

Current Theories and Practices

Guadalupe Carrillo

Covenant School of Nursing

Mrs. Maya

August 20,2023

I am interested in how our psychiatric lessons are going to be because deep down we all are a little crazy. It will be a wonderful opportunity to learn about the human mind and how it works. I am fascinated by how the human mind can cause so many behaviors changes and personalities. However, I am a bit uncertain to go to an actual facility where psychiatric patients are held at because we hear the terrible things more the good things that can happen.

I have not been diagnosed but I think I probably have a little OCD, obsessive-compulsive disorder, in me because I must have a routine and I love my stuff in a certain order. I like to keep a tidy house and sometimes it affects me because I must have a clean house before I can study, and my three children just keep adding to the mess doesn't help. Therefore, I must leave my house and go study at the library or a café where I do not have to worry about a mess and study in peace. In addition, there are times when I don't remember if I locked the door, and I will be going down the street and I turn around just to make sure I locked the door. Of all the times I turned around or before driving out of the driveway there was only one time the door was not locked. I'm not sure why I don't register in my mind that I locked the door, but I need to double check if not I will be thinking about it all day or I text my sister, since she is my neighbor, if she can go check if the door is locked.

I work at the hospital where we get to care of patients that have a psychiatric problem, and they can get violent and end up being put in four-point restraints and/or posy vest but it for the safety of the staff and the patients so they can get the proper medical treatment. I believe the couple of times I have taken care of a psych patient they had been violent to a staff member during the night shift and were placed on restraints but during the day they were a different person. I also get sad because they are in restraint calling out for help or they keep asking to

have them removed but they are not in the right state of mind. It breaks my heart to see that we want to try to help them, but they don't want the help or just don't understand we are doing what is best for them. That is my concern and fear for the clinical rotation at the psychiatric facilities because of how violent they can get.

I am fascinated by how the human mind works and I am looking forward to an interesting lecture and hearing about the instructor's past experiences. I hope to be more knowledgeable in what are the proper ways to approach a patient with a mental illness. How can mental illness impact a person's daily life and overall, well-being? What are some of the signs and symptoms of the most common mental illness and what are the best treatments out there for patient? What facilities take in the low income or non-insured patients?