

Current Theories and Practices

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Module 6

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I am eager to learn Psychiatric Health because of the many encounters I have with mental illness. Psychiatric Health will help me understand each condition and a course of action to help family, friends, and my future patients. I have been exposed to mental illness almost my whole life. Just at five years old I watched my mother struggle with anxiety, depression, and panic attacks after divorcing my father. I also began to suffer from anxiety attacks that later progressed to depression starting in the 7th grade.

Unfortunately, my younger sister, Angelica, got the short end of the stick. Angelica has been diagnose with bipolar disorder, social anxiety, depression, compulsive disorder, and ADHD all at the young age of eight. Growing up, my other siblings and mother had a hunch that she may be dealing with mental issues because she would have outburst of aggression and tried to do us harm then would be affectionate. I can still remember vividly law enforcement being called on her a couple of times by my mother because she wouldn't calm down and became hostile. Even though my sister was diagnosed 15 years ago till this day my family and I struggle finding ways to help her live a normal life. Since she doesn't have a handle on her condition she has turned to drugs and alcohol to cope, which made everything worse. We have tried to get her all the help we can such as medication, therapy, and even recently admitting her into an addiction treatment facility that specializes in mental illness. Although we have done everything in our power to help her, nothing seems to work. My family and I have become overwhelmed and exhausted with her actions, aggression, lying, and disrespect. We understand that her conditions make her that way, but we feel as she could be better if she would abide to any treatment that has been offered. I just want better for her because I'm tired of seeing my mom cry

and anxious because she doesn't know what else to do for her. I don't want to see my sister coming in and out of hospitals anymore from drinking too much or over dosing. I am hoping by taking this course I will be able to help her efficiently and inform my family how to deal with her outburst, manic episodes, and finding a way to get her to accept treatment.

My fear is while learning more about my sister conditions and realizing there is nothing else we can do since we did everything we can. I fear feeling helpless and disappointed that I couldn't do more. I fear telling my mom that there's nothing else we can do for my sister and that we just have to let her figure it out on her own. I fear my sister not being able to deal with her issues and thinking that self harm is the only answer or worse, death.

My expectations for this module is gaining experience and knowledge about not just my sister conditions, but anyone else I come across or care for. I hope to understand how they feel and what they think, so I'm able to sympathize with them. I aim to be the type of nurse that any individuals feel safe opening up to and not judged.

My three questions:

1. What did does the patient find to be hardest about learning of their diagnosis?
2. What does the patient wish their family, spouse, or anyone that they're close to would be more understanding about?
3. From the individual perspective what is the best way to help them over come an addiction or cope with diagnosis?