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Whenever I first discovered we would be partaking in a Psychiatric Mental Health Nursing clinical rotation, I remember getting pretty excited at the time. Mental health and addiction have always been subjects that I found interesting, being able to witness what goes on behind the scenes at facilities, and seeing the different therapies used should really give me more insight on the day-to-day life of someone combating drug addiction or mental health issues. Personally, I have always felt that mental health and drug addiction don't get enough attention. Treatment shouldn't only be for physical injuries; mental health can potentially ruin someone's life much faster than a physical illness or injury, yet we often don't spend enough time, money, or resources combating mental health illnesses and drug addiction. As far as personal concerns go, I don't necessarily have any concerns or fears going into this Psych clinical rotation, I know I just have to be aware of my surroundings when I'm in a facility and to look out for my safety/well-being.

Growing up in Chicago, there was a pretty large homeless population, being exposed to it at a young age had led me to always wonder how someone could end up in such living conditions. Later on in life I had come to realize that mental health and drug addiction played a huge role in put people in those circumstances. I remember learning in one of my pre-requisite's classes for nursing school, that over 30% of the homeless population suffers from mental health illnesses and I'm sure the percentage for drug abuse is probably double, based off my observations throughout my life. I have been blessed to not have anyone in my direct family suffer from any major mental health issues, aside from a few anxiety cases, so I don't necessarily have a close personal experience with it. I believe everyone deserves the proper care and help to get them back on track, whether it is mental illness or drug addiction they deserve unbiased health care because life can be harder on some individuals than others.

Going into this module I don’t necessarily have any fears, aside from the very small chance of being strangled after it was mentioned to not wear full wrap around headbands during clinicals. I have a concern with potentially dealing with some hostility from a combative patient, but I’m sure I’ll manage just fine. Having dealt with or witnessed a few hostile encounters with homeless people that clearly showed signs of mental health illness, whether it was in person or a video online may have something to do with me having this particular concern. I feel as if sometimes the media and movies portray people with mental health illness as aggressive and almost savage like, instead of helping the homeless community some cities have had police and construction crews destroy tent cities, leaving these people not only without help but also without shelter.

My expectations for my Psych clinical rotations are pretty high and I'm excited to get more exposure to that world, I would really like to learn more about the nurse's role in rehabilitation and get an inside look at the day-to-day life of a Psych RN. The first question I would like answered would be, “what is the success rate of pharmacological treatment?”, because I’m truly interested in seeing how effective medicine is when it comes to combating mental illnesses. A second question I would like answered in regards to rehab centers is how often do the same patients relapse and come back for treatment. Finally, I would also like to know whether the nurses personally feel like they’re making a difference in their role, due to it being an area I'm starting to heavily considering working in after graduating. I know there is a shortage of Mental Health providers all across the country, it’s also a specialty of nursing that I find very interesting I’m hoping to have a good overall experience during my clinical rotations.