Current Theories and Practice Journal Assignment

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IM6

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August 23, 2022

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Feelings

Mental health is a subject I am very exited to learn about and understand. So many

people around us suffer from some type of mental disorder weather we know about it or not. I

personally suffer from anxiety and depression. It is something most people would not guess by

looking at me and that is the case for many. Another reason I am very interested in the subject is

because I have close family members with more severe mental health disorders and quite

frankly, I worry that those genes could come after me, a loved one, or even my children. On one

side of my family, I have two uncles and two aunts (dad's siblings) that suffer from

Schizophrenia and or bipolar disorder. On my mother's side of the family, I have a cousin who

also suffers from schizophrenia.

Experiences

As mentioned before, I have been somewhat exposed to this subject but never actually

understood or looked much into it since my aunts and uncles live in Mexico. The last time I saw

them, I was 14 and I have vague memories of their actions. I recall being a bit scared to be

around them, but it was a subject that was never really discussed. My cousin that lives back

where I grew up, was diagnosed in her late 20s and acts so different than when we were growing

up.

Concerns

For obvious reasons, I have many concerns related to this matter. It is something I don't

think about or stress about often, but it is something that does concern me occasionally. I also

worry about depression and anxiety. It is so common now to see children and teens with

depressive disorders. In all honesty, Psych is not my area of interest, but it is definitely a topic that I am interested in. I think having some exposure and previous experiences could help me be compassionate and understanding toward patients during my clinical experience. Pediatrics is my main area of interest right now, and I think this module will be helpful for all areas of nursing especially with all the cases of suicide being seen in our pediatric population.

Expectations

In this module I expect to have a better understanding of these disorders to apply the adequate care needed in my nursing practice. It is very important for me to learn about risk factors, early signs and prevention if any. I want to know best practice and how I can provide the best care for any patient with any type of mental disorder as minimal as it may be. I want to be the type of nurse my patients feel comfortable to confide in and trust that we can work together as a team to help keep their concerns or mental health disorder under control. I want to make every patient feel like they have someone who will listen and who cares about the fears and concerns they live with.

Conclusion

In conclusion, Mental health is a very important topic I would like to have an understanding about weather I work in pediatrics or any other area. There are so many complications or problems that surge from mental health disorders, so it is a topic we should not be taking lightly. It is my goal to learn about recourses and triggers for my patients in order to help them and provide the best care possible always being compassionate.