

Current Theories and Practice

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I plan on being one hundred percent transparent in this journal posting regarding my feelings, experiences, attitude, and concerns with having psychiatric mental health clinicals this module. This module will be my first hands-on clinical experience with mental health patients, and I am extremely anxious, scared, apprehensive, but intrigued about what I am going to learn over the next couple of weeks. Psychiatric mental health is scary because it deals with the mind and the mind is so mysterious. One of my biggest concerns is that I want to keep an open mind and take in all the experiences I encounter without fear.

To my knowledge I do not have any experiences with psychiatric illness, personally or within my social group or family. When I sat down to write my journal entry I thought to myself, “what is normal?” Psychiatric illnesses present differently to everyone and medications may work for some but not all. To say someone suffers from some sort of mental illness does not mean they are crazy or a threat to society or themselves. I know mental illness is real, and my perception is it goes undiagnosed or treated for many reasons. A few reasons maybe poverty level, emotional support from their loved ones or social circle, or embarrassment. I recently came across a TikTok blogger who’s sole purpose is to provide food, clothing, and hygiene items to the homeless in all different states. I watched her live video and was intrigued on the way some individuals presented themselves, I have to be honest I would be scared to put myself out there in the situation because I do not know enough about mental illness. I am not saying all homeless are mentally ill, but it is not uncommon I within their community.

One of my fears or concerns is not being able to recognize when I am in danger with a patient. I do not want to be stand-offish and miss out on a learning opportunity. My plan is to be prepared and to look for signs related to their condition, I would like to know what to expect

before I start my interaction with them. Another concern I have is will it be overwhelming for the patients when we arrive? My classmates and I will be the outsiders and need to be respectful to their feelings and personal space. I want to have a good clinical experience with these patients and do not want to make them upset or fear us. I need to trust my gut instinct and follow the guidance from clinical instructors.

My expectations for this clinical course is simple, I hope to learn more than what I know about psychiatric mental health. As mentioned above the mind is beautiful but also mysterious. I want to learn about the types of mental illness out in our communities. There are many rural areas surrounding Lubbock. I also would like to learn what type of resources are available to our community and the rural areas. Does mental illness affect certain ethnicities or age groups? I also want to know how detecting early signs of mental health may help the outcome of the patient versus the patients who have been misdiagnosed and left untreated for years.