PMH Reflective Journal Assignment

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Instructional Module 6

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March 20th, 2023

Psychology has always been something of interest in my life. My mother has her bachelor's in psychology and just got accepted into a Master's program. I was diagnosed with PTSD as well as borderline personality disorder at 17 years old. Unfortunately, I have had to be hospitalized at 16 due to various mental health issues including depression and anxiety. I have always found it fascinating to see how our brains work in regard to social aspects, emotional, and environmental. I have looked forward to this topic, because I want to be able to help patients who deal with mental health issues in an environment that adds extra stress. As a nurse my goal is to always make a patient feel comfortable and safe, understanding these mental processes will help better understand and treat these patients. Being hospitalized is stressful, and the Lubbock area tends to get patients from cities up to 6 hours away if not more, this causes added stress as they are not in their homes or city, they reside in. Being able to better understand these mental health issues, triggers, and how to assist and ease their healing journey will help me provide a better healing experience.

I feel as though anyone who serves the community should be required to have mental health training, I've had bad experiences and witnessed the judgement some people face leading to a decline in people asking for help. There are 2 distinct experiences that I will never forget and will forever forge how I treat those around me and those I am taking care of no matter how "difficult" they may be considered. When I was 20 years old and the last time, I had an "episode" my boyfriend at the time had to call 911 due to being unable to bring me out of the mental and emotional state I was in at the time. An officer arrived first and instead of attempting to talk to me and figure out the story I was immediately placed in handcuffs, this escalated the situation when the goal should have been to deescalate the situation. I was removed from the handcuffs once EMS arrived and realized what was going on, thankfully they had the proper experience

and training and were able to get me help safely. The second instance I was working at a local ER, and we had a patient come in due to depression, anxiety, and was just abused by her husband, she was placed in one of the “Psych” rooms. During her visit she had a male doctor, when the male doctor entered, she started screaming, crying, and begging for the doctor to leave, instead of leaving he stayed and was trying not to laugh. Once he went to the nurse's station after evaluating the patient he started laughing at her again and stated, “She really is crazy, maybe he did it to calm her down.” This made me so angry, and I reported it anonymously. In my opinion the doctor should have removed himself from the situation and found a female coworker to evaluate her instead. By staying and making the patient uncomfortable proper care and a proper evaluation was not provided.

All health care workers, and public servants should be properly trained as we are here to serve our community. I am grateful I have to oppurtinity to learn more and I hope to contiue to learn throughout my career as a nurse. It is a goal to continue my education as well as educating others when it may seem necessary. I am grateful this module will give me a better understanding of psychology and how to better to treat this community in a healthcare setting.