

Journal Assignment

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I am coming into this module very much looking forward to psych. I have always had a fondness for psychiatric health and was actually working on my Bachelors in Psychology before I got into nursing school. I feel that mental health disorders have always been put aside because they can be too complicated to deal with, there isn't enough research on it, or people are too ashamed to come forward with their problems. Mental health I think is so important because it can affect every aspect of your life and can often times be harder to diagnose and treat than other medical issues. I am also very excited to be able to observe the nurse and patient interaction when we go to clinicals and see how the experience differs from other clinical sites I have been to.

I personally have never had to deal with any of the feelings, other than anxiety, associated with psychiatric mental health and for that I am grateful because I have seen the kind of toll it can take on an individual as well as their family or support system. I have had to watch my mother and my aunt struggle with mental health. My mother has struggled with depression as well as severe anxiety for as long as I could remember. I watched her try different antidepressants that would make her extremely sick or fatigued before they were finally able to get a dosage and antidepressant that worked for her and continued to work till this day. I have also been able to witness what noncompliance can do to a patient with mental health disorders and it can occasionally be deadly. I strongly believe that sometimes medications are the only options for people but I also believe that a lot can be done holistically as well depending on the degree of a person's mental disorder.

From this module I am expecting to expand my knowledge in psychiatric mental health disorder and medication that can be beneficial to patients. I am also very eager to learn just how medications such as psychoactive, antipsychotics, and anti-anxiety medications interact with the

brain to help with the patients disorder. I also hope that there will be some holistic approaches highlighted in the material that can be as effective as medication in the treatment of psychiatric mental health. The three question I have that I hope to get answers for are the following; Is medication the only treatment for mental health? What holistic approached can be use for psychiatric mental health that can be just as effective as medication? Can we do more harm prescribing medications than if we tried a holistic approach first?