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Clinical Journal

Your journal should address issues below. Be 500 words in length. (This is not a formal paper and does not have to be in APA format).

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

Before clinical on mental health unit, I was not sure about what may happen to me during clinical because many people and video talk about **the violence in the mental illness clients**. I was afraid and worried about getting a client who is **not able to communicate** and **violent behavior**. Many patients **bit their caregivers** and others have **manipulative behavior**. However, during my clinical at OSF Urbana I found everything different than what I thought. I had a great clinical day because my patients were **cooperative** and **did not really seem sick** if they do not tell you their thoughts. I learn a lot from their experiences and status. The most interesting thing is to listen to the client telling me that she has thought to end her own life. It is terrifying but has nurse I have the responsibility to remind calm and ask more question to understand patient's suicidal plan.

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

There are a lot of misconception about mental health. Many people are struggling with mental symptoms in silence. The misconception of mental health prevents them from obtaining help they need. Other people wait for years to seek medical help even though their symptoms are getting worse. Some people with mental health illnesses are afraid to tell others about what they are experiencing because they think mental health status can affect their Jobs and they may label them as crazy. For example, most people think mental illnesses are forever. However, this is not true because some mental health illnesses are not lifelong. Schizophrenia does not go away, but other mental health illnesses are treatable. According to the national alliance on mental illness 70 to 90 % of individual experience symptoms that can be relieved by combining therapy and pharmacology.

3. Discuss 2 therapeutic communication techniques. Define the techniques, how would you implement each? Have you seen the techniques implemented in the clinical setting?
 - 1) Attentive, active listening is an important part of communication, which helps nurses to obtain information, process, and purposefully comprehending the patient's words. When nurses use active listening, it helps them to make an appropriate care of plan. This action requires nurses to give patient their full attention and be able to remember what have been said. For example, this technic was used by a doctor student during the interview of my client in the unit.

2) Using open ended questions, cannot be answer by yes or no. These type of question helps nurses to get more information from the patient. A nurse may ask a client to them more about your drinking habit. I used open ended questions when requesting more information from my client during the interview.

4. Discuss a legal or ethical issue that is going on in the arena of Mental Health nursing. 1) Identify a nursing journal article related to the issue 2) reference the article in APA format 2) State your thoughts, feelings, and concerns about the issue.

Confidentiality refers to us as professional ethical principles, allows health professional to keep client's information secret. Client's information including diagnosis, treatment, behavior, laboratory tests, and prognostic are confidential (Bipeta, 2019). My concern is that many health professionals do not keep their client's information confidential; they talk about that in stairs, with friends, and others who are not health professional. This behavior is discouraged because nurses can lose their licenses when giving client's information to other health professional who are taking care of the client, family and others without patient's permission.

Bipeta R. (2019). Legal and Ethical Aspects of Mental Health Care. *Indian journal of psychological medicine*, 41(2), 108-112. https://doi.org/10.4103/IJPSYM.IJPSYM_59_19