

## **Psychiatric Mental Health Journal Assignment**

Taylor Hill

Covenant School of Nursing

Instructional Module 6: (Nursing 1206) Childbearing Family and Acute Psychiatric Nursing

Concepts

Annie Harrison, DNP, RN PMH-BC and Jaynie Maya, MSN, RN-BC

August 21, 2023

As a future nurse, I have been thinking and putting together standards for the kind of practice I want to have, including making sure my patients feel open to talk to me about however they are feeling whether it's physical, emotional, or mental. As someone who has been diagnosed with a mental disorder, it's one of the hardest things to deal with alone and no should have to. I am grateful that this course is a part of the program because not only do I want to learn more about my own diagnosis, but I also want to learn how I can help others with the same or different diagnoses.

Growing up, my parents were always good at making sure we went to the doctor if we had a fever or accidentally fell off the bed and broke an arm, but when it came to the possibility of their daughter having depression, they shrugged their shoulders and told me I was just sad and needed something to cheer me up. That started around sophomore year of high school, and it spiraled for years after that. My sophomore year of college was the peak of my undiagnosed and unmedicated depressive episodes. I was dating a boy who was emotionally abusive and of course that's when I found out I was pregnant. I was happy that I was pregnant because it made me want to eat again, to shower, and to try to better myself for this future child but as it turned out I miscarried a couple weeks after I found out. After I got the confirmation from my doctor, I was so mentally drained I didn't care if I lived or died, I just wanted the pain to stop. One of the ways that I would try to take control over my mind was cutting. In my head, if I could feel physical pain, my mental pain would take a backseat. I had been self-harming for years prior to that but it had gotten so bad that year my mom finally realized that I wasn't going to get better on my own. She eventually let me go to the doctor so I could possibly get some medication to make me at least want to take care of myself again. So, when I went, my primary care physician diagnosed me with depression and gave me a prescription for medication. For me, the hard part was taking

the medication she prescribed to me because even though I wanted to get better I could feel the pull of the depression and I had to fight it like crazy to get where I am today. I am grateful to be at the mental state I am in now but there are some days where I still have to fight to not go down that road again.

One thing that scares me about mental health is accidentally saying the wrong thing to someone and they take it personally or accidentally saying something in the wrong tone of voice. One of the most important parts of our job is to assess and sometimes the questions we ask, the statements we say, or the way we say things can take a hold on whoever you said it to. I know that when I was at the doctor, the nurse that asked me questions as to why I was there, was very rushed and seemed to walk on eggshells around me. So of course, there were things that I didn't say that I should have. I want my patients to feel like they are in a place where they know they could say anything about how they are feeling, and they will not be judged or treated like they are broken.

One major thing I want to take away from these lectures is to be able to talk to these patients in a professional but therapeutic way, so they feel comfortable enough to talk about their current situation and experiences. I know you have to build rapport with patients through taking the time to talk and listen to them, but I know there is language you can use to help further that process along. Some questions I have about mental health care are if there is any way we can prevent some of these mental disorders and are there potential cures? Another big question I want answered is what causes mental health issues? If we knew what causes some of these disorders, we could prevent progression or even cure people who have had a diagnosis.