

Reflective Journal Entry

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Lunatic's origin is interesting. They used to think that with the phases of the moon, it would cause maniac or depression phases in some people. Another phase that I can relate to mental health is Sundowning. Sundowning is when there is a change in a person's personality when the sun begin to set. They also know that they used to related women's menstrual cycles to the moon too. I wonder what they used to think about women during their menstrual cycle. I have always been curious why people believe that celestial bodies have an impact on people's mental health.

As nurses we are responsible for assess each aspect of our patients' health and wellness; physical, spiritual, and mental. We have been taught diseases and disorders affect can affect physical aspects of their lives. We have learned the physical effects of chronic alcoholism on the body. It will has lasting effects on the liver, but we have not learned the lasting effects on a person's mind. This is just one example of the on some of the topics we will learn this module. I am interested to see what other topics we will learn this module.

In 5 modules, we have talked about one mental health topic before this module. It was eating disorders in module 5, pediatrics. We only talked about during one powerpoint. We only talk about mental health for four weeks in module 6. In total, that would be 4 weeks and a single PowerPoint. I think that sort of resembles a certain stigma of mental health in a way. We don't talk about mental health enough.

I think the Covid pandemic over many people's eyes to mental health. I think with the many emotions of the world crumbling around them, and the social isolation is drove people crazy. With the emotions of losing their jobs, to the grocery stores running out of toilet paper, to all the daily challenges of daily life affected everyone in different ways. People had anxiety with their jobs laying people off. People had anxiety about their finances; the prices of everything constantly were rising since there were shortages on everything, even toilet paper. People had anxiety with their health. In 2 short years, the Covid death rates become higher and higher each day I looked at them.

I had one patient in module 4 with severe mental health issues. Mrs. Moreno challenged me to take the patient as my primary patient to get some insight into mental health and a sneak peek into module 6. This patient had been off of his medication for 2 weeks. I can't remember exactly which meds he was taking. His mother had brought him in to the hospital because he had become nonverbal and refused to eat or drink anything for two days. My nurse explained that he would do in and out of a catatonic state. I remember doing my physical assessment on him. He would respond to some of my questions, and suddenly, he would stop responding to me. He would have a blank stare on his face. I only heard the rap music he was listening to on his iPod. He would have short periods of these catatonic states and then return to his baseline. He would play on his iPod and graze on the Chick-Fil-A he had for breakfast. It was difficult to do my assessment, but luckily, the patient had a sitter I could ask for the missing information.

I have no personal experiences with mental health issues. I have never had substance abuse issues, eating disorders, anxiety disorders. The mental health speciality is the first section in nursing school that I know so little about. I have little previous knowledge, no back ground knowledge, no personal experience, and one clinical experience with a patient with severe mental health issues . I see we will learn about mood disorders, substance abuse disorder, personality disorders and many more. I am interested to learn the different disorders in mental health, so that it will better my practice in nursing.