

**Current Theories and Practices Journaling Assignment: My Own Perspective**

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**CURRENT THEORIES AND PRACTICES JOURNALING ASSIGNMENT: MY OWN  
PERSPECTIVE**

Psychiatric Nursing has always been a topic that has been of interest to me that I wanted to learn more about for a long time, especially once starting nursing school. I have a lot of direct experience in my life with many of the life experiences that the patients might also be struggling with themselves that have a psychiatric disorder. I hope that I have a positive experience with the psychiatric facility and get to see a different perspective than what I have seen before at Sunrise Canyon. I am concerned about the mental stability of myself with going back to a facility after what I experienced but I know as a future nurse that this will be important for the professional knowledge of being a competent nurse. I also am a little concerned with the safety of myself in the psychiatric facility but I am confident that many other students will feel the same way and will work to help keep each other safe.

I feel that I have an experience with psychiatric illness that is more seasoned than most of my classmates. I have worked before at Sunrise Canyon Mental Health Hospital for a summer and I had a very negative experience there as a healthcare worker. I didn't want to be a nurse at that time but I heard that they were high-paying and didn't know what I was getting myself into. I also wasn't very aware of what triggers this would bring onto my life from the trauma of my childhood until it was too late. I grew up in a childhood home that dealt a lot with substance abuse, physical abuse, and a very shallow support system for most of my life. My step father who was the only father figure in my life since birth struggled a lot with substance abuse that would often result in the selling of many of our personal items, paychecks that would disappear immediately, and my mother getting physically abused when he came back home still under the influence. I feel that my most recent experience with a psychiatric illness was this past year when

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my 17 year old cousin was struggling with substance abuse due to the depression of his father being hospitalized for cardiac issues that was his only support. My cousin ended up overdosing on a substance that was purposely laced with fentanyl and he ended up going into respiratory depression that led to his demise the day before my birthday. I have struggled with the grief of his death and the feeling that I could have done something but, the truth is that you will never know what people can be going through inside while being happy on the outside. I also struggled with my own mental health after working in the ER during all of COVID when we didn't have PPE and saw death on a very regular basis. I believe that mental health is an important aspect of everyday life and we need to stay healthy mentally for overall wellness. We need to know the importance of mental health as a nurse in order to help our patient have an appropriate environment for healing.

My major fear surrounding psychiatric nursing is talking about the substance abuse on the family aspect due to my cousin's death and the childhood experience that I had. I want to be strong in front of my peers and patients but it is hard to think about how a family might feel as we learn more about psychiatric nursing when I know exactly what it feels like from my experience. I believe that my other fear of being in an unsafe environment is due to my negative experience of working in a psychiatric hospital that wasn't very safe and being uneducated on safety in this environment. I believe that these thoughts might make me be more reluctant to jump into clinical experiences but I know that I need to take this opportunity to learn the most that I can.

I have expectations for learning more about psychiatric nursing and how I can do more to help promote a healthy environment for my patients to be in. I would like to learn more about the medications and the typical bias that people have towards various mental health disorders so that

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I will be able to be helpful to my patient. A major question that I have that I would like answered during this module would be: How do we break the cycle of mental health stigma in a low income patient? I feel that this would be really important due to them possibly not having the means of income to attend therapy regularly to help their mental illness. Another question that I have is: Are patients diagnosed with a mental illness educated on how to maintain their mental health during pregnancy? I have wondered if mental illness might be a barrier when educating on their pregnancy and how a healthcare provider might overcome this barrier to promote a healthy pregnancy. The last question would be: Do all people with a mental illness that leads to substance abuse not understand how this will harm their family or is their mental illness a block to that value? I have dealt with this in my personal life and I have always wanted to know to help me with my own trauma. Overall, I expect a good clinical experience and I hope that I learn new ways to care for my patients. I would also like to learn more about the mental health resources that Lubbock has to offer to our patients.