

**Journal Assignment**

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## Journal Assignment

I am apprehensive towards taking a course over Psychiatric mental Health Nursing. As someone who deals with a mental health disorder, I fear what I might find out about myself regarding my disorder. On the other hand, though, I believe it will be beneficial to me to understand myself and others better.

I got diagnosed with Bipolar Type 2 disorder in May of 2023. I had just finished module 1 and was on the tail end of what I now know was a hypomanic episode. Before getting diagnosed I had been experiencing major depressive episodes that would turn manic and sometimes even turning into psychosis. I was hospitalized December of 2023 for “trying to wake up from a dream”. What I really did was OD on a bunch of Phenergan and put myself on a ventilator for a week. I honestly say this light heartedly to almost show you how far I have come. I went from having extremely unstable moods to starting and succeeding at nursing school. It has come with many challenges, but I truly am proud of myself for putting in the work to succeed both mentally and academically. When I first got my diagnosis, I had an extremely hard time coping. I always knew there was something wrong with me mentally but getting officially diagnosed as a “crazy person” was extremely hard for me to grasp. I now realize that thinking that I was a “crazy person” was just prejudice against people with bipolar disorder. I now have more compassion for people with mental illness because I too struggle with it.

My fear is that I will learn more things about my disorder that will give me more anxiety about myself. You see, I have become extremely careful in public due to the fear that I may be in an episode and not know it and others will observe it. My poor boyfriend has had the pleasure of keeping me safe when I have been in a psychotic episode, and I fear of putting anyone else through that or having anyone else witness it. We recently learned about postpartum psychosis in

class, and I am so fearful that I will experience that and be capable of hurting my own child. I know that it is my calling to be a mother, however I fear to be unfit due to my condition. I am scared I could potentially hurt my future child and risk losing not only my child but my husband and family. I come from a family who don't understand my disorder and would not understand what I could do if I went into postpartum psychosis. These things affect me daily. I have always struggled with anxiety and this module has somehow added more to my anxiety as I learn more and more about my disorder.

I believe I am going to learn lots of information this module. I am ready to learn more about mental health and how to help people in crisis. I had a patient's mother call the clinic I work at about her son who is a paranoid schizophrenic. I had to handle the call from the mother who had told me that he was having a bad episode. I have so many questions that were unanswered after that interaction. The son had been having a schizophrenic episode for over a week and would not take his medications. He is a 40-year-old male. My questions are: If the Star Care crisis line is not helping the family (which is what the mother claimed), who does the family turn to? The mother took her son to the ER, but they released him without getting him into an inpatient center to get back on medications. When they got home, the son continued in his episode that would soon turn dangerous. The mother called the police, but the police would not put the son on a hold since he would not voluntarily go with them. When the mother was sleeping, the son grabbed a hatchet saw and chopped up every piece of furniture in the house due to his hallucinations and delusions. Why couldn't police take the son or help the mother get him admitted? Why did they have to have proof of dangerous activity before taking the son involuntarily?