

Journaling Assignment

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NSG 1206: Childbearing Family and Acute Psychiatric Nursing Concepts

Ms. Maya

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I am excited to have clinical experiences in Psychiatric Mental Health Nursing as well as to get an in-depth look at how they truly work. There is definitely a lot of stigma around this field and it will be refreshing to be able to actually understand what this patient population goes through because it is more common than anyone thinks for someone to have a mental health disorder. For a while now I have heard of several diseases that will be discussed in this course and never wanted to dig deeper into what those particular diseases entailed but I am excited that I now am afforded this ability and will go forth with an open mind. I wouldn't necessarily say that I have any concerns regarding the subject matter of this course, but I honestly have no idea what to expect when I go to the clinical sites. There's a possibility I would be going with some preexisting biases and I will try to work on them as much as I possibly can but really to overcome anything I will have to have first-hand experiences to show myself that anyone hospitalized with mental health disorders are just regular people too and absolutely should be afforded the same respect and care as someone else.

My experience with psychiatric illnesses extends to an ex-boyfriend as well as my sister and cousin. The ex-boyfriend has struggled with his mental health for three years now as well as his suicidal thoughts and it has been quite a battle to have helped him through some of his worst moments. My sister has anorexia nervosa and while I was in grade school, she had to be hospitalized against her will and as a result my entire family participated in family therapy. That was also a difficult time to get through, but she is in a better place now mentally and has not been overcome by those thoughts again that overtook her at that dark time. My cousin was diagnosed with bipolar disorder a few years ago and that also has been an interesting process because I can tell she is happier now to have that managed properly and that she can now maintain relationships with people, but she also mourns who she was before she was diagnosed. I suspect

she now believes this is a weakness for her rather than something that is part of her for better or worse and she still struggles with identifying with this illness.

As I said previously, I don't have any concerns regarding this subject matter and I'm not worried that any lecture or clinical will take me back to any dark past experiences, but I will also go into this cautiously and not naively. Though I myself have not experienced what those close to me have, because of how it made me feel to be part of their healing processes and how hard it was in the beginning for all of them and for me to see them go through that, I will be cautious. I am excited to be here learning but that does not mean there's not the possibility of having memories resurface. If that were to be the case, I am in a good place mentally and I will work through anything I come across because I am strong enough.

My expectations for this course are to be able to successfully communicate and connect with the individuals I see and to be able to look past the illness and see them as a whole person who has likes and dislikes and feelings that are quite valid. I also, unfortunately, want to be able to help those struggling with suicide and learn ways to talk to them and get through to them when they need it most. More specifically, I would like to understand the answers to these following questions in greater detail:

- At what point for a suicidal person do you have to let another mental health professional take over because there's nothing more you can do for them?
- How can you differentiate mania caused by hormonal changes in certain women's menstrual cycles from bipolar disorder?
- What are some constructive ways to manage anxiety disorders that are nonpharmacological in nature?

I look forward to this course and what valuable information I will learn and be able to draw upon for the rest of my life.