

Current Theories and Practice Journal Assignment

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When I was accepted into nursing school I was excited to see what specialty I enjoy the most. I thought I would enjoy pediatrics, but after last module I soon realized this wasn't for me. I enjoy children and babies but it just didn't feel like...home. So coming into this next module was like a breath of fresh air. I do enjoy the adult care more so I'm excited to get back into it. As far as going into the psychiatric nursing, I couldn't be more anxious to experience this. Mental health and care have always been a passion of mine. I find it quite interesting that our brains can work a totally different way just because of a lack of a certain hormone or trauma. This is something I would love to expand my knowledge on and learn how to care for these patients in the best way possible.

My experience with psychiatric illnesses I believe first started with my grandma. When I was younger I remember my grandma relying on alcohol and cigarettes to mask her depression. She fell into a deep depression after my grandpa left her and my mom and moved back to Mexico. Although it was not officially diagnosed at the time, it was a hard time for her. Since then she has quit smoking and drinking completely. She was on antidepressants for awhile after she quit but now I'm not too sure if she is still on them. The next experience I have is with my mom. She suffers from anxiety and depression. She is not on any medications but she attends therapy sessions and stays busy. I believe the biggest trigger for her anxiety is feeling like she isn't enough, her mind just keeps going and going. For her depression, she just needed a purpose. She was a stay at home mom but after my brothers and I went to school, she needed a job to keep her busy. She now works at an alternative school to help with at-risk youth to graduate. After seeing my grandma and my mom suffer from these illnesses, I made it a point to take care of myself in any way I can. That didn't work out so well. Although I have not been diagnosed, I suffer from anxiety. I tend to think too much into things, and my emotions are often too much to

handle. I also recognized if I experience a problem, it has to be fixed then and there or else I cannot focus the rest of the day. For example, if I was to get into an argument with my boyfriend, we have to resolve it immediately or else I'm anxious the whole day about it. This is not always ideal as you can see. I do my best to control my emotions and distract my mind as much as possible.

One concern would be to deal with violent patients, however, this doesn't scare me away from psychiatric nursing. Psychiatric nursing is still something I want to experience and possibly work in one day. Another concern I would have is my own mental well-being. I consider myself an empathetic person. My worry is if I am constantly hearing people's thoughts and how they feel, I'm scared they might eventually become my own. I know I struggle with this on the floor as well, I get too emotionally attached. I do think I have learned to put up a healthy boundary because I am here to take care of my patients first. I think because I can relate to these patients, this can only help me become a better nurse.

I have high expectations for this module because this is something I would like to do one day. I look forward to going to clinicals and am open to learning more ways to take care of my patient that suffer with mental illness. Three questions I would like to find answers to would be, how do I keep and maintain a healthy boundary between my patient and I to help maintain my mental health? This is something I am still working on but would like to have some insight on. Another question would be, how can I tell the difference between each mental illness and what proper approach can I use to give effective care. I feel each patient is different, so being able to adjust your actions of care is important. Lastly the question I would like answered would be, is this area of nursing my home? Is this where I'm meant to be in other words. At the end of the

day, I am excited for this module because it will give me a chance to help people in a different way than just medicine.