

**Psychiatric Mental Health Nursing: Journal Assignment**

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### **Current Theories and Practice**

In my approach to Psychiatric Mental Health Nursing, I could not fathom what kind of opposition awaits me. I expect that a lot of these challenges will change me as a person. I know that all these new experiences would intensify the appreciation I have for the profession I am working hard for. I have always wanted to get out of my comfort zone and this module might just be the exposure in Mental Health that I am expecting. One of the major concerns I have are the responsibilities I will embody, whether I will live up to the best of my expectations or not because what I have experienced with mentally troubled patients were unpleasant in the past.

The most recent experience I had was traumatic. I was working on the floor as a sitter and my patient made a phone call to his mother. That phone call must have triggered him, and he became uncontrollable. He slammed his forehead on the wall, and I had to yell out for help. He ran to the bathroom and slammed his forehead on the tiled wall with so much force that it started to bleed. I could not bear the sight of him doing that and my best choice was interfering because I knew that if he continued, he would have had severe injuries. Without second thoughts, I put my hand between his forehead and the wall. I had a hematoma on my finger. Luckily, I did not have any broken bones. After the x-ray, the doctor had me wear a splint just to help my hand recover. Looking back, I do not regret what I did because I knew that I did everything I could to keep my patient safe.

My fear would always be related to safety. It stems down from what I have been through recently. I am wary whenever my patients make a phone call and I make sure to always check

with the nurse or charge nurse. What I have learned the, was that sometimes, psychiatrists, have orders to restrict phone calls because mental health patients may be triggered when talking to their family members who might trigger their condition. This has become a major stressor for me ever since. Another fear is that I might have delayed reactions to emergent situations. I want to be able to think right on the spot to intervene when help is needed.

Every module my expectations are always neutral. I know that it would be a unique and new experience. I want to learn how to remain calm under pressure because this would mean that I get to learn about myself each time I step up with learning and performing my nursing skills. Part of nursing is questioning myself every single day. What are my strengths and weaknesses? Did I perform my assessments right? What did I learn from this module? These are the questions I challenge myself to answer upon completing this instructional course.