

Current Theories and Practice Reflective Journal

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I personally feel that this course is very important to have at least some experience in. Right now I do not plan on going into psych nursing, but I do see the importance in having experience with it. I am optimistic about this course because it will help me have a better understanding helping those around me. You never know what situation will qualify for those nursing skills, but it is better had them for when the time comes. I have had personal experience with people who have their struggles with their mental health. Both from a personal/familial to professional/work situations. I have seen the effects poor mental health have on a person and the people around that person. Mental health struggles do not just affect the person who is dealing with them, but also with the people around them. It is hard to see a loved one struggles so hard and not be able to fully help them. I am personally a little concern about clinicals only because of how much I care and want to help people. I do not like to see people suffering and would do almost anything to help relieve that pain. I also know that when it comes to mental health it is not as simple to fix as physical medicine is. I am still learning on how to care for patients but also protect myself mentally. I do believe this module will help tremendously with that. I am a big supporter of the saying, "Mental health is just as important as physical health". The human mind is such an amazing structure and how every little thing has a place and a meaning. I am excited to learn more in depth about how those structures work and what happens when they don't.

I do have experience with mental health personally and professionally. Personally, I deal with generalized anxiety myself. I have been learning to live with it since I was 16 years old. I had a certain event happen in my life that completely changed my thought process and really changed who I am. Going through that I was placed into intensive therapy to help me and that changed my view on therapy it's self. Originally, I didn't have much of an opinion on therapy,

but I also thought it would be almost awkward or hard to speak to a stranger about things going on in my life. I've always had a hard time speaking to people about my personal issues because I always feel like I am burdening them or that I can just deal with it on my own. After experiencing what I'd experience when I was 16 years old my perception was changed. It took a few weeks to open up to my therapist at the time but when I did it felt like a weight had been lifted from my shoulders. I was also prescribed anxiety medication. I did have to trail through certain ones to find the right medicine and dosage that works for me. Once I had both of those in order, I felt like I could breathe. I did of course still have anxiety and had moments where I really struggled but at least now I have the tools to help me ground myself. I truly believe that more people should give at least therapy a try because I do believe everyone deals with something mentally, and it's better to not have to do it alone. Right now, in terms of treatment I am seeing a therapist to help me learn coping skills and things to ground me if I begin to have a panic attack. I also am on a different medication now that seems to be helping. From my experience it feels like I will be doing excellent mentally and then some event happens, and it knocks me back. But with each time I do learn more about myself and I see personal growth.

Professionally I have worked with psych patients. When I worked at the main hospital on south 10 we would receive all sorts of patients. This floor is renal telemetry meaning we saw a lot of patients with several kidney problems and/or ESRF. The things with the kidneys if they help get rid of waste and any toxins within the body. So if someone's kidneys are not working correctly they begin to build up those toxins in the body, and it really effects every system of the body including the mind. I have seen patients come in completely out of it almost in a psychosis state and after a few days in dialysis they are more aware and coherent. I always treat these patients as the same as my other patients and that with respect. Once those patients are mentally

back to their normal selves they always express appreciation with the care that was given to them. I usually hear them say something along the lines of being aware of how they were acting but not being able to control some things. I also had to sit in on a suicide watch patient. It was right around when COVID first happened and the hospital were transferring patients around the hospital to make room for the incoming COVID patients. They would sometimes send patients from the ED to our floor and one time I had to sit in with a patient on suicide watch. We were short-staffed and did not have a sitter, so I volunteered to sit with the patient. The patient and I had a decent conversation, and they were finally able to get some much-needed rest. I believe that sometimes we as a society forget that people with mental health issues are still people. Even though they see the world differently or react a different way to certain situations doesn't make them any less.

I do have a few fears or concerns when it comes to this clinical rotation. As I stated previously I'm worried about being able to leave work at work and not bring on certain struggles home. I have always had a big heart when it comes to people who are in pain or struggling. I understand the importance in separating your personal life and work, but it still is new to me. For example, if I see someone harm themselves or even speak poorly about themselves it makes me extremely sad. I would ask myself if there was anything I could have said or done to change that outcome. I am worried about seeing how some places or staff treat certain psych patients. As a society there is a stereotype when it comes to people who struggle with mental health issues and I believe we forget that they are still people and deserve compassion. I will say, every time I see a patient being mistreated in any way it fuels my passion to be different and make a difference in patient care. I will do the same thing I would on any other specialty floor if I saw someone mistreating their patient in any way and that's report it.

My expectations for this module is not only to learn more about certain mental health troubles and there treatment but also to gain in compassion and patience when it comes to patient care. I hope to learn as much as I can when it comes to the different mental illnesses. i am also expecting to be taught about the treatments and how they help whether that be medicine or holistic. My three questions I have would be the following, 1. What and how to react if you see someone in public is having some sort of mental warfare, and they need help? 2. What is the best way to protect my mental health when caring for patients with mental illness? 3. What the physical effect of mental illness?