotten older, we have been able to speak more of this when it comes to this subject. Specifically, my brother who now sees that he may have had some factors that could have been an indication of a mental illness. I believe this may be true with many people now as there is more information out there than ever covering the subject of mental illnesses. These thoughts are what I believe will have me more pulled in and ready to see all that I can learn with psychiatric nursing.

My expectations for this module are to have a lot of preconceived notions broken about mental illnesses. I hope to learn what it will take to be successful when it comes to being a nurse in this specific field and obtaining the skills necessary to do that job. Some questions that I would like to find answers to are what are some of the most common mental illnesses that can go undiagnosed or untreated? I think this is important because of the people who may not know what to look for or what is affecting them. Another question would be what are the best treatments to deal with a specific mental illness? A final question I have is how much support or lack of support can factor into the proper treatment of a mental illness? These are all the

questions that I believe will be answered and give me greater understanding of how mental illnesses can work and affect an everyday life.