

**Journaling Assignment**

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Psychiatric mental health is really something I had never deal with before, coming from a cultural, and social identity which is different from what I am learning now make a big difference. In Cameroon , where I am from is something that we do not talk about. I feel a little anxious about the topic, also about how things will be during clinical rotation because for me the first perspective I have about the word psychiatric health is being surrounded by mentally ill people who are able to harm other persons. However, I am excited to learn more about this new world, but I would say that my feeling of fear is greater than my excitement. My primary concern is a safety concern because we are dealing with patient who may exhibit unpredictable or violent behavior due to their mental condition.

I will say that according to my cultural belief mental illness is like invisible, most of the time it may be attribute to supernatural causes or “karma”; so those people who are suffering are neglect and abandoned to their own fate. I do not have any experience with psychiatric illnesses, but I do believe that mental illnesses are something that deserve to be taken more into consideration because they are still stigmatized in many societies leading to misunderstandings and negative attitudes toward individuals with psychiatric disorders. It is important to highlight that stigma can impact patient’s access to care, social support, and opportunity for recovery.

Furthermore, most of the time we just care about physical diseases and disbelief about the severity of mental health someone is struggling with.

At the end we all human and no one choose to be sick, those people need support, assistance, and care as far as those who have physical diseases. Someone once stated that: “I wish people could understand that the brain is the most important part of our body. Just because you cannot see a

broken bone, does not mean it is not as detrimental or devastating to a family or an individual” deep thought, very important to keep it in mine.

I am fear of the unknow due to the lack of familiarity, afraid of not knowing what to expect. I did not have any passed experience that may have elicit my emotion. I would say that one of my triggered can be cause related to some movies, and documentary (based on reality) I did watch in which people were dealing with some kind of mental illness and they were very bad person, just ready to harm others, or harm themselves. In addition, I would say that my other concern would be my feelings since in my culture it is not something we really do not speak about, I don't know how this will affect my respond or behavior, but I would get trough this because it is a disease as others.

I expect to have clear understanding of the content of mental illness and to be able to take care in the right way of somebody who is dealing with this kind of disease. During this module, I hope to learn and understand every single lecture we will cover and to put this into practice. I hope to learn therapeutic communication and to integrate it in an effective way to a patient with mental health diseased. I hope to learn how to approach a sick patient and providing him care he needs; I also hope not to be attack by a sick patient during clinical rotation. Three questions I would like to find answer during the course are:

- How can I promote healthy mental health by applying what I learned?
- What are some challenges nurses encountered in the field of mental health as care giver?
- How does this will influence my perception of psychiatric mental illness?