

PMH Journal #1

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I have always been interested in psychology. Before I decided on nursing, I was contemplating getting a psychology degree, so I get to learn more about it, which is something I very much am looking forward to. The human mind is truly so complex and knowing what makes people “tick” is so helpful in learning about them at a deeper level. I would not say I have many fears going into this, but maybe social stereotypes. For instance, in the media schizophrenia has been vastly stigmatized to be this crazy disease that makes people turn into psycho killers. When in reality, this isn’t the case and is a condition that can be controlled with medication and statistically are very low on the list of psycho killers. For my nursing career I am leaning towards working in pediatrics and after learning about pediatrics in Module 5, you can very clearly see how the nature vs. nurture debate even plays into me as a nurse caring for kids, and how I interact with them will affect how they see a hospital setting for the rest of their life. When applying psychology into pediatrics I can see how it may be difficult due to the fact that children are not fully developed. Though I do lean towards pediatrics, psychology interests me especially in young minds because they have the potential to see things from different perspectives. I know during this module we are working with predominantly adults, but everything I learn is just another tool in my tool belt to help me be a better nurse. My expectations for this module is for me to have a greater understanding of mental illnesses, and what they look like. I feel like in today’s society, mental illness has become a popular topic, whereas back in the day, it was something people never wanted to discuss that they are struggling with. As a nursing student I can say that I have experienced first-hand how crippling anxiety can be, when in the past it isn’t something, I have struggled with before. Being in the hospital, is one of those situations that can bring on anxiety in a patient even if they haven’t

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struggled with it before. So me understanding anxiety and knowing how to help remedy the side effects is something I think would be really helpful for me as a working professional. Something else I'm keen on understanding is depression, it is something I think a lot of my friends and family has struggled with. My family has always been the type that has had the "keep going" mentality so even if you feel down, you ignore it and keep going because there is not time to feel that way. In saying that, let's say I do go into pediatrics, I know that those deaths I will experience are going to weigh heavily on me, and knowing healthy ways to cope with those feelings vs just brushing them under the rug and "keep going" will be healthier for me in the long run. Because the mental health of the caretaker is just as important as the mental health of the patient. How can I take care of someone when I don't even know how to take care of myself. So, in saying all of this I think this lays out pretty well my 3 questions. For starters, I want to understand certain illnesses like, schizophrenia, psycho/sociopath, paranoia, BPD, multiple personality disorder and so on, more due to the fact in media and other outlets these diseases have been polarized and a seriously negative light. Secondly, I want to know how to recognize more discreet disorders like anxiety and depression so I can help my patients and their families if they are struggling with these conditions brought on by their condition and/or diagnoses. Lastly, I want to understand healthy ways to cope with these conditions for not only my patients but also for myself because this career choice unfortunately is going to have its really hard days and being able to take care of myself will help me be a better nurse to others.