

Psychiatric Mental Health Nursing

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Mental Health is such an overlooked area in healthcare. Nearly half of the United States population, averaging around 54%, do not receive treatment for their mental health (Turnbridge, 2021). Whether this is due to underdiagnosis, socioeconomic status, belief, etc. I am unsure. I do know that I am Intrigued to see this aspect of nursing. As of now, I have no knowledge of the specific roles psychiatric mental health nurses perform. Throughout this course I hope to become more confident in being able to care for an individual who is struggling with a mental health disorder.

As for my personal experiences I do have family and friends who really struggle with their mental health, and have been to see several psychiatrists who have diagnosed them. One person I am very close to, the most genuine person I know, is diagnosed with bipolar disorder. I do not feel comfortable discussing who this person is to me, but I do want to discuss my experience. During the time of my childhood this individual was not yet diagnosed with bipolar disorder, their emotions fluctuated severely. When I say this I mean, they would be happy one moment and then in five minutes something could set them off. Now they are on medication for their bipolar disorder and their mood has stabilized and this individual is very compliant with their medications because they hated the way they felt prior to their diagnosis. Mental illness never affected their ability to be a greatly valued person. I can see, especially now that I am older, that they simply could not control their emotions without help.

The other past experience I have with psychiatric illness would be with my mothers close friend. My mothers friend was a family-friend, so she was basically my second mother. I'm unsure of when the symptoms started occurring for my mothers friend but all I do remember is that she was eventually diagnosed with schizophrenia.

Throughout the course of her diagnosis she struggled with hallucinations, insomnia, etc. Unfortunately this mental illness, like many others, has no boundaries. It completely shattered her life as well as her children's. Finally, she got the help she needed, became compliant with her medications and is living a happy healthy lifestyle.

I do not have any concerns for this course, and do not think anything mentioned will trigger a negative response. If anything I am excited to learn more about mental illnesses and become knowledgeable on the topics provided through lecture. I look forward to the clinical aspect of this module as it will put everything we learn in lecture into a deeper perspective, and allow me to grow stronger in my communication and critical thinking. As for the three questions I have for this course, the first one would be, how does adverse childhood experiences (ACE's) play a role in developing different mental illnesses? I know that many things can trigger a mental illness, so being more open to asking questions about adverse childhood experiences might help tie together these concepts. I would also like to know, what is the impact of untreated mental illnesses? Can this contribute to multiple readmissions on behalf of patients whose mental illnesses have been left untreated. Or the alternative being, if left untreated how does this affect mortality rates. My last question would be, does doing drugs increase the risk of developing a mental illness or does a mental illness increase the risk of becoming an addict? I've noticed that working in the emergency room a lot of the psychiatric patients that come in have traces of drugs within their system. Unfortunately due to this a lot of them get treated differently. If they are getting treated differently this would apprehend the quality of their care. So, I would possibly like to try and figure out if it is the illicit

drugs that trigger the illness or if these patients use illicit drugs in order to suppress their illness.

References

1. <https://www.turnbridge.com/news-events/latest-articles/untreated-undiagnosed-mental-illness/> **Undiagnosed Mental Illness: What you should know.**

Turnbridge, 2021.