

Journal Assignment

Katelyn Kelley

Covenant School of Nursing

Instructional Module 6

Dr. Harrison & Mrs. Maya

March 28th, 2024

Before coming to Module 6, I took many mental health classes in my pre-requisite courses. Classes such as psychology, eating disorders, addictive behavior, and substance abuse classes. In fact, I graduated in December with a degree in Human Sciences Interdisciplinary from Texas Tech. One of my concentrations was addiction and mental health studies. I also work as a Nurse Tech at Covenant Medical Center in the Staffing Department and occasionally have sat with psychiatric patients. When I started being placed to sit, I was nervous, but I started to understand why my patients were there and began to relax around them. I would just try to listen to them and keep them as calm and safe as I could. I am looking forward to learning more about the nursing aspect of psychiatric disorders and what we as nurses can do for these patients. When I have sat in the ER, many of my patients go to Oceans. I was excited to see that Oceans was on the clinical rotation schedule because I have always wondered about what happens to them after they leave the hospital. I am a little nervous to be there as I know some of the patients that the ER has sent there are mentally unwell, but I am excited to learn all I can.

As previously stated in the paragraph above, I have worked as a sitter in the hospital and have seen patients with mental illness from there. The big two I have seen are anxiety and depression, but I have also seen those with bipolar, schizophrenia, and withdrawal patients. I have many stories of working with these patients as a sitter and as an aide. My most memorable patients have been those with mental health disorders. Some of these patients have done some crazy things as I have sat with them, but I also remember my suicidal/depressed patients just as well. I wanted to give them compassion and try to make them feel as comfortable as possible because they deserved that care. I also stated in the previous paragraph that I have a degree in Human Sciences with one of the focuses being addiction and mental health studies. I took many classes about addiction and how these disorders affect a patient and their mental state. These

courses always intrigued me because I wanted to better understand how their brain works and why they may turn to addiction when dealing with a mental illness. I also took a course in eating disorders because I knew as a nursing student/future nurse, I could possibly come across someone with one of these disorders and I genuinely wanted to learn and understand how to help care for these future patients. There was a sociology course that was about addiction and mental illness and how it impacts the person and their families around them. I wrote several research papers and learned a lot about addiction and mental health during this time.

I think the only concern would be my safety when going to Oceans. I am excited but I know these patients can be unpredictable and they could possibly attempt to harm me. Even though I have had experience with psych, most of the patients have been medicated or calm when I get there. I very rarely have dealt with violent psych patients which I am grateful for. I do know it can happen though and have unfortunately experienced violence from a few confused patients. The violence did not cause any injury to me, but it does make me weary thinking about going to Oceans where it will be an all-psych patient population. These previous encounters I have had will make me more cautious when I go to Oceans, but I will still do my best to provide amazing patient care. I will just have to be on guard and make sure to protect myself and call for help if I get into an unsafe situation.

My expectations are to learn more about psych and how we as nurses interact with these patients. I hope to learn how to better care for psych patients and better understand their illnesses. As for my questions my first one would be why are psych patients often dismissed in healthcare even when they have textbook symptoms? My second question is why is there such as stigma with psych and how can I as a future nurse better educate patients about psych? My third and final question is what can cause a person to have a psych disorder and why are they not

diagnosed sooner? I am very excited to learn more during this module and put what I learn into my future nursing practice.