

Psychiatric Illness and Its Impact

Brittney Miller

Covenant School of Nursing

Module 6

MSN, RN Jeremy Ellis

August 23, 2022

I come from a background where even though psychiatric illness was prominent, it was always subtly ignored especially in the company of others. I do not personally have anything against it but in my family, they spent so much time trying to be normal that I feel like it was never really addressed properly. I am intrigued to learn more about psychiatric illnesses, especially considering the part it plays in my everyday life. I do not have any concerns about taking this course. If anything, it will be a beneficial learning experience.

In my family, I have quite a bit of experience with psychiatric illness. My uncle has been diagnosed with schizophrenia and is on medication for it. He was not born with it but obtained it later in life. He now is constantly on medications that always keep him in basically a sedated state. When he is late taking a dose, he starts talking to people that are not there and seeing things. He lives in a constant state of anxiety even on the medications and is a shell of his former self. I also have my mom, which I am unsure if this is considered a psychiatric illness but has addiction issues which lead to other mental issues like extreme anxiety. My family has always treated mental illness as something that should be hidden away and not talked about. If the people around them do not notice they can pretend to be normal.

My biggest fear I think would be to be alone and unloved. This stems from the fact that I come from abusive parents who were both addicts and later a stepfather who was also an addict. I then came to live with relatives where I experienced extreme punishment for sneaking out of the house or doing other normal teenage rebellion things and was told I was not loved anymore. Being told that by someone who you expect to always be there and love you leaves a lasting impression that love only exists if you are doing what the other person expects of you. The moment you step outside that box you are no longer worthy. Honestly, there is so much trauma throughout my life I could probably write an essay on that alone. But due to all of this, it has led me to be in a constant state of people pleasing and

apologies for fear of being rejected or no longer worthy. I am not even sure how much is me and how much is my desire to make the others around me happy.

During this module, I hope to learn more about psychiatric illness. Having already experience childbirth I feel like that will flow a little easier, but I struggled with psychology class and how that translates to real life experiences. For some reason, it was easy to understand signs but not actually turn that into real life scenarios. One question I hope to have answered is how psychiatric illness is handled in the healthcare environment. Another question is just to learn more about psychiatric illnesses like my uncles, and how the families at home cope with the changes in their loved ones. My last question I hope to have answered is how psychiatric illnesses are be treated other than just medications like my uncles that leave the patient almost in a zombie state. Hopefully I can use this knowledge to better understand my uncle and other patients that I will experience in my nursing career.