

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.

Initially, I was excited to have a mental health clinical. But once I was there, I was extremely nervous my entire clinical experience. To have my professor with me and to walk me through each of our skills lists helped. I genuinely feel like I learned a lot from her this semester, especially when utilizing therapeutic communication. I struggle with knowing the right things to say or what to do in certain situations, and having her with me, encouraging me gave me the confidence to step out of my comfort zone. **I am a huge advocate of mental health and breaking stigmas, but working in mental health is not for me, as it turns out. I have the utmost respect for individuals who work in the field because it is not for the faint of heart, but I think I might be too sensitive to work with mentally struggling individuals.**

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

One misconception regarding mental health that I found to be untrue during our clinical rotation is that not all mentally ill people are violent. I've always heard that mental health facilities are kind of rundown due to funding, and that seemed to be the case at our clinical site, unfortunately.

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

Offering self is the act of simply sitting with a patient. Sometimes, if I didn't know what to say, I would stay with them, so they weren't alone. I didn't see any of the staff implementing this therapeutic technique or any other. Active listening is another technique that can be implemented to show patients that you care about what they are saying. An example would be engaging in a conversation and giving your full attention to the person speaking. I witnessed another student implementing active listening with a young client who was having a challenging time. I also saw my professor implementing these techniques to provide examples of how to use them. At the beginning of the semester, all of us students struggled with therapeutic communication. I feel like after working with her, we have all gotten better at it.

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.

Mental health nurses seem to struggle with the ethical dilemma of paternalism when providing interventions for their patients. (Ventura et al., 2021). The article Nursing care in mental health: Human rights and ethical issues published in the Sage Journal delves into the study of this dilemma and how nurses can still provide the care that mentally ill individuals need while still maintaining professional boundaries. There should be more studies on this subject because I agree that it is difficult to maintain that boundary when you feel protective over your patient. You want to advocate for them and preserve their autonomy in the face of discrimination while still keeping them safe.

Reference:

Ventura, C. A. A., Austin, W., Carrara, B. S., & de Brito, E. S. (2021). Nursing care in mental health: Human rights and ethical issues. *Nursing ethics*, 28(4), 463-480.