

**Current Theories and Practice:
Journaling Assignment**

Johnna Oliver

Covenant School of Nursing

Instructional Module 6

Ms. Maya

October 20th, 2023

I am very excited for my clinical experiences in Psychiatric Mental Health Nursing! Mental health nursing is something that intrigues me. I thoroughly believe that every nurse would benefit from diving deep into mental health and learning about how we can better care for our patients with mental health issues.

Patients in the hospital are not typically having their best mental health days. I think it's safe to say that a lot of them are having the WORST days of their lives. It's very important as a nurse to learn how to navigate emotions and feelings that our patients are experiencing. We learn how to navigate a low blood pressure. We learn how to intervene when a patient goes into cardiac arrest. We ALSO need to learn to intervene when a patient is having a depressive episode, suicidal thoughts or are having an anxiety attack. I realize it is not as black and white as interventions for say, learning how to do chest compressions during a cardiac arrest, but we do need to figure how we can better care for our patient's mental health just as much as their physical health.

I am not diagnosed with any psychiatric illnesses or medicated for anything, but I do have close family members that deal with depression and anxiety. I am an empath to my core, so although I don't struggle in the same way as my loved ones do, I feel for their struggles deeply, I am a huge mental health advocate. Chemical imbalance "within our brain" is just as much an issue that needs medical intervention, as much as chemical imbalance within our blood stream (hypokalemia, etc.).

I can honestly say that I do not have any fears going into this topic. I am excited to learn and learn more about why people “tick” they way they do. I am ready to give it my all to soak in and explore for ways that I can be a better caregiver and advocate for my patients.

One thing I would like to learn about is homeopathic and/or non-pharmaceutical measures I can advise for my patients when dealing with anxiety. There have been several times being an aid/tech that my nurse was waiting for a doctor to prescribe some kind of anti-anxiety medication and by the time it reaches the patients chart, and the nurse is able to give it, the patient has already come down from an attack on their own. I guess that is technically a good thing, but if I have time and the situation is right, I would like to help navigate my patient away or even through an attack. Again, if they allow me and if situation is right.