Current Theories and Practice Journaling Assignment

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Psychiatric mental health has always been intriguing to me because I am amazed at how imbalances of chemicals in your body can cause disadvantages to the human nervous system. Now that I am taking a course about mental health, I see why it is important in every area of nursing. Mental health can affect everybody it does not discriminate. I have experienced some clients who need psychiatric help may also have other comorbidities. Other clients who have chemical imbalances may be experiencing Mental health struggle during that time. Having opportunities to visit facilities who incorporate nursing care to the psychiatric population is a great learning tool. We get to experience firsthand how to communicate and manage certain situations that pertain to a client's mental health.

When I think of an experience I have had with psychiatric illness, I think about my mom. My mother suffers from bipolar disorder. When I was a child, I never knew my mother was fighting a mental health disorder and I didn't realize the danger and trouble we were always in. My mother told me at a young age she had bipolar disorder, but she never managed it with medication. She would smoke a lot of marijuana and tell me it was her medication. Growing up I had watched my mother go through episodes of depression. There were times I found my mother trying to hang herself in the closet. Other times she would take me and my siblings on a shopping spree and spend her whole check on worthless items. At the time it was fun because I was a child but as I grew up, I realized we were always homeless. My mother could never keep a job growing up and we either lived with family or in the car. It wasn't until I got older and found out what bipolar disorder really was, that I found out my mother has been suffering from unmanaged bipolar disorder. She has all the symptoms from mania to depression and extreme mood swings. I experienced second hand all the complications related to bipolar disorder such as drug and alcohol abuse, suicide attempts, legal and financial trouble. Experiencing this disorder

through my mother leave me to believe that professional medical management and therapy is crucial when trying to live life with a psychiatric mental illness. On the other hand, my bonus mom also has bipolar disorder, the difference is hers is managed with medication. It is astonishing the differences between them both. She still has her days, but her disorder is not as pronounced or consequential. She takes care of her responsibilities she has a routine. It amazes me the difference by just following a regimen.

My fears and concerns about working with clients who may have a psychiatric mental disorder are that clients will try to hurt me or themselves on my shift. Getting reports of clients physically assaulting nurses because they have psychiatric mental health issues is what alarms me the most. Thankfully I have never been assaulted by a client but is always a possibility, and something you must be ready for and know how to manage. Seeing clients on restraints can sometimes make me emotional because it seems so inhumane to me. I have seen swollen hands, swollen feet, damaged skin integrity due to how long clients have been on restraints. It is really sad for clients to be restraints when they have mental problems because it is uncertain if they know why or what is going on. We as professionals know why they must be on restraints but that doesn't take away from the simple fact that it is a sad thing to see.

My expectation for this course is to learn how to manage these different psychiatric mental illnesses. I Expect to learn ques for the illnesses and find resources that can help clients with these disorders. Three questions I have are, would a healthier lifestyle and introducing foods with the chemicals they need to balance be just as effective as medication? Does treating and caring for clients with psychiatric disorders make you feel like you have a disorder? How do nurses with psychiatric mental disorders manage there disorder and being a nurse, is it safe?