

**Mental Health Journal Assignment**

**Current theories**

Kennadee Mapp

CSON ID: 132398

Covenant School of Nursing

Taking a psychiatric mental health course is a great idea for any healthcare professional to gain a deeper understanding of the issues within this topic. With mental health being such a broad concept, one concern I have is correcting predetermined misinterpretations that I may have already formed. I am also concerned about being able to recognize and properly handle situations involving mental health since it is so subjective and interpretations can vary from person to person. However, this is a very unique topic that is very different from anything we have experienced in nursing so far which is exciting and I can't wait to learn more.

The way individuals perceive mental illness varies in the healthcare system as well as outside of it. The stigma around mental illness is a major roadblock to proper treatment of individuals who are affected, which makes those who are able to maintain an unbiased view of mental illness even more valuable. I do not think I have the best grasp on mental health issues, mainly because it is such a complex and subjective topic that has no definitive answer. There is rarely any black-and-white way to diagnose someone with a mental condition which makes it a difficult topic to understand. While it is not the only factor that affects mental status, I believe that a person's environment can play a major role in their mental health. I plan to have an open mind when approaching mental health in order to best understand the complexities of the wide variety of conditions I will learn about.

My fears and concerns about taking this mental health course stem from the potential emotional intensity of the subject. Learning about mental illness can be tough because many of the topics are dark and distressing to explore even when they are not happening to you. I have

experienced some unnecessarily chaotic situations in my life that began during discussions of such topics which unfortunately has created in me a negative connotation around the subject of mental health. However, it is necessary to learn about mental illness and health in order to efficiently care for patients from all backgrounds in our careers as nurses.

Through this course I hope to learn about the many diagnostic criteria of different mental health disorders as well as the evidence-based treatment approaches for each. I also hope to more fully understand the social and cultural factors that influence mental health which may help us develop a more complete perception of the topic. I predict that this course will cover a range of topics including but not limited to the causes, symptoms, and treatments for mental illnesses.

I have quite a few questions that I am sure will be answered over the next 8 weeks of this course. My top question is related to patient and caregiver safety. What methods, both therapeutic and pharmacological, will we use with our psychiatric patients to keep both them and ourselves safe? These are people with families that deserve to be treated as ethically as every other patient so I just have concerns with maintaining a respectful relationship while still maintaining safety. The second question deals with the sometimes controversial topic of paper scrubs. I know that in the hospital any suicidal patient will be dressed in paper scrubs but will a violent non-suicidal patient also need these scrubs or do we use other precautions for them? I have definitely heard mixed reviews about the paper scrubs but understand that they have saved lives in the past and that there might not be a better solution right now. Finally, how do you provide quality assessments and get reliable data from a patient who does not want to receive

care? If a patient is going to get violent how is it possible to do hourly rounding without putting yourself in a dangerous situation? I expect to learn a lot of different techniques and skills when it comes to mental health clinicals. Overall, I believe that taking a course will provide valuable knowledge and skills no matter what specialty of healthcare I end up in.