

Topic: Current Theories and Practice

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Discuss your feelings, attitudes, experiences, and concerns about taking a course and having clinical experiences in Psychiatric Mental Health Nursing.

As a student in psychiatric nursing, I feel open-minded and optimistic about learning more about mental health. I would like to be able to pick up on cues on different disorders to be able to help patients. I want to meet those patient care needs in a compassionate and effective manner. Also, learning how to properly educate the patient and family about mental health is vital for the best patient outcomes and adherence to therapy and medication. I look forward to having clinical experience in a psychiatric setting but also a little intimidated by it because it is different from other specialties.

What is your experience with psychiatric illnesses? If you don't have any experience with psychiatric illness, then discuss your beliefs or your perceptions about mental illnesses.

From personal experience with psychiatric illnesses, I have learned a lot of it stems from trauma. The worse a person is mentally the more things they have endured in their life, in my opinion. I have a bit of a problem with the term resilience. I understand humans are resilient however, it is the worst thing that has ever happened to someone and in most cases, it is not just one isolated event. I have heard many cruel things from people and I could understand how hard it could be to come back from some of those awful things. It is hard to gain peace and joy that someone like an abuser has taken from some people. Instead of people having to be resilient, I wish crappy people didn't exist.

What are your fears and concerns? Can you identify anything that might have triggered or initiated those fears or concerns?

I find psychiatric nursing fascinating because humans are so complex. Nursing school has helped me better understand myself and those around me. I am more compassionate towards all people not just in a healthcare setting. My biggest concern would be that psychiatric nursing would be emotionally taxing. I have been around people who have tried to commit suicide. I have been around people who have been sexually abused, addicts, and have schizophrenia. I suffer from anxiety and depression and I don't know that I could mentally handle psyche nursing. I'm also afraid for my own safety by working with people who may have a history of violence. I am open to psychiatric nursing but more apprehensive towards it than other specialties.

What are your expectations? What do you hope to learn during this module? Identify at least 3 questions for which you would like to find answers during this course.

My expectations for this course would be that I gain more knowledge about human behaviors and how to better navigate them. I am aware that psyche nursing isn't just a specialty, but it exists in all specialties. I would like to build my confidence in learning how to appropriately handle a person especially in a time of crisis. And I want to learn how I can advocate for patients with any mental health disorder. Ultimately, my desire to is to help this patient just as much as I would any other patient with any illness.