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Current Theories, Covenant School of Nursing

Module 6

Maya

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Current Theories and Practice

Upon completion of module five and being exposed to some pediatric psychiatric nursing concepts, I am looking forward to module six and learning more, as well as being able to understand psychiatric illnesses. I feel it is an important concept to grasp due to the many human beings affected daily. This illness does not discriminate and affects all ages ranging from young to the elderly. I believe it is an illness that nurses must truly understand and know what their patients may be experiencing along with their needs and interventions.

At the age of eighteen I began working at the Lubbock County Detention Center. At this time in my life, I was just a kid booking in several inmates a day. It was required that we asked each individual if they had any psychiatric illnesses along with any thoughts of suicide before housing them. Looking back, I did not have many thoughts or opinions towards psychiatric illnesses, I just simply asked a generic set of questions to multiple inmates not truly knowing the meaning behind what these individuals were really experiencing.

As I gained experience at the detention center, I encountered more and more individuals with psychiatric illnesses and became more aware of when I needed to contact medical staff for further evaluation. I can say I felt uneasy fingerprinting and being in such close proximity with such individuals. I felt this way due to not really knowing what they were experiencing or being able to predict their next move and intentions. Upon acceptance to the Detention Center, it was required that I undergo a psychiatric evaluation. That evaluation consisted of my personal history, how I coped with any struggles I may have encountered in life, and my current thoughts

and feelings. Looking back, I wish the Detention Center required their employees to take a class that explained psychiatric illnesses in depth and how to best interact with these individuals.

As time went on, I had the opportunity to go through a Peace Officer Academy where I learned a little about PTSD and schizophrenia but still not enough to truly understand what these individuals were experiencing.

My expectations for this course are to learn as much as possible about the many psychiatric illnesses that exist and how to provide the best care possible as a nurse. I feel it is very important to understand what these individuals are experiencing along with providing the best care possible.

Lastly three questions I would like to find answers to during module six would be how does ones upcoming affect their mental health later in life. I find it interesting that during my psychiatric evaluation the psychiatrist asked in depth questions about my relationship with my parents and siblings. Secondly, what are the best ways to communicate with patients during a crisis or episode. I think with my prior work history it would've been so helpful to understand what these individuals were experiencing as well as how to best approach them. My last question would be what the best treatment plans for people with psychiatric illnesses are. How can we as first responders help care for these individual's long term. Does counseling or medications best treat patients and for how long.

In conclusion, I am looking forward to learning about the importance of psychiatric illnesses and how we as nurses can provide the best care possible.