

Covenant School of Nursing

Journaling Assignment
Current Theories and Practice

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Mental Health is something that has always been prevalent in my life. Although I do not have a great understanding of many different mental health diagnoses, it has always interested me. I believe this course will teach me many things that will be prevalent to my future career. Throughout this course I hope to learn more about communication skills, different mental health diagnoses and how to treat and care for a patient with these conditions.

I have been nervous about this module since the start of nursing school due to the fact I feel as though it is going to bring back many dark memories I have, but it is also going to teach me many new things and hope I will learn how to communicate therapeutically with patients with several different diagnoses. I had always stigmatized mental health, even though I have my own mental health struggles, because I was raised to not show any emotions and that mental health struggles weren't real. It wasn't till a few years ago that I began to understand how important mental health is. I believe this course is going to further my knowledge and perception of psychiatry. I am concerned about the clinical experience because I am not sure how I will feel in certain situations and feel as though communicating those issues are difficult for me to articulate. I feel that although this course is going to be hard mentally, I think it will teach me different ways to approach many different situations in nursing as well as in real life.

Personally I have been diagnosed with major depressive disorder as well as anxiety. In middle school I was having suicidal thoughts in which I expressed to my parents, and was then diagnosed with depression and put on medications to help combat this disorder. Medication helped me a lot until I stopped taking it because I feel as though I did not need it, this led me down a very dark path in my life. During this time

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I was a senior in highschool and ended up attempting to take my own life. I ended up getting admitted to a psychiatric hospital where I stayed for 6 days to get some extra help and back on my medication. My mother has also been diagnosed with bipolar disorder and depression. Growing up I had never noticed it until I got a little bit older and realized the toll these conditions were taking on her, and how she copes with them day to day. My little brother also has many different psychiatric conditions such as attention deficit disorder, disruptive mood dysregulation disorder, and intermittent explosive disorder. His conditions have made me want to better understand psychiatry and how to effectively communicate with him to avoid outbursts. Through mine and my family's experiences with mental illness, it has pushed me to want to further my education regarding care for individuals with different psychiatric conditions.

I have many fears pertaining to going back into a psychiatric facility, I feel as though I blocked many experiences of my situation out of my head due to the trauma I faced during that time, and I think these clinicals will bring back some of those memories that I am very scared to face again. I am not sure how I am going to respond to these experiences, but I know that I am going to force myself to put on a brave face and try to gain as much experience from it. I hope that facing this obstacle will help me better process my experience, and am able to use the communication skills I will gain to further improve my ability to speak with patients and families.

I expect to learn a lot from clinical and lecture material and gain further understanding and experience with different mental health conditions. I hope to learn more about how to therapeutically communicate with patients during a mental health crisis. I feel as though I never know the correct words to say and ways to say them to

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people who are experiencing hard times in their lives. I would also like to learn what kind of treatment goes into treating a patient post suicide attempt, and steps to prevent future self-harm. Finally, I am interested in the pathophysiology of how the brain works with different psychiatric conditions, and how much genetics play a role in these conditions.

Psychiatric nursing has always been a specialty I have veered away from due to my past experience, but I feel as though this will teach me many different techniques and ways to care for patients dealing with all conditions. It is almost guaranteed that whichever specialty I go into, I will have patients with a variety of different psychiatric conditions, and I believe that holistic care is a super important aspect of all nursing care. I expect to gain important skills in this instructional module that will allow me to be the best nurse I can possibly be to all of my patients.