

**Current Theories and Practice Journaling Assignment**

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Going into Psychiatric Mental Health is intense. I do not know what exactly to feel. One part of me feels a little nervous due to possibly caring for patients that may be dangerous.

Another part of me feels okay about it because I know they are dealing with things that may be out of their control and they just need someone to care for them, making sure they do not hurt themselves or hurt others. I have good feelings about this block and am already thinking about how this will help me in the future. Although I may not have any experience with Psychiatric Mental Health, I am excited to learn more about how to care for them as a Registered Nurse.

I do not have any experience with psychiatric illnesses. From what I have heard from co-workers and friends, it can be hazardous, not just for you, but for others. Depending on their conditions, some could be potentially harmful to themselves or others, and you could have to handle it. Although, I am sure there are people that can help you when you are in need in a situation like that. I know there will be people there helping us students and not leaving us alone is very reassuring.

One way that potentiates or starts some mental health illnesses is not having a support system. With a support system, you are able to be heard and have freedom and talk about issues. I believe the only reason I have not gone crazy is because I know I have my support. I have support through my family, friends, and church community where I play music and teach the youth. Surrounding yourself with these types of people that want to help is very beneficial. The only perception of Mental Health is what I have seen in past films that show a mental hospital looking like a jail with everyone being an inmate and having no autonomy. But, I know better than to believe what we see on Television. I'm excited to see how my beliefs and perceptions

could change after this experience, to see how it is instead of assuming and painting a picture beforehand.

My fear and concerns going into mental health is fear for myself and others. I am sure the facility has policies and protocols set in place to minimize threats and keep everyone safe, including the patients themselves. Although I know that is true the fear of harm towards me or towards other patients still makes me nervous because I do not want to get hurt myself or have anyone get hurt at all. I believe what may trigger this type of reaction is my lack of experience in this type of field, therefore I am not certain for what is to come. Also, due to that, I tend to believe what people, who have been in this field, explain to me about it; which most of the time is “crazy”, “dangerous”, and “interesting”. No matter what my emotions or perceptions towards mental health are, I will be professional enough to have an open mind and have the care of the patients in my mind at all times.

My expectations from this module are to learn more about mental health including, the diagnoses, how it affects the mind, how it is portrayed, and what are the treatments and interventions as a nurse. I want to be able to know the medications for the disease process, what to watch, and what medications are not needed to not overmedicate our patients. I expect myself to become more sensitive to the patients admitted to these places and be an advocate for them. From what I am going to learn here is what I will implement and apply in the real world to take care of my patients. Even if I do not go into mental health I want to be equipped with the knowledge to care effectively and efficiently. I want to be able to create a peaceful, safe place so that the patients can feel cared for and heard. Some questions I have over this course are; How can I manage my own emotional health while trying to manage and deliver exceptional care for

the patients? What are some ethical dilemmas in psychiatric facilities and how do I come about them about reporting? What do I do in a emergency situation with a violently aggressive patient?