Current Theories and Practice

Betty Wiebe

Covenant School of Nursing

Jaynie Maya

August 19, 2023

Knowing that so many individuals across the world struggle with mental health issues, I am ready to learn more about Psychiatric Mental Health in Nursing. I think most of the patients I have taken care of in my nursing career have struggled with either anxiety, or depression. I want to be able to help my patients in a holistic manner, not just in a physical aspect. I know that mental health can have a huge impact on how a person is doing physically, so I'm curious to learn about how to approach and take care of those struggling with their mental well-being.

I have several family members and friends that struggle with depression and anxiety. Seeing first-hand how depression and anxiety can affect your daily life is very eye opening. While some people struggle to get out of bed and perform basic human functions, others don't think twice about waking up and getting their day started. I've had a family member tell me it is one of the most helpless feelings in the world. I believe that as a society we have become more open and willing to discuss mental illnesses, but there is still work to be done. My perception of psychiatric illnesses is that they are not something you can necessarily control. I believe there are things that you can do to help lessen the severity such as maintaining a well-balanced diet, exercising, and exposing yourself to sunlight. However, I do understand those things are not a full proof cure. Like any illness, those are just things that you can do to benefit your overall health including mental wellness.

A fear I have is not knowing how to approach a patient with a mental health issue I know nothing about and saying the wrong things. A few years ago, I remember someone that I was attending school with seemed to be going through a hard time. She had very intense emotions and was constantly fluctuating between extreme happiness and extreme sadness or anger. A lot of people in her life said things about her and how she just needed to grow up and get ahold of herself and her emotions. It took years for her family to dive deeper into why she might be

behaving the way was. After therapy and many doctor visits, she was diagnosed with bipolar disorder, depression, and anxiety. That whole situation is something that always sticks with me. I can't imagine how helpless she felt when she couldn't necessarily control her emotions and everyone around her was just talking about how she was acting out when really, she just needed someone to listen and help her. It's a good reminder how important it is to listen to those that seem to be struggling. I've always been told by most of my friend groups that I'm the "therapist" friend because listening and having a genuine compassion for those struggling around me is something that is very important to me. I know that I am only human and can only do so much, but I hope to never put anyone in a situation where they feel like they are not being heard.

I expect to have a better understanding of mental health after the end of this module. I hope to learn some of the whys behind some of the psychiatric illnesses we learn about. Why they happen, what causes/triggers them, and what interventions can be done to help those struggling. Three questions I would like to know the answers to would have to be, what do I do as a nurse if the support/interventions offered do not help, does an increase in technology usage affect mental health negatively, and how to approach a patient that does not want mental health support even though they're struggling.