Journaling Assignment

Christopher Tsai

Covenant School of Nursing

Instructional Module 6

Professor Jaynie Maya

I am excited to take this course and earn more experience in Psychiatric Mental Health Nursing. I think that I will learn a lot that will help me become a well-rounded nurse able to provide optimal care for my patients. I do not have any experience in this area but I believe that empathy, resilience, and self-reflection are important personal skills to have when working with patients with psychiatric illnesses. Specifically, because there are so many harmful stereotypes and biases in the media regarding psychiatric illnesses. For example, I think that people with schizophrenia tend to be portrayed as dangerous, evil, or mad in movies or the news. People with psychiatric illnesses may have been discriminated against because such stigmas or they may have internalized it which can cause further distress. My only concern is about the inherent complexities and challenges associated with psychiatric illnesses. I do not know yet everything about the psychiatric illnesses, what to expect, what symptoms are normal for a diagnosis, and so on. I worry that I would not be able to provide the best care for my patients and that they will be irritated at me for that reason. However, I am confident that my professors and mentors will help me prepare myself and improve my knowledge about psychiatric mental illnesses so that I can confidently provide care.

I do not have any experience with psychiatric illnesses but I believe that mental illnesses can be complex and multifaceted. I think that mental illnesses are legitimate health challenges that can affect anyone. Patients with mental illnesses should not be shunned or treated inhumanly just because they are "different" from the "norm", whatever that means for society. I realize that the media may play a part in the dissemination of stereotypes and misinformation regarding psychiatric illnesses. Everyone should be more sensitive and considerate not to further disseminate misinformation and fear, especially nurses and other healthcare professionals in direct contact with patients with psychiatric illnesses. I believe in a person-centered approach

and I consider the patient as a human being who deserves empathy and care. I also think that mental health and physical health can be deeply interconnected so it is necessary to be aware of both. Mental illness can affect the body and the physical illness can also lead to depression, anxiety, or other mental and emotional distress.

My concern is that I do not have experience in responding to a crisis with a patient experiencing a psychotic episode or other symptom that leads them to a heightened state when they might hurt themselves. I would not call it fear but a concern instead. I think that my concern is probably common amongst new nurses or nursing students that do not have any experience with psychiatric illnesses like me. Doing something new in general is always challenging but another layer to that is working with people and knowing that what we do will have an impact on them, positive or negative. Obviously, I want to have a positive impact on my patients so I am concerned when I lack the clinical experience to feel confident that I can handle any crisis. I believe that as I gain more clinical experience responding to crises and following the hospital policies and nursing codes, I will be more confident that I can respond appropriately in a crisis with a patient that has a psychiatric illness. In regards to how my thoughts and emotions affect how I behave, I think that it gives me motivation and pushes me to educate myself more so that I will be prepared to handle a crisis and just any other nursing task.

I hope to learn a lot of information about psychiatric illnesses so that I am more prepared to provide care for patients with psychiatric illnesses. I also hope that I will be able to observe and learn from clinical rotations what it is like to be a psych nurse. What does the routine and career path look like for a psych nurse? What does it look like or what to expect when working with patients with psychiatric illnesses? What are the common or uncommon psychiatric

illnesses being treated in the hospital and what does this process look like? These are the three questions that I thought at this time but I am hoping to learn as much as I can.