

PMH Reflective Journal Assignment

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Psychiatric illnesses are more common than some people tend to acknowledge. Most of the time, these illnesses go undiagnosed and those who suffer from these illnesses are having to go without treatment. I personally have not had any direct experiences with anyone who has a diagnosed psychiatric illness. I currently work at covenant and I think that has been the most I have had any direct care with anyone with a psychiatric illness. Even then, I have only been the nurse aide and usually they have a “sitter” for the patients that face these illnesses in the hospital.

With that being said, in my experience, these patients are usually facing suicidal thoughts or have turned to other measures to comfort them such as alcohol or drugs. I think the most concerning issue when I think about doing clinicals in the psychiatric unit is not being able to comfort those who face these illnesses in a therapeutic way that would comfort them without making them feel like I am belittling them. Also, another concern of mine is that you just never know what these patients are thinking or feeling so how do you go about ensuring your safe but also our patient is safe? I feel that if someone is determined to hurt themselves they will do whatever it takes to accomplish that. I have a hard time thinking about how clinical experiences will pan out but also I am scared that they may try to hurt me and I am unable to defend myself. I guess a question I have is how do you defend yourself in a situation like that? Some things I want to learn in this class is obviously how to comfort these patients in a therapeutic way. I want to learn how to keep these patients in a state that makes them feel important and keeping them from having bad thoughts. I know that not all psychiatric illnesses have to do with just negative thoughts but also, I am not too familiar with which other illnesses there are and what they can do to the brain. I want to know if these psychiatric illnesses are a direct issue with the brain such as a malformation or what really causes people to have these psychiatric illnesses. One question I

would like answered throughout the course of this module is what am I supposed to do as a caregiver if what I have to offer to help them is not enough? What if the support I give these patients is not enough to help them? Is there actually a cure for these mental health issues or is it something you have to deal with no matter what treatment you get? Are these psychiatric illnesses linked to childhood trauma? Can you prevent psychiatric illnesses? Although it makes me worried to not be able to fulfill the needs of these patients, I am excited to be able to learn how to connect with these patients and work with them in a clinical setting.