

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 really enjoyed this clinical rotation. At first, I was nervous about what to expect at the Pavilion, but after being there I found all the patients to be interesting. I have never really been around substance abuse or mental disorders, so it was a learning experience. I feel like I have a better understanding of what people with these conditions are going through and have more sympathy for them as well.
2. List at least 1 misconception about Mental Health and state whether this misconception is true or false. I feel like a lot of people have a misconception about substance abuse and it being a mental health disorder. I will be honest when I say I have never understood how people get themselves to the point of addiction, but after hearing their stories and about what they have been through in their life it made since. I believe that it is true that substance abuse is a mental disorder. Seeing how hard many of the patients are trying and the battles they are fighting with themselves was a real eye opener. I feel as though a lot of these patient also had a mental disorder such as depression associated with their abuse making it even more difficult for them.
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. Giving self. Giving self means being present for the patient though walking with them, listening, etc. I have seen this technique implemented many times during my clinical rotation, especially on the youth floor. I had a situation where a teen was dealing with anger issues related to another teen making comments about sexual orientation. The teen removed herself from the room and out into the hallway to avoid confrontation because she knew she was about to say and do things she did not want to. I sat in the hallway and listened as she spoke about what those statements meant to her. After that we just sat and snacked together 😊
 - b. Listening. I feel like this is one of the most important forms of therapeutic communication, especially in mental health. I feel like during my rotations a lot of the patients enjoyed being listened too. They had interesting stories to tell and maybe some of them have never had an opportunity to say how they really feel or explain how they got to that point. With listening I think it is important to not push your own opinions on the patient and just hear what they have to say.
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.

Patients' rights to refuse medication. Like I mentioned about, I am very unfamiliar with mental health disorders. I understand that we all have the right to refuse medications, but I always felt as though there was a loophole with mental health as they may not be able to make appropriate decisions regarding their care. I think as a nurse it would be unsettling to watch patients be non-compliant. I found an article that said non-compliance ranges from 20-50% in mental health disorders and as high as 70-80% in schizophrenia patients (Latha & Phil, 2010). The article also goes on to discuss the issues of hiding medications in the patients' foods and drinks, and how for a long time this was never addressed as an issue. Another article I found was on a patient who suffered with schizophrenia and refused his medications. The patient was offered his medications orally for 30 days, and at the end of his 30 days he was advised that if he did not take his medications, he would have to be restrained and a tube would be placed through his nose, and he would be given medication that way (Silva, 2017). The patient refused and the nursing staff did just that. The patient's schizophrenia did improve and by day 20 he was taking his medication without refusal, orally. I feel like this is such a blurry area in medicine. The patient may not be able to properly make decisions on their own and the doctors were just looking out for the patient's best interest. On the flip side, that does take away from the patient autonomy and right to make decisions on their own. I wish this were actually something I knew more about because obviously I want to do what is right for the patient, but I don't think that sneaking meds into their foods and holding them down and forcing medication on them is necessarily the right way to do things.

Latha, K. S., & Phil, M. (2010, January). *The Noncompliant Patient in Psychiatry: The Case For and Against Covert/Surreptitious Medication*. PubMed Central (PMC).

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3031933/>

Silva, E., Till, A., & Adshead, G. (2017). Ethical dilemmas in psychiatry: When teams disagree. *BJPsych Advances*, 23(4), 231-239. doi:10.1192/apt.bp.116.016147

