

Lakeview school of Nursing

N 323

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Clinical Journal

1. Identify your thoughts and feelings about your clinical experience on the clinical unit. Underline your feelings and bold your thoughts.

Before I started my clinic on mental health and behavior Unit, I was very scared and anxious because I thought that the patients that we will meet there **will have an extreme behavior, combative or fighting while getting care**. I also have a perception that those **patients will not be able to communicate because my thought was that they medicate them a lot. So, they can control their behavior**. But, during my clinical, I was surprised to see how the patients are calm, participating in the group education, and how they were able to respond to the student's questions. I observed that the patient with mental illness like to talk. They were happy and easily sharing their information to us. My first feeling was that I make them uncomfortable while asking them questions. But they were fine, giving answer to all my questions.

2. List at least 1 misconception about Mental Health and state whether this misconception is true or false.

One of the misconceptions that I want to share now is the way the world think people with mental illness can not work or hold down a job, they are homeless. It is False. The true is that a person with mental illness might be employed depend on the severity of disease and their episodes. Mental illness is not a continuous disease, for some people, this can be treated, and a person might return to his normal life after treatment. Some of them leave a family life. For example, during my clinical I meet some patient who are married, father or mother of kids, living together with their family. They are in the hospital only for treatment. Some on them they work in the

companies, they are employed. So, persons with mental health conditions should not be automatically presumed incompetent Bongar et al., (1992).

3. Discuss 2 therapeutic communication techniques. Define the techniques, how would you implement each? Have you seen the techniques implemented in the clinical setting?
 - a. Offering self: spending time with the patient, this shows to the client that they value. The nurse pay attention to the patient. To be honest. During my clinical, I did not see any nurse doing this therapeutic communication techniques. Only one time I saw a social worker sitting and talking to one of the patients. The nurses on this unit look to be busy. I will suggest them to try themselves to go to the room and talk to those patients. And to participate to the group activities with their residents.
 - b. Active Listening: by using verbal or nonverbal cues, the nurse shows interest to the patient. Those residents can talk, so if the nurses are active listener there, they will be able to resolve a lot of behavior. I have been noticed only one nurse was giving attention to the residents by responding to their questions.

4. Discuss a legal or ethical issue that is going on in the arena of Mental Health nursing.

The ethical issue that I am talking is autonomy. It characterized by self-governance; awareness of and capacity to realize one is wishes and needs, while being connected with and sensitive towards others. However, for the people with mental illness, we observe that they lose the autonomy because of their behavior and anxiety; people in the health care who take care of them think that they can not make any decision. They advantage of them and try to treat them without respect (Kunst et al., 2019).

- 1) Identify a nursing journal article related to the issue.

Reference

Kunst, L. E., Maas, J., Van Assen, M. A. L. M., Van der Heijden, W., & Bekker, M. H. J. (2019). Autonomy deficits as vulnerability for anxiety: evidence from

two laboratory-based studies. *Anxiety, Stress & Coping*, 32(3), 244–258.
<https://ezproxy.lakeviewcol.edu:2097/10.1080/10615806.2019.1580697>

2) Reference the article in APA format 2.

References

- Bongar, B. (1992). The ethical issue of competence in working with the suicidal patient. *Ethics & Behavior*, 2(2), 75–89.
https://ezproxy.lakeviewcol.edu:2097/10.1207/s15327019eb0202_1
- Chao, H.-J., Lien, Y.-J., Kao, Y.-C., Tasi, I.-C., Lin, H.-S., & Lien, Y.-Y. (2020). Mental Health Literacy in Healthcare Students: An Expansion of the Mental Health Literacy Scale. *International Journal of Environmental Research and Public Health*, 17(3).
<https://ezproxy.lakeviewcol.edu:2097/10.3390/ijerph17030948>

3) State your thoughts, feelings, and concerns about the issue.

The true is that the health professionals who work with the mental illness patients experience a high frequency of stress, burnouts, anxiety, or depression Chao et al,. (2020). Functionally, sometime when taking care of the patient they do not have patience and they just want to finish the jobs, give report, and go home. They are not able to give them attention, to stay and listening to them by touching them they can share emotion with the patient. They do not experience therapeutics communication technique. Being ill does not means lost of all capacity. **I think that it ethical for the health care provider to let the clients have their autonomy by decided on their treatment** if possible and participate to the plan of care. They have the right to refuse medication or any order treatment. We must work together to remove the myths and stigma attached to mental disorders.

