

## **Current Theories and Practice**

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When I had first heard that I would be partaking in a Psychiatric Mental Health module during nursing school, I had started to quickly make biased judgements. I became concerned for my well-being mentally, because I feel as though working with psychiatric mental health can be very draining and self-limiting if you aren't fully prepared. I remember hearing stories from a close friend from when she had worked on a psych unit, and it scared her to the point of nightmares and quitting that job all together. Hearing how her experience led her to doubt herself within her nursing career, it really began to worry me and didn't help my assumptions at all. I feel as though I have grown to feel a little more confident in dealing with these patients because of the preparation I will begin to receive, however I do still have some doubts. I am continuing to have a positive attitude regarding this topic, because I know just how effective nurses can be to these people and how I can assist them in becoming healthier individuals who can learn to handle their illnesses if properly educated and helped. I see it as a great opportunity for me to better my understanding as to how some people can mentally suffer which will help me understand these patients if I were to encounter them within my career. On the other hand, it is a hard topic because I have never had to endure psychiatric illness within my own life, so it will be interesting to see it from a first-person point of view.

When it comes to experiencing psychiatric mental health issues, again, I don't really have a good background of it because I haven't been introduced to these illnesses too much within myself or my family. When speaking of mental illnesses, I automatically think of depression, anxiety or bipolar disorder. I feel as those are the most common illnesses that are talked about and they are probably the closest I have come to encountering someone with a mental health issue. Due to my lack of experience, I can only make assumptions of it all from what I have read or seen within the news or on social media, and I have created the perception that these patients

are people who have encountered some trauma in life, that has caused their mentalities to change in a way that isn't typically ideal. Therefore, it leads them to be in a withdrawn state of mind at different times and can cause dangerous events to occur.

I fear that I won't be able to handle the cases that I am given, or that they may seem relatable to things that I have seen in my life that I didn't understand at the time was a psychiatric illness. I have seen some mental cases on the news or social media that have put multiple people's lives in danger, and I believe that is why I am so leery to work in areas dealing with psychiatric mental health illnesses, because I know how harsh it can be to the patient and to those caring for them. Due to feeling this way, I typically tend to be more cautious in things that I do, and I am always paying attention to things or people around me. Things can quickly turn for the worse and I believe I am always trying to prepare myself for those situations if they happened to occur. Seeing these mental health issues being portrayed within the media might have initiated my concerns for working with mental health, even though I know some aspects are typically exaggerated.

I expect that I will be able to see just how different psychiatric illnesses are for everyone and that they aren't always as harsh as what some may assume. I also expect to see situations that are more severe in which people are greatly suffering. Overall, I feel as though I will gain a better understanding of mental health disorders and which ways are best to treat them. I hope to learn more about psychiatric illnesses and just how much they affect people, while learning the many ways I can better understand and help them.

3 questions I hope are answered throughout this module include:

1. What aspects, if any, of a person's life tend to create these psychiatric mental health disorders?
2. What treatment has been proven beneficial for these patients?
3. Is there any research that proves there is a "cure" for mental issues or a way to decrease the likelihood of obtaining a psychiatric disorder?