

Current Theories and Practice: Journaling Assignment

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Module 6: Psychiatric and Mental Health Nursing

Ms. Maya

In addition to being really apprehensive, I am really excited to be a student nurse in the psychiatric mental health area of nursing. Although I have not spent a lot of time with many different illnesses, I have always believed that no two groups of people behave the same when it comes to their illnesses; instead, there are differences in triggers, coping strategies, and even behaviors. I worry that I will mistake some people for things that they are not and mix up certain mental problems with others. I am also concerned that taking part in a clinical will put me in danger because I have never had to defend myself physically and I am not sure how to as a nursing student. Since starting nursing school, I have had the opportunity to think more deeply about my own qualities and how I respond to different situations. I was given a diagnosis of anxiety and depression almost a year ago, but I did not want those diagnoses to define who I was as a person. Instead, I was able to use that information to shift how I saw life, overcome difficult obstacles, and change my perspective on it. I believe this extends to other people as well because many are afraid to express their emotions, thoughts, or even their mental health issues for fear that others will think they are insane or rationalize that they are not normal when, in reality, they are, and many things remain un-discussed. There is a large stigma around mental health disorders and people experiencing diagnoses like anxiety, depression, and mood disorders. However, it is important for us as nurses to recognize these patients as normal people, especially since a majority of our patients will be facing mental health problems whether they are acute in the hospital or chronic.

Other than my own mental health challenges, I have no personal experience with mental health or psychiatric situations. However, I do think that not all mental illnesses are terrible and have a bad reputation because people mistakenly think that those who suffer from them are crazy or afraid. Don't get me wrong; I have heard crazy stories and I think they are true. I believe that

having a mental illness is simply a means of discovering who you are as a person and how you're going to change things in it, to live life to the fullest potential. I believe that if this subject was more widely acknowledged in our culture, a lot more individuals would ask for assistance rather than trying to get by alone. I have no prior experience with psychiatric mental health, as previously mentioned, and the module's biggest worry of mine is that I could be in danger, when my only goal is to help people.

The more I study about this subject, the more I worry that I won't be confident enough to treat a mental patient, or that I'll become sensitive to the fact that other people will react very differently, and that this module will have more difficult days than others. Since I already experience emotional instability most of the time, I believe that these additional external influences will exacerbate my anxiety. As a perfectionist, my goal is to be completely confident by the conclusion of the module that I can successfully manage any situation that arises during the psychological assessment. I believe that my uncomfortable feelings about this subject will initially affect how I care for my patients, but I have high hopes that they will quickly go away because I will initially be cautious and shy when performing nursing. However, after hearing the lecture and understanding the depth of psychology, I pray that these feelings will go away, and I will be able to provide my patients with the best care possible.

Throughout this module, I have several different hopes and expectation for my learning. Firstly, I hope to remember what I am taught so I can use it in studying from lectures and exams and pass this module. In order to provide the best care possible for any patients I may encounter in the future, I also hope that by the time this module ends, I will be able to comprehend the complexity of each condition and truly understand the pathology, symptoms, and treatment for different types of psychiatric and mental health disorders. There are also a few questions I am

hoping to gain insight on. I wonder if there is a connection between some mental problems and fetal development. I am also interested in learning how a person's surroundings can contribute to the development of various psychotic diseases. I am also interested in learning how a person's surroundings can contribute to the development of various psychotic diseases. What is the age range at which these problems are diagnosed, how early can they be identified, and is there a way to eradicate them so they don't recur later in life? I am hoping to understand these mental health concepts in order to provide the most effecting care for my patients mental and physical health.