

Journaling Assignment

Covenant Schol of Nursing

Instructional Module 6

Topic: Current Theories and Practice

Journaling Assignment

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Mod 6 Psych

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This module has seemed interesting to me from the moment that I heard we were going to cover Psychiatric Mental Health. As we are starting this journey to become a nurse, a lot of our first thoughts were treating “physical ailments”, at least it was for me. Now that mental health has become more familiarized in the general public and more widely accepted as a disease for some, healthcare professionals can attempt to treat the patient as a whole. Mind and body. We, as nurses, need to recognize the cardinal signs of when a patient may be dealing with psychiatric mental issues and to find effective treatment options as soon as possible. I’ll be the first one to admit, that I’m not familiar with Psychiatric disease processes or the medication to treat them. With that being said, I’m looking forward to furthering my knowledge in this genre of nursing so that I can become a better, well rounded nurse.

One of my concerns that I have about taking this course is the thought of me self-diagnosing myself with some weird mental disorder. I am what some would call a “hypochondriac” and it has only gotten worse since I have started this program. I didn’t realize how bad my test anxiety was until a couple of modules ago, let alone that I even had test anxiety to begin with. Up until nursing school, all my grades for my pre-reqs were pretty good and I didn’t suffer from any form of test anxiety. So now that we may get a chance to learn how that affects our physiology, I’m looking forward to learning from that lecture.

A few years ago when I moved my family here from Amarillo due to covid, I was struggling mentally with severe anxiety/depression. I was facing tons of pressure from leaving my job, moving my family, to going back to school. It was extremely overwhelming to say the least. My wife made me make an appointment with my new primary care doctor at the time, and he did a whole psychiatric workup on me. He concluded that I needed to possibly try some anti-anxiety medication to help “cope” with the stress of these new transitions. I was prescribed Paxil,

and proceeded to take it for about a month. Not only did it not work, it somehow threw me into a mental spiral that only made my issues worse. So, I decided I was not going to take them anymore due to them doing the complete opposite of what was told to me. I also stopped them abruptly, which I was told later was the wrong thing to do – you're supposed to wean off of them. I later did some research and found that there are a ton of SSRI's that could work for certain people and some that just don't work with certain people. I have been hesitant to try any other medication out of fear that it would make things worse again. I have found salvation through Christ, and I try to give all my anxiety to God and try not to let it affect me or my family.

My wife and I, around the same time, have gone to couple's counseling on a somewhat consistent basis. I find that it does help us cope with our marital issues at times and helps us to recognize our mental struggles with life and each other, and how to interpret them into positive changes that will strengthen us and our family as a whole. I think mental health was such a taboo thing with me for a multitude of reasons. 1) I was prideful 2) I viewed myself as weak 3) culturally men in my family never went to see a psychiatrist, ever.

My fears for whatever reason, are dealing with a combative psychiatric patients and getting physically hurt. Or me hurting them in the process of trying to treat them. I'm sure we'll get taught how to handle these moments, but it's still a scary concept for me to try and grasp. My overall goal is to try and attempt to understand their diagnosis and try to help them treat them with kindness and respect.

My expectations from this Module and our clinical experience, is to try and get a FULL grasp of Psychiatric Mental Health Nursing. I want to fully be able to understand the patients diagnosis and try to be on their same level of understanding so that we can be on the same page.

I hope to learn how to approach these patients with kindness and understanding, and to take this knowledge outside of the clinical setting and spread the word about mental health.

Questions:

- 1) What are the most common Psychiatric Mental Health diseases?
- 2) Where can these patients go to get the treatment that they need?
- 3) What is the primary role of the nurse in the Psychiatric setting?