

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.

I feel as though the clinical was very interesting. The clinical was nothing like I expected it to be. I expected the clinical to be much more hectic and busier. **I also thought the patients would not be as clam and corporative as they were. I also thought they would be more constricted to their rooms and not roaming the halls.** After this clinical I feel like I now know more about mental health units and what they are like. **I think the clinical was good exposure however I don't think mental health nursing is for me.**

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

One misconception about mental health is that all mental health patients are psychotic. This misconception is not true by any means. I feel as though society does not paint the right picture for mental health. Before I started this class, I didn't realize that people with psych issues are not psychotic and that they can also just be going through a hard time not just going "crazy." I believe that society needs to do a better job at

explaining what these illnesses are and what we can do to help other people in the community with mental health issues.

3. Discuss 2 therapeutic communication techniques. Define the techniques, how would you implement each? Have you seen the techniques implemented in the clinical setting?

Seeking Clarification is asking patients for clarification when they say something confusing. You can say something like "I'm not sure I understand. Can you explain it to me?" This allows the client to explain further and also allows you to grasp what the client is saying. I actually used this form of therapeutic communication during clinical. Another therapeutic communication technique is Accepting. Sometimes it's necessary to acknowledge what a patient says and affirm that they've been heard. I also used this technique in clinical while talking to one of my patients. The patient was telling me a little bit crazy of a story, but I ensured her that I was listening and that I heard what she was saying.

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.

The journal Legal and Ethical Aspects of Mental Health Care goes through good points of issues in mental health care. One issue in mental health care is confidentiality and disclosure. This issue has been prominent for a long time and probably won't be

solved any time soon. The problem with ethics in mental health revolves around safety. When there is a younger client over the age of 18 in the mental health unit some parents still expect to be in the know however that is not always the case. After the age of 18 the child can refuse the parents right to know what is happening and what is going on. To me this can be dangerous. For example, a client left home and drove three hours to champaign. This client's family could have no knowledge of where the client is. This could lead to a huge issue and a missing person report could even be made. I understand why the client has the right to be confidential. However, I think in some cases when the client can't make their own choices that someone should be notified.

Resources:

Bipeta, R. (2019, March/April). Legal and ethical aspects of mental health care. Retrieved April 19, 2021, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6436399/>

