

Current Theories and Practice Journaling Assignment

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Journaling Assignment

When I was told that I would have to take an acute psychiatric course in nursing school I was thrilled and captivated. Whenever I hear the word psychiatric, I feel like there is a lot to learn about this specialty and it could really use a module of its own. I feel like we use psychiatry everyday by the way we talk to people, carry ourselves as individuals, and how we interact with the environment. I took a psychiatry course back in undergraduate college as well as a sociology course they both had many similarities but differed at the same time. Psychology focused on the individual and the mind itself. While sociology focused on the social groups and the surrounding aspect. Even though they were different I felt like they also correlated with each other. So, when I was told that we would be taking a Psychiatric mental health nursing course I was excited because I want to learn more about the disease processes. I want to know the signs and symptoms to look for and when to intervene when necessary.

My personal experience with psychiatric illnesses ranges. I currently work at the University Medical Center Emergency Center and over the past three and a half years I have seen a wide variety of Mental health disorders. Most of the cases that come in are people who have anxiety and depression, which is becoming more common and apparent. I have also dealt with a wide range of cases from bipolar to schizophrenia patients. As a certified nurse assistant, I will sit with these patients if they express that they have suicidal ideation and have a plan. I will pull up a chair and sit by their door or in the room as a precaution. I feel like even though I took all these courses in my undergraduate degree there is so much that I still don't know. For instance, when I sit with these patients, I feel like I don't know what to say or if I should say anything. Some of them want to talk and others stay silent.

I don't currently have any fears about the psychiatric portion of this module I think I fear the labor and delivery portion more because we don't treat these patients in the emergency center, we send them to the labor and delivery unit. I am excited to gain more insight to the psychiatric portion of this module because I learned over the years in the medical field that every patient is dealing with something in some way or form. And how they cope with it will effect the outcome of their situations. Whenever I sit with a patient, and they decide they want to talk they can unload a lot at one time. Most of the time I don't know if I should respond or sit there in silence. I feel bad for them because some of the things I heard over the years have to do with their grief and how they lost everything. What am I supposed to say in that specific situation, "I'm sorry?" I learned over the years that they don't like being treated differently or talked to like their children it seems to trigger them. Like when they are told to stay in the room it makes them want to leave the room even more.

I have high expectations for this module because I am excited to gain insight into these disease processes. My first question, I would like to know how a patient gets diagnosed with a certain disease. Because most of the time the patient does not want to admit that they have a problem and refuse to take their medication. My second question that I would like to discover is whenever we send these patients to these psychiatric institutions do, they get the help that they need, or do they leave feeling helpless and revert to the same situation they went into. My third question, what causes hallucinations and how we interact with someone when they say they hallucinate. Do we acknowledge that they are seeing things? These are my thoughts and feelings coming into the course so far. I am intrigued to learn more.