

Journal Entry

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I feel very overwhelmed as a student going into a very specialized course. I hope to learn as much as possible, so I can take care of many different patients correctly and efficiently. With that being said, I am trying to have a positive attitude looking toward without taking other nurses bad experiences into account. I tell myself everyday that as nurses we will all have different experiences, but they shine a light on becoming a great nurse since nursing is not always easy. It takes having tough experiences to grow. One concern I have looking forward is not retaining enough information to become an efficient nurse. I hope to take every lecture and clinical experience with an open mind willing to take a chance even if that means learning the hard way.

Growing up my grandmother on my dads side always struggled with bipolar depression. There were times where this disease immobilized her where she would feel judged or insecure for her emotions or how she would react. Not only did this bring strain into the family when she would visit, but I also learned how to speak to her in a way where she felt heard. I can remember being five years old and my mom sitting down with me to explain that Nana is like everyone else and she loves us, but there are times where she can't handle being under pressure or have a lot of emotions in one setting.

One fear that I have going into this module is not being a good listener and nurse when helping patients with a psychiatric disorder. Growing up with Nana there were times where we would be having a great time and then she would break down crying over a small detail of the conversation or become very distant. As a child, this made me very fearful of hurting her feelings, so I would always wait for her to speak to me first before I ever started a conversation. Now as a nursing student, I need to find a way to get out of this habit and be the support my patient might need. Knowing my background, I need to walk into my patients room with

confidence and show them that I'm here to help whether that's being quiet and listening to their thoughts or giving them my input as an outside source.

My expectations going into this module is to grow as a nurse while understanding psychiatric disorders. I hope to learn how these illnesses work in the body and mind while obtaining helpful communication with these patients so they can feel included and heard in their healthcare. My first question for this module is the overall best way to walk into a room and start a conversation with someone who has a psychiatric disorder. Secondly I would like to know how to make a patient comfortable who might not be ready to talk about their feelings in situations where they don't have control. Lastly, I would ask the instructors the best way to stay safe when working with a very aggressive patient who might not know what's going on or how to calm down. Overall, this module will be a great learning experience that will be the building block to becoming a great nurse.