Journaling Assignment

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Module 6

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I feel like I do not know much about psychiatric mental health in slightest, but I am excited to see how the experience is going to be. I feel like there's a negative connotation attached to the mental disorders. I know some people may describe them as scary or dangerous, when I do not think this should be the case. I feel like encapsulating everything under one term is unjust, because all mental illnesses are different. I have never experienced them firsthand so I cannot say for sure, but I am hoping it is nothing like I have heard. I am not sure if it is going to be my favorite clinical experience, but maybe I will be pleasantly surprised.

I have very little experience with psychiatric illnesses. I had a friend back in high school who used to be a pretty smart kid and had a lot of ambition, but years later I ran into him and was told he was schizophrenic. Now, I cannot say I know much about schizophrenia, but I could tell that he was not the same as he used to be. It was like the conversation we had was just flat, or he had no emotion. I was told it was caused by drug abuse, although I am not sure how true that is as I do not know much about schizophrenia. He was still a nice kid, but he just was not how he used to be. Another person I know with a psychiatric illness is my girlfriend's little sister. I cannot recall exactly what she was diagnosed with, but it is some type of eating disorder. She has trouble eating foods and keeping a healthy weight, but to her it is something that she has little control over. I know that this is not a choice she consciously makes, and she does require therapy for her illness. I have never judged her, and I wish the best for her, but I do feel bad for her. She has to work hard every day to fix something she did not ask for in the first place. She has had to go through inpatient rehabilitation 2-3 times, and I know she absolutely hated it, but she's doing better from it. People with mental illnesses are just like anybody else, they just need a little help.

I would not necessarily say that I have any fears regarding people with psychiatric

illnesses. I have heard stories of people being scared and uncomfortable while being on the floor,

but I have never heard of anything actually happening. I think it's important to keep an open

mind and remember that nobody is out to hurt you (most likely). Even if I were to feel some type

of fear at any point, I have to remember that they are people just like me, and they need help. I

need to maintain my professionalism as a nurse and do the best possible job I can do. I do have a

little concern regarding patient interaction in the way that I may not know how to converse with

them. I know that there can be touchy subjects, and not everybody wants to talk about what they

are going through. Some people may not be able or want to talk. I do not know how I will handle

those situations as I can sometimes be a little awkward with conversation if it does not go the

way I expect or if I am caught by surprise.

I do not have my expectations set too high, and I feel that's a good thing. I do not think it

will be anything too crazy, and I feel that it will probably just be similar to dealing with the

regular patient. Right now, I know very little about psychiatric illnesses, so I hope to gain some

knowledge about them. I have never been around these types of patients before, so I am happy

that I will get to have this experience and see what it is like. I would say my biggest question

about psychiatric illness is: "Why can you not logic your way out of it?". I have never

understood that. How come people with anxiety or depression cannot just decide to stop feeling

that way? How come people with eating disorders cannot just decide to eat? Obviously, I know

they cannot, but I do wonder why. Another question I have is: Are psychiatric illnesses genetic

or are they triggered somehow? Other than depression, I do not really know how these illnesses

come to be. And lastly, can psychiatric illness ever be fully cured? I know there are treatments

for them, but a cure seems like it might prove difficult. Hopefully these are some things I can

learn during my time in this course.