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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.

I was extremely nervous about going to a mental health facility. Not knowing what to expect or see. I have been in the hospitals and nursing homes but never a place for mental health. I really enjoyed the adolescent floor way more than I did the adult floor. I was able to talk with two teenage girls, and it seemed to help calm the girls down. It is crazy to see the age gap of the adolescents that are there. This last group with the teen girls that I attended, it was heartbreaking to hear their stories and the hurt in their eyes. I do not understand why so many people in this world hurt young ones and anyone in general. Overall, my experience was beautiful. Out of all my clinical rotations so far, this is by far one of my favorites. I wish that some of the staff would better use therapeutic communication instead of antagonizing or egging it on.

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

I think that it is a myth that people say that mental illnesses are not that common. When the truth is that mental is quite common. Some common mental illnesses include anxiety, depression, suicidal ideation, bipolar disorders, and schizophrenia. Many people go through mental illness in their lifetime, even if they do not realize it.

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

Two therapeutic communication techniques are offering self and using silence. Offering self shows the patient that we nurses and aides do value them and willing to give the patient our time and attention. Using silence can be helpful just to not speak at all. Deliberate silence can provide both nurses and the patient an opportunity to think through what was said and process what comes next in the conversation. It could give the patient time and space to approach a new topic or expand on the discussion. The nurse should always let the patient break the silence first.

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.

I believe that this had a significant impact on nursing staff in general. The nursing staff was first liners that got impacted hard. They would workday in and day out and not have appropriate time to sleep or relax. They would see their own staff pass, long hours, overworked, and getting burnt out. This can be hard on anyone, especially those who had to deal with it during the pandemic. I believe that we all need "mental breaks". They help destress and relax the brain. This is a huge problem not just during the pandemic but in nursing in general. We are understaffed and overworked.

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García, L., & Cañadas De La Fuente, G. A. (2019). Prevalence of burnout in mental

health nurses and related factors: a systematic review and meta analysis. *International*

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