

IM6

Current Studies and Practices: Journaling Assignment

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Going into this module I am excited to expand my knowledge on what I already know about mental health. Growing up mental health has always been a part of my life, as well as super important to me. I have my bachelor's degree in psychology, so going into this module I am ready to be reminded why I love this study so much. I have seen people close to me deal with a variety of mental health issues, as have I. Having to go through a mental health struggle, when you get the appropriate care and medication, the breakthrough is so rewarding.

Being a person who has gone through a pretty big hump of anxiety that varied to show up in different forms, I can say after years of treatment, that it has made me who I am. I am proud of the person I am now, as I have experienced the breakthrough from constant worry and suffering, but I wouldn't wish what I went through on anyone. The hardest thing to get through someone's head is that anxiety, even though is a mental battle, can present as a physical one to the person experiencing it. The cause of my anxiety was so small, yet my mind blew it into something so unimaginably big, that at times I didn't think I would ever get the help I needed to be normal again. It started from my dad yelling at me for doing something I shouldn't have been doing that could have caused harm to me, which a parent yelling at their kid so they won't get harmed is completely normal. He wasn't being mean, he was just warning me and making me aware. Normal parent stuff. Yet, I took that in my mind and spun it in a way that I physically felt something was wrong. I didn't eat for days, it got so bad that I was forcing ensure protein shakes down my throat for months. Of course, it was frustration to my parents because there was nothing physically wrong with me to not be eating, but for me there was. I went for swallow studies so that I could see with my own eyes there was nothing blocking my airway or a mass in my throat, but I could feel it and that feeling ruled my life for years. After all those years of what felt like torcher, here I am today. I am happy, healthy and beyond grateful for the care I was

provided to now live the most normal life. I hope through this module others will really talk to their patients and for the most part listen. Even if it seems like it would be the smallest inconvenience to you, doesn't mean it's not completely controlling someone else's life.

As for expectations this module, I expect to add on to and dive deeper into what I already know about psychology and mental health. I hope to dive more into the mental illnesses I don't completely understand, that way I can give the best care to my patients. I know that I didn't appreciate when people that were in charge of my care wouldn't try to understand what I was going. It makes it a hundred times harder when you feel like you have no one on your side. The three questions would have to ask is:

1. What are the top three types of mental illness seen in the hospital setting?

I guess I just want to know what I might often see in the hospital. I know that anxiety attacks are very common in places like the ED and even the floors. I want to get into how to what the steps are to ruling out an anxiety attack versus a heart attack, more importantly, how to help the patient cope when they are told its just anxiety.

2. How to act when someone comes into the hospital having a mental health crisis?

What are the first steps to take when someone is having a massive mental break. What do you say or what actions do you take? Knowing what is appropriate versus not so appropriate. When to get someone else involved.

3. What is the best advice for a patient who is struggle in? Is there any advice that's good advice?

Is there anything you can say in the moment that can make the situation better? I know for me, nothing anyone said made it better and often would make me feel worse. So being on the other side, what is therapeutic versus what isn't.