

PMH Reflective Journal Assignment

Shantavia Turner

Module 6, Covenant School of Nursing

Psychiatric Mental Health

Dr. Annie Harrison, Ms. Jaynie Maya

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Psychiatric illness is one of the many things that have evolved my mind over the years. Whenever I was younger, people who had these types of illnesses were either called “crazy” or “insane,” but whenever I received a job at Sunrise Canyon, which is a psychiatric hospital, those “crazy” and “insane” words transformed my whole thinking on the people that have such a illness.

I realized you never know what someone has gone through in their life; that’s why it’s crucial that we be kind to everyone we come across. Some of the patients I talked to were raped, drugged by boyfriends, abused as children, and/or family members that had psychiatric illnesses, and sometimes we as society can count them out instead of helping them. One day on the job, there was an older lady that I knew, and she was admitted into the hospital. While growing up, I used to go over her house and play with her daughter. She woke up one night and came to the nurse’s station to come talk to me. She talked about what happened to her as a child, and why she was in the situation that she was in, but the whole time she is talking to me, I was stunned that she had even experienced all of that, because she was always so kind to my sister and I. I sat and listened to her talk, and she then she started crying. At that moment, I felt like that was all she needed at that point, was someone to just listen to her vent. After she was finished, I asked her could I pray for her, and she let me. Whenever I finished praying, she hugged me and told me “Thank you.” I realized all she needed was a listening ear, not someone telling her what to do, or healthcare workers shoving medicine in her face, etc.

I don't have any fears towards this illness anymore, because now I understand that some people are just different, and that's okay. My goal as a student nurse is to learn ways to deal with and support these patients if I ever come across any of them. I want to be able to give them the top-quality care that sometimes they don't receive. Although, some of these patient's can be hard to deal with at times, I don't want my biased attitude to get in the way of them having a great experience with me as a nurse.

I have always, since leaving Sunrise Canyon, been interested in Psychiatry. I wanted to know more; how the brain is different from people who don't have this illness, why are some people experiencing hallucinations sometimes, and why do they're behavior change sometimes, but my most concerning question that I want to know is medicine the ONLY way that they could live a normal life without these issues?