

Current Theories and Practice

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If you were to ask someone about a psychiatric person, who had no medical training to characterize the meaning of a psychiatric person, their first instinct would be “A crazy person” or “someone that is going to hurt you”. A psychiatric person is not someone who’s trying to harm you, but someone who is fighting personal health issues within themselves. Individuals do not choose to become this way. I believe as a nurse, it’s our duty to support individuals with mental health needs.

I have always been interested in learning new things and new areas of nursing as I go through nursing school. As I finally got to module 6, knowing part of the curriculum was going to be psychiatric I was a little nervous about this subject and clinical rotations as I’ve had experiences with psychiatric patients. I used to be a phlebotomist with Covenant for 8 years and I’ve come across some difficult times and asked myself if the medical field is where I want to be. The first experience that I encountered was during work, as part of my job description as a phlebotomist I was to complete morning outside facilities where I traveled to collect samples. One of the places on my route was a mental health rehabilitation center. I see recurrent patients day to day but also see new admissions as well. I came upon a new admissions patient who made me a bit nervous, after I collected the samples that I needed the patient was intrigued by the tools and the way blood was drawn from the arm, as I was faced down labeling the samples I was doing some teaching on what the patient wanted to know, the area I was in didn’t have a sharps box so I had to put the syringe and needle on my tray to discard of it later, as I looked up the patient had seemed to get ahold of the leftover blood that was still in the syringe. As the patient

did not want to give it back and continued to intently push down on the syringe as it was aiming towards me, I felt blood splatter across my face. I didn't know what to think but to act urgently and calmly to fix this situation, as the patient was laughing at me for moving fast to get out of the room. As this was my first encounter with many, all I could worry about was my safety.

My major concern is the patients and my safety, I also worry about how to handle circumstances with patients who don't mean to harm but yet cause trouble. To better assess a situation, I would like to practice using my therapeutic communication to become a great nurse when the time comes. Not only for psychiatry but for all types of health care, I understand any type of situation can happen at any time. If another event were to happen, I would like to be ready and aware of what to do.

My expectations for the psychiatric block are to understand and verify the types of mental health issues that are among us. The first question I have is, what causes mental health issues in individuals, and can they mirror other behaviors that are not considered mental health problems? The Second question is, as you decide to be in the specialty of psychiatric care can other individuals' mental health problems cause you to be unwell? The third and last concern I have is how to approach a loved one who exhibits signs of mental health issues in order to get them help without upsetting them.