

PMH Reflective Journal

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I do not have much experience with the psychiatric nursing world, however I do find the topic fascinating. I believe there is a growing need for psychiatric nursing in our society, mental health awareness is on the rise and the old taboo beliefs are becoming outdated. I strongly believe that mental health is just as important as physical health and that the two are very closely intertwined. New research is always confirming that high stress, depression, and anxiety play a huge part in our physical health and the longevity of life spans.

Although the topic of psychiatric nursing is fascinating to me, I still have some fear regarding the clinical rotation. I like to believe that I am good at therapeutic communication, yet my experience using it in situations where someone is experiencing extreme mental diseases is minimal. I just hope that I am able to develop those skills and be able to make a difference in their journey to health.

I am excited to take on the clinical rotations and maybe have some questions answered, such as how big of a role does the registered nurse play in a patient's mental health? What are the commonly used medications in psychiatric nursing and side effects they may have? What are the nursing interventions used in a mental health crisis? These are all the ways I am curious about my psych rotation.

