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## N323-Mental Health Clinical Journal

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

Being in the mental health clinical I learned that it doesn't matter what walk of life you come from, you can still face traumas that has the potentially to led you to substance abuse. There were students and nurses dealing with alcohol and opioid addictions. It was a rude awakening for me. Many of the patients were married and had children who depend on them, and yet they were hospitalized in a drug abuse center, being told when they can use the phone, and when they can eat or have snacks, being told when they can go to their rooms, etc. It was disheartening to see, but also to hear some of the interactions between staff and the patients. The staff would speak to the patients inhumanely. Just because they have dealt with life's triumphs using drugs, it doesn't mean they shouldn't be spoken to with dignity and respect. The patients were gruesomely judged by their caretakers, and it was sad to hear that. Overall, the group meetings, and the conversations had with the patients, and the interactions with the staff were all beneficial to some degree and I am working on better communicating in my personal life because of my experience there.

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 it doesn't occur in "normal" people who have jobs and families. It is false because mental health disorders can hit, and it doesn't matter what your profession is or where you came from.

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

Paraphrasing- is a form of responding empathically to the emotions of another person by repeating in other words what this person said while focusing on the essence of what they feel and what is important to them. An example of this is if a patient were to say, "No one cares about me, my family would be better off without me," paraphrasing would be, "I am hearing that you feel that no one cares for you and that you're feeling useless."

Restating- is stating exactly what the patient says to you. This lets the patient know that you understand what they are saying, or you're trying to gain clarification. This form of therapeutic communication lets the patient know that you care to listen to what is going on with them. I have not seen this done in the clinical setting. An example of this is if a

patient were to say, I do not want to live anymore, I have nothing left,” and the nurse responds, “You do not want to live anymore and you have nothing left.”

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.
  - a. A legal issue in mental health is confusion about when they are to be discharged.
    - i. Patients are to have autonomy and decide when they are admitted or discharged, typically. However, in mental health, the lines are blurred because patients diagnosed with schizophrenia or major depressive disorder, or alcoholism can harm themselves or some else. Involuntary patients do not have the right to leave on their own, nor do they have the right to refuse any medications (McCarren, 2006, p. 1). I feel that regardless of the patient’s mental status, they should have the freedom to leave a facility if they feel unsafe or feel that their care is being disturbed by biases from their caretakers.

Reference:

McCarren, K. (2006). *On the edge of justice: the legal needs of people with a mental illness* (2006).

<http://www.lawfoundation.net.au/ljf/app/&id=6967E1DDCBE583C8CA25718E00068BE8>

