

Current Theories: Journal Assignment

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Module 6: Psychiatric of Mental Health

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Introduction

I graduated from Texas Tech University with my bachelor's in psychology. With that being said, I have been looking forward to this module because of the psychiatric patients. I have always found it interesting to learn about the brain's chemistry. I enjoy learning about why we act the way we do, as well as how our past experiences affect our futures. I used to work on a Med-Surg floor as a certified nurse assistant at a trauma one hospital. I took care of many patients' who had mental health problems. I have taken care of many patients with anxiety, depression, and bipolar disorder. But I have never felt that I have given them the proper care or have said the right things to them. I am looking forward to having clinicals that revolve around psychiatric patients, because I feel like this will help me understand how to treat them and what things I should or should not say. I only have a fear that once I am in a psychiatric facility and that is the main illness, I will be taking care of, I won't enjoy it as much anymore. But I am excited to see it firsthand as well as behind the scenes.

I have personal experience with psychiatric illnesses, for instance my mother has been diagnosed with anxiety and depression. I am one hundred percent an advocate for psychiatric illnesses and how important it is to take care of your mental health. I have seen how anxiety and depression can take a toll on someone's body as well as how they picture themselves. With my clinical experience as well as the patient's I was able to take care of at my last job, I have seen how your mental health can change from day to day. I have seen patients go through the highest of highs then turn around and have their lowest day in twenty-four hours. I have also seen how they can describe a person or an object in detail, but neither is actually there. I personally believe that mental illness is a serious issue, and we should be taking better care of ourselves. Especially in nursing, I have seen many nurses put their patients as well as their jobs

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above themselves and they ended up being burned out. I had a conversation with a veteran who is currently a nurse, he stated, "I have had more PTSD from nursing school and nursing than I ever did when I was overseas at war." To me, this just shows how important it is that we take care of ourselves. I think we should normalize it being okay to have a mental illness and it does not make you any less of a person.

One of the things I am concerned about is my safety. I have been put in situations with patients' who had a mental illness that ended up becoming violent. I have personally been kicked and punched, but the room was also close to the nurse's station, so I was able to call for help. So, I guess overall my concern is just making sure I have someone with me who will have my back in those situations. As well as someone who will tell me how to handle those situations. I do think when a patient has a history of violence, I am always a little nervous to go into their room by myself. This also worries me because I feel like I do not give them the best care to these patients because of my fear.

In this module, I hope to learn how to provide the best care I can for psychiatric patients. I am excited to learn about all of the different psychiatric illnesses and how they affect different individuals. I am also excited to learn the clinical manifestations, causes, and treatments for all these different illnesses. We are starting to hear more and more about mental illnesses in today's society and I have heard about the same ones such as bipolar, schizophrenia and narcissism but I feel like I do not truly understand what they are. One of my three questions is, "Do genetics play a part in mental illnesses?" I have always wondered if one family is at a higher risk for obtaining a psychiatric illness compared to another. To go along with my first question, "Do you have to have a genetic link for a psychiatric illness, or can it be obtained by your environment?" I have always wondered if the environment you surround yourself with can cause you to have a mental

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illness like schizophrenia. My third and final question is, “Will there ever be a different way to treat anxiety or depression other than medications?”