

PMH Journaling Assignment

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I am feeling excited for this module and my Psych mental health rotation. I am coming into this with a positive, open mindset. From what I know psych needs a lot of help and is very short staffed. I am interested to see what they deal with on a day to day basis, and how their interdisciplinary team works together. I know that this will be different than most of my clinical experience in nursing school, and they will be doing things a little different because of the types of patients they care for. I am grateful Covenant School of Nursing gives us these opportunities to see all different specialties before we graduate. I am excited because this is a specialty I do not have the most experience in. Aside from mostly Alzheimer's and dementia my experience is limited and I am excited to learn.

Most of my mental health experience has been within two different locked units at Skilled nursing facilities as a CNA. During my time as a CNA I have seen a lot of Alzheimer's and dementia. With this experience you learn to think on your feet because the patients can be unpredictable. One moment everything could be fine and everyone's asleep then someone who has not walked in years is sundowning and trying to walk to the kitchen to "cook breakfast" at 2200. Sometimes when I try to redirect it makes the situation worse, so I find that participating in the delusion and possibly changing the subject can put them back on track. I feel like the primary thing for me is making sure that these patients have some quality of life, and their basic needs are being met. Even though they may not remember tomorrow I know that I took the best care of them as possible and respected them the best I could.

A concern I have is I see a lot of negativity regarding mental health and it is very sad. I have seen some people not even attempt to clean someone up because "oh they fight" or "they have a right to refuse." They do in fact have that right and they may have those kind of

behaviors, but not even attempting to try is wrong and they should not be on that unit if that is the case. Sometimes its just a matter of trying again later, or getting some help to distract the patient. These people are still people and deserve to be treated as such. Another thing I have seen during clinical is a lot of nurses and doctors disregard mental health especially if they have other medical conditions. Their goal seems to be treat the outside worse medical issues, and send them on their way without looking at the mental health. I feel like that care that was provided is not worth much if they go home and end their life right after. Mental health has a huge place in my heart and I feel like there is so much room for growth and education. I do not want anyone to leave my care in a worse condition than they came in whether that is physically or mentally. We are here to do no harm only good, so I try to educate myself where I can and provide adequate care.

During this module I expect to learn a lot, so that when I become an RN I have the tools necessary to take care of any patient I need to. Mental health is very important and if ones mental health is poor chances are their physical health is as well. Some questions I hope are answered are how does the interdisciplinary team work together to get these patients back home? What resources are there around here for my future patients mental health needs, and What is a day in the life of a mental health professional like? I feel like my questions will be answered while I am in clinical and I really look forward to experiencing this clinical.

Overall my mental health clinical experience is limited, but I still have strong feelings toward the subject. I can only imagine how someone with even more experience feels about the state of mental health care in the United States. I hope that more facilities open up, and I think it could be beneficial for the entire population to have resources available. Our homeless is greatly

affected by lack of care, and places to stay during mental health crises. Some people never recover and spend the rest of their lives on the streets and their only sense of a safe place is when they come to the hospital for a few days after they sustain an injury. I try my best to withhold any biases and just offer quality care to all of my patients regardless of their situation. I look forward to my time in Psych Mental Health Clinical.