

Current Theories and Practice

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This module we will be learning nursing in the Psychiatric mental health. This is one subject that doesn't have me running to be first in line. I work on the neurology floor at covenant medical center. I have seen mentally ill patients from time to time. I also am a very spiritual person and I do find myself questioning a lot of things from is this the devil to how this happens if its not. I truly believe that our mental health is very important and is the first thing that gets attacked in a spiritual aspect. Maybe it's the scary movies that I have watched my entire life that is also playing a role in how I view things. My family history doesn't have mental illness and if someone does, they hide it very well. Any time that I felt overwhelmed I have always stopped and took a deep breath and felt better and moved on. Its hard to relate or to compare situations to people who have mental illness that they are aware of and is known in family history. This is a hard topic to talk about and to try to understand. I can admit that I over think things and stick my foot in my mouth but that's just me being human. I have seen seizures where I have made eye contact with a patient who has no history, and the feeling is indescribable other then I called my dad and prayed with him and for the patient. It was very dark and uneasy feeling. Then I have been with a child born with epilepsy and has seizures around the clock, that room was calm and peaceful. This is where I don't know how I feel about this topic. It's one that I tuck in a closet and don't go looking for answers of fearing what I might find. I do love when a nurse says they will never work with psychiatric illness people though. These nurses don't realize they have probably seen and cared for many without knowing. I am looking forward to exploring this part of nursing and getting a better understanding of what I don't understand. Funny thing is we just watched the movie smile, don't recommend watching it and then entering this module. i would be lying if I wasn't admitting to being scared to go to some of these places. It goes back to not understand and not being able to differentiate between spiritual and what this person is battling with what they are born with. What do I know about mental health? Nothing, but I do hope to have a better perspective, more of a open mind to this part of nursing. I want to know with the different levels of mental health what the brain is doing.

The three questions that I think I am looking for answers in this course are simple. First question will have to be: Though series of test and questions how is one diagnosed? This is huge when treating patients. Second question would be: Are mental disorders usually diagnosed one at a time or as a cluster? This is one makes my brain hurt because I wouldn't want to be making a illness worse because the DR. was wrong with the diagnosis. Third, what happens if this occurs what then? These are some things that just circle and its never ending sometimes. I can sit in a room picking out flaws of everyone, but I can also do that to myself, but I justify my actions. Is this a mental illness? My oldest son wasn't allowed to go around death or funerals, his parents didn't want to expose him at a young age. Then you take my youngest, he has experienced death and funerals his whole life from when he was a baby till now as a young man. I tell you this background because they look at death and express their feeling very differently. Our oldest cries, asks a lot of questions and has a hard time with death. Youngest its natural, he believes you are starting a new life and never cries. Is this because one was exposed and shown that death is part of life where the other one was sheltered and never got to see what death is. now when we lost my nephew at the age of three, my heart was hardened. I can deal with situations because nothing compares to what we went through in that season. So, I can deal with a lot of pain and suffering cause to me the only thing worse would be to lose one of my own. Which my nieces and nephew are like my children I got to help raise them all, they all turn to me more than their own parents. Is this a level of mental illness? I tell you about this background for you to see where my brain goes with psychiatric illnesses. Is my oldest weak or is the youngest just was explained to better. Do we compare personal experiences to others and judge them. I am very excited and scared all at the same time. Will I love everyday maybe. I am going into this with an open mind eager to learn.

This is a topic that I wouldn't have ever seen myself being opened to before. I believe we fear what we don't know or understand. Do I think this is a lot to do with spiritual war fair, Yes and No. I can

explain in my head why it's a yes to some but to others I can't wrap my head around it. I believe this experience will be able to answer my questions and to help me understand this illness.