

## **Journaling Assignment**

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Psychiatric Mental Health Nursing

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I am looking forward to interacting with patients in Psychiatric Mental Health Nursing because it has always fascinated me how the minds work. I am excited in a good way because I will have the chance to speak with the patients as a nursing student. I was from the Philippines and have had the chance to interact with people who have mental issues but that was in a way of just socially interacting with them and not really understanding what they were going through. I am excited in a difficult way because I am not sure how to react if in any case the patient would have a panic attack and starts to become violent. I am the kind of person who loves interacting with people, but I am not very sure if I really understand them. Sometimes, if my friends tell me their problems and how they are coping with these struggles, I would always give a piece of advice not knowing if it is coming from someone who truly understands their situation or is it just a feeling of pity and self-fulfillment that I have been able to give my two cents of opinion. As a nursing student going into clinicals for psychiatric patients, I should prepare myself to recognize that some of these patients may have been as intelligent or distinguished people before they lost their sanity. As we have learned in our class before, the intellectual and moral development of a person is highly affected by both the environment and genetics. Thus, I should not be easy to judge a person just because he or she is considered mentally incapacitated. I am the type of person who looks at the brighter side of things that is why it has always been easy for me to adjust and adapt in a situation. I just hope that when we go to our clinicals, I would learn lots of information from my patients and that I would be able to help them as well.

As a caregiver at Covenant Health, I am given the opportunity to look after patients who are considered mentally disturbed or those patients who have tendencies to commit suicide. I have looked after one patient before and she voluntarily surrendered herself to the care of the nurses of the hospital. However, at the start of my shift, she started becoming agitated and started shouting at the nurses. They restrained her on a chair thinking that she was securely tied down on the chair. No one knows but she somehow managed to get out of the restrains and started running in the hallway. I ran

after her and went in front of her to block the way. Fortunately, she stopped, and the police officer and the nurses tied her back down on the chair and gave her Ativan to calm her down. That night was my first time to be assigned as a sitter and I really felt afraid when I ran after her because I did not know how she would react to me blocking her way. All I know at that time was that I must stop her from getting out of the hospital. When things started to calm down, I felt glad and satisfied because I was able to do my job.

One of my fears and concerns is that if things escalate to a violent situation, I would not know how I would protect myself or other people from the patient without committing an aggression. I know to myself that if I am badly hurt, I have the tendency to be violent as well because sometimes I cannot control my emotions. I guess that is the same case with everybody else if faced in that kind of situation. The only difference maybe is that I have a higher tolerance and patience compared to others, hence, I result to controlling my emotions in the end. Other than that, as I have mentioned, I can adjust and adapt to different situations easily so I do not think that I would commit to violence as last resort. Besides, I know that during our clinicals, there will be authorities who will be with us, so I do not have to worry a lot about being faced with that difficult situation.

I am expecting to widen my knowledge about people who are mentally disturbed. I am hoping that by being able to interact with them as a nursing student, I would be able to comprehend the condition they are going through and be able to provide a better care suitable to their situation. I am hoping to enlighten myself and further my knowledge about human intelligence and emotion as these are also considered factors that can affect the sanity or the state of a person. The questions that I would like to be answered during the clinicals in this module are, first, how am I going to interact with patients who are going through a difficult condition, like a mentally incapacitated patient, should I pretend to be able to understand them? Secondly, how should I protect myself and other people around me when

things go wrong, without resorting to physical aggression that may harm my patient? The last one being, what is the better way of providing care to a patient who is considered mentally unstable aside from merely interacting with them?

Truth be told, it is just as amazing how our minds and emotions can build as they can destroy us. Our sanity is just as important as anything else that matters to us, hence, doing what makes us sane and stable is not anymore as simple as it used to be. We have come to an age wherein there is an increase of younger people committing suicide due to stress and depression. Some of which are resulting from environmental pressure that modernization brought us all in. The world is evolving and I personally think that new research has to be done to cope up with the changes that is happening around us.