

Current Theories and Practice

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IM6

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Journal entry

I am honestly excited to learn about psychiatric nursing. I understand there are a lot of biased opinions on this subject and overlooked by many people. In my opinion never judge without trying it and honestly I'm not scared or worry to work with these patients because it is a learning experience.

My experiences when working with these patients is honestly hard but rewarding. Learning about mental health and the types of interventions needed to assess the patients is very fascinating. I think being a nurse in psychiatric speciality takes a lot of patience and knowledge. I feel as I go on with my nursing career I'm always going to be surrounded with psychiatric and mental illness patients. This subject matter is all around us everyday and is real life.

My biggest fear is failure, and especially in this program. I want to highlight a recent emotional experience I just went through actually today on Monday 8/19. I was very stressed for the first exam and that is everyone in this module. Just my regular stress from school that I have learned how to kinda manage by now by self care, pilates, and taking walks. This morning before the exam I woke extra early to review my notes and I even made a boiled egg with coffee right before leaving to school. I got up to my car and my passenger window is completely shattered. I have never felt so traumatized and didn't know how to gather my thoughts. Like I went from having full focus to exam to my car is broken into. Overall from everything that happened of the exam, making phone calls, reporting, I realized I never had time to react emotionally. I bottled up all my emotions until I got home and cried it all out. I had like aches from just everything that was

happening around me so quickly, I accepted the fact that life is not always perfect, there's always gonna be obstacles that truly push us to make us stronger.

My expectation for this module is to have an open mind about psychiatric health. Mental health is the same as physical health. Each go hand in hand. My questions are Can a patient revert from the state they are in to a healthy lifestyle? How do facilities overall care and treat these patients if there is no compliance? How is patient care set up & what precautions do a nurses has to take in order to protect themselves?