

Current Theories and Practice Journaling Assignment

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Instructional Module 6

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Introduction

My own personal experience with psychiatric illness and mental health management is very limited. I come from a family that did not openly discuss the topic of mental health, and disregarded psychiatric illness as an intrafamilial problem. During this journal I will discuss my history with both psychiatric illness and mental health, my greatest fear, and my expectations for instructional module 6.

Feelings, Attitudes, and Experiences Regarding Psychiatric Mental Health Nursing

My first exposure to mental health nursing came when I began working as a patient care technician in a pediatric intensive care unit two years ago. Entering the world of mental health nursing was very difficult for me, as since I wasn't exposed to it during my childhood, I was unable to comprehend how psychopharmacology or therapy worked. After several years of working in healthcare, I have realized how important mental health nursing is, and how debilitating psychological illness can be. I have no concerns about taking a course related to psychological medicine because I am excited to learn more about the inner workings of mental health nursing. My own personal experience with psychiatric illness is mostly limited to what I've observed in a clinical setting. I have never personally battled with psychiatric illness, and out of my immediate family, my grandmother from my mother's side of the family is the only one to battle with a diagnosed psychiatric illness. My grandmother has been diagnosed with bipolar depressive disorder, and I do not know much about how she manages it, other than her management involves prescribed antidepressive medications. I hold strong beliefs that psychiatric illnesses can be just as crippling, if not more so, than physical ones. I hold this belief because psychiatric illnesses have no uniform cures and are often lifelong.

Fears and Concerns

My greatest fear is regret. My fear of regret stems from my belief in mortality. I fear regret because it involves the consumption of time. My greatest concern is that at the end of my life, I will be in my final resting place, I will reflect on a life I did not want. I believe this train of thought has heavily influenced my decision making. I attempt to live every day to the fullest, so that when my time comes to move on to another plane of being, I can feel fulfilled with my own accomplishments and decisions.

Expectations for Instructional Module 6. My expectation of this module is that it will help me develop more poignant emotional awareness and prepare me to properly manage the emotional needs of my future patients. During instructional module 6, I would like to know how public perception of psychiatric illness and mental health reflects the changes in interpersonal communication? I personally believe that the rise of television, and later the internet, has helped spread awareness of psychiatric illness to a diverse audience that never was exposed to the concept of mental health management before. The second question I would like answered during instructional module 6 is regarding evidence-based practice. How has the increase in evidence-based practice regarding psychologic mental health nursing changed the way we manage psychiatric illness over the duration of the last 25 years? I feel like mental health awareness is much more prominent in the 21st century than ever, and I am curious to see if this will lead to more funding, and therefore more research that could change the way psychiatric illnesses are managed during my career as a nurse. The third question I would like answered during instructional module 6 is how psychiatric mental health nursing is billed. While I work directly with patients managing psychiatric illnesses, I know very little about how the billing aspect works. I feel like this is something important for me to learn to be able to effectively advocate for my patients and provide them with the most resources that I can.

Concluding Thoughts. While my own experiences with psychiatric illness and mental health nursing is very limited, I am very emotionally invested in these topics, and I hope to learn much about them during my time in instructional module 6. Knowing that I will deal with a large population of patients struggling with psychiatric illness, I feel it is my duty as a healthcare professional to learn as much as possible about mental health management. During this journal I have detailed my history with psychiatric illness and mental health, my greatest fear, and my expectations for instructional module 6.