

CURRENT THEORIES AND PRACTICE

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The thought of taking a course and having a clinical experience in psychiatric mental health in my opinion is a huge advantage for my perspective. I have not seen or experienced to round in psychiatric mental health facility but I believe this is an opportunity for me to broaden my learning perspective in this type of patients. I've heard some stories about some facilities that are not funded well enough and are not able to keep patients in their unit resulting for the facility to shut down. Mental health is as important as caring for one's body. Not a lot of people believe in mental health issues because they think that people with those disorders are voluntarily acting like that for attention.

My belief in psychiatric illnesses is that they are true and some people do struggle with it and others are too afraid to speak up due to discrimination. This is such a big barrier to a lot of people who suffer from it and kept themselves in isolation instead of finding help. An increasing number of mental disorders have been one of my curiosities as to how this happened and what causes them to have this type of disorder. According to an article in Pacific health systems, the term, "psychiatric disorder", refer to a broad range of problems that disturb a person's thoughts, feelings, behavior or mood. Taking it into a deeper pathophysiology of this type of diseases it has said that there is a hypothesis that argues about that an imbalance of dopaminse, serotonin, glutamate and GABA results in the psychiatric manifestation of the disease. Meaning it is a real disease with a probable cause and treatment if these individuals reach out to the right people.

One of my fears in psychiatric illnesses, are people who are diagnosed with schizophrenia. Medscape.com highlights the hallmark symptom of schizophrenia is psychosis, such as experiencing auditory hallucinations (voices) and delusions (fixed false belief). I've had patients who have schizophrenia but are not showing the symptoms due to controlled

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medications that they're taking daily. The thought of them pointing out someone is behind my back and or sometimes they keep on telling me to shut the door because there's a little kid running down the hallway. Which there's hardly any kids that come at night gives me the goosebumps. It definitely makes me want to storm out of the room immediately.

I am hoping to learn and understand more pathologically how these types of patients have that kind of disease or was it mainly hereditary? I want to broaden my horizon in terms of holistic patient care during my clinicals in psychiatric mental health. Three questions that I would like to find answers during this course is that how can I better assist these patients? What usually happens to kids who are diagnosed with psychiatric disorders? Or Are they common in kids also or just the adults? In conclusion, mental health/psychiatric illnesses can progress to endanger a person's life without proper treatment with the professionals. Also, being aware and reaching out for help should be normalized not discriminated.