

PMH Reflective Journal

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I am excited to learn about psychiatric illnesses and the role that nurses get to play in intervening and helping those with these illnesses. In past classes when I have learned about psych, I have always found it very interesting. It is a relatable topic due to the high percentage of the population that has some form of psychiatric illness, whether it is mild or severe. Almost everyone knows someone that struggles psychologically, so as a class, I think it will be good to learn more about how we as nurses can help. I do not think that I have fears regarding learning about this topic. However, I do have some anxieties about learning the signs and symptoms of these illness and comparing them to my own tendencies. I know that it will be easy to see some of the signs and symptoms in myself. I do not have too much past experiences with this topic as my family never really talks about mental health issues. We typically sweep everything under the rug and deal with our issues internally. I have struggled with psychiatric issues, just like everyone has, but I have never really had an outlet to express my feelings or anyone in my life to talk to about how I am feeling. It will be nice to learn about interventions I can do to help myself. Maybe I can use the information I learn in this module and take it home to my parents and sibling to help them be more successful with their own struggles. I also hope to break the generational taboo that my family has with mental health if I have kids. I want to be more educated on the topic, so when my kids do struggle, I know how to help them.

The first question I would like answered I have already touched on a little bit. I am interested to learn the nurse's role in helping those with these issues. I would like to know what happens at a psychiatric facility, and if there are specific requirements that nurses have to have before working at a facility. It seems like it would be a very hard job for a nurse to do, especially mentally, so I wonder if there are interventions in place specifically for that reason.

The second question that I would like answered is what interventions are there for those who are struggling, but do not want to be medicated. Some people may struggle with having slight anxiety or depression, but do not want to be medicated. I feel like a lot of people fall under this category, and they probably go under the radar and never get help their whole lives. It would be good to learn about how to help people who do fall under this category of mental illness.

The last question I would like answered is what pharmacologic drugs are used for each different illness. I know that a lot of them have black box warnings, so I would like to learn about the risk versus benefit for each one. I know that a lot of drugs for depression can possibly increase a person's suicidal thoughts. I would also like to learn about recreational use of these drugs, and how taking them without being prescribed them can affect someone.