

Self-Reflecting: Psychiatric Mental Health Nursing

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Module 6: Current Theories and Practice

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Abstract

Psychiatric Mental Health Nursing is a field still in its infancy but is quickly evolving into one of the most important topics in medicine, it's almost equivalent to general health such as cardiovascular disease or diabetes, as it should. Despite the early stages of this field, the lack of testing, poor technology support, and no standard labs used to diagnose mental conditions, researchers continue to provide evidence-based methods for therapeutic patient care, pharmacodynamics, and family education. Moreover, the human brain's anatomy and physiology is an extremely complex, yet fascinating vital organ that challenges us to understand how mental illnesses and behaviors shape people. Educating ourselves through current theories, evidence-based practice, and valuable resources allows us to give high-quality nursing care to our patients and their families.

Keywords: Psychiatric Mental Health Nursing, evidence-based practice, therapeutic care

Self-Reflecting: Psychiatric Mental Health Nursing

Unluckily, psychiatric illnesses have been embedded in my family and me for a long time but I haven't been aware until recently, from suicide to chronic depression to ADHD, mental health is something we all have struggled with for decades. Oddly, the combination of our Mexican culture and the lack of education have made us non-believers in this invisible phenomenon that takes place in our heads, even denying obvious abnormal behaviors and visible feelings of mental distress. Where I come from the mental health topic just means you're crazy.

Identifying Triggers

I have no fears or concerns about the environment or approaching a patient suffering from a mental condition, but I do have personal past experiences that illicit emotions and activate my anxiety and self-doubt. Negative feedback from others triggers my mind and I start to question myself sometimes these thoughts shut my entire desire to be a nurse down. My motivation and happiness to help others become a dark place for me subconsciously which doesn't allow me to continue forward with learning, altering my personality from outgoing, and people-friendly to being quiet and just to myself. Fortunately, therapy and medication have helped me tremendously with these depressive feelings and allow me to keep moving forward to achieve my goals of completing nursing school and being a nurse.

High Expectations

My expectations are high for this module because I can relate to this topic and I hope to find some answers for myself therapeutically, so I can grow as a person and be a voice for my patients while spreading awareness of this global dilemma. The first question I hope to answer in this module is "Can these mental illnesses and behaviors be broken to prevent them from affecting future generations?" The second question is "How can awareness be spread so that

everyone can recognize mental health crisis as a sign of help and not as a threat?” The third question is how can we stop these stigmas of mental health in society and how can we hold those accountable for spreading false allegations on the subject?” I look forward to obtaining as much knowledge as I can in Psychiatric Mental Health Nursing through current theories, evidence-based practice, and valuable resources to help my patients and their families in the future when struggling with their mental health issues.