Viewpoint on Current Theories

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Abstract

Mental health is a complicated subject that involves multiple different health avenues. Physical, emotional, and spiritual health are all a part of mental health and all affect each other. Everything is connected and run off each other. As healthcare professionals it is our job to take care of the whole which includes both mind and body.

I am a little bit nervous to start the psychiatric mental health course. It is not something I have a lot of experience with, but I do have a little bit of knowledge from friends and family. My grandmother has generalized anxiety and a friend of mine has bipolar. I am a little bit concerned with how I will react to everything. It is different from anything else we have studied while in school, so I am not as confident in it. Clinicals scare me because I don't want to do something wrong and some of the patients you can't reason with. I want to give everyone all the information and reasoning behind what I am doing so that they understand. I can still do that but make it more coherent for them.

My experience with psychiatric illness is basically confined to my family and myself. My grandmother used to have really bad anxiety and when I was young, I was diagnosed with obsessive compulsive disorder. I have seen the improvements that have been made along the way by psychiatrists and the public surrounding certain disorders. Medications and techniques have changed for the better. In my experience, everyone I have worked with has been very professional, helpful, and non-judgmental. I have also seen my grandmother work through things and become a better person on the other side of her anxiety.

I have some fears and concerns surrounding some psychiatric issues, including psychotic, self-harm stuff. My grandfather committed suicide before I was born which changed my whole family and I've struggled with some self-harm obsessions since starting nursing school. I also have a fear of ending up in a psych hospital because I did something wrong. Possible triggers for both of those is probably my family history and wanting to do the right thing. Usually when psychotic, self-harm stuff comes up I try focus on what I'm supposed to do as a nurse and not personal feelings. Usually, my behavior changes in that I become more withdrawn, less chatty, hyper focused. Which can help in some situations but not in others.

My expectation for this module is to become better at therapeutic communication and learn how to help people express how they feel. I hope to gain a better understanding on mental health and learn nonpharmacological/pharmacological managements. I hope to learn how to use my body language and communication to deescalate situations. I would like to find answers to why people are the way they are; is it a neuron issue or a chemical issue? Another one is how does trauma affects the way some people view life? The last question I have is how to combat this issue and lessen the amount of mental illness around the world? Overall, I hope to gain a wide, correct, and cohesive view on mental health.