Covenant School of Nursing Instructional Module 6 Assignment Topic: Current Theories and Practice

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Module 6

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October 20, 2023

I am extremely excited to begin learning about Psychiatric mental health nursing. My goal in nursing is to become a psych nurse in pediatrics. My only experience with psychiatric nursing is at the children's hospital, we had an adolescent for an eating disorder and the team of doctors and nurses worked beautifully together to make an effective plan to improve the girls well-being. My main concern for this module is the time we have, with only have 8 weeks for the module and it being split in half with OB I worry I will leave doubting my knowledge in psychiatric and mental health nursing. My other main concern is for clinicals I fear that I will not enjoy the experience as much as I hope to. I am hoping to leave this module with a new clarity and love for psychiatric nursing.

While I have never been clinically diagnosed with a mental illness I have struggled with depression. I believe it has become too normalized in the society we have today, this causes many adolescents and adults to not seek the help they need. This sadly causes more problems for people's well-being. I believe that seeking help needs to be more normalized so we can reduce the repercussions of mental illnesses. I have also grown up with alcoholics in my family. I have seen them struggle with staying clean, help others become clean and help them keep their friends on the path away from alcohol. They are the strongest people I know and am proud to have them as my grandparents, they have shown me that a disease does not define you. I hope that one day everyone will see alcoholism for what it is, an illness. The people affected by alcoholism do not choose the illness, it chooses them.

With alcoholism running in my family, I always have the constant fear of myself becoming an alcoholic. This fear was set in me from a young age. I always knew what it was and knew that it was very serious however I did not completely understand it until the age of 12. When I was 12 years old my grandma had slipped out of sobriety, I had to watch as she made

reckless choices. She made those choices at the expense of others as well, I experienced firsthand at her buying my love so I would keep quiet because she was leaving me and my cousin alone at the mall when she was told not to. I saw her choose alcohol over spending time with her family time and time again. I saw her quit a job as a psych nurse so she would be able to drink. I saw the disappointment in my family as we found the empty bottles of whiskey scattered in hiding places around the house. I remember having to lie to my sister and cousins as to why we couldn't go stay the night with her. I saw as the love of her life begged God to give her clarity in the midst of the storm she was in. Luckily, our family was made whole again and she regained her sobriety and has not shied away from it since 2018. Watching the events of the years showed me just how dangerous alcoholism is and is something I hope to never experience firsthand.

My expectations are to understand the role a psychiatric and mental health nurse plays inside and outside of the hospital. I hope to leave this module feeling confident that psychiatric is what I want to pursue. My three questions I hope to have answered by the end of this module are: Does Covenant regularly employee psychiatric and mental health nurses? What is the most under diagnosed mental illness? And What is the most prominent mental health illness in pediatrics, and what is the average age onset for the illness? I am very excited to learn this expertise and hope that I leave this module with the same excitement with the goal of finding a job in psychiatric and mental health nursing. I have heard nothing negative about others experience so I feel confident that I will leave with an adequate knowledge on the subject.