

Clinical Journal

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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.

Honestly, I enjoyed this clinical more than I thought I would. **There are plenty of things that could help improve the setting and experience, but it was good overall.** I enjoyed learning about some of the things the clients were going through and why they wanted/needed help. It was interesting knowing what the "disease" really looks like outside of the textbook, and it makes you think.

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

One of the biggest misconceptions I have heard about mental health is that everyone in a mental institution is crazy. After learning more about mental illness and seeing it first hand, I have a better understanding and do not agree with that misconception. Many clients in mental institutions just need help, like a sick person needs help from the doctor. Once they receive that help, they can improve their lives and hopefully begin to feel better. I believe that mental health should be taught to a certain extent in high school. If we began teaching more about it at a young age, it could seem normal for people to get the help they need before it worsens. This can lead us to a similar misconception that everyone with a mental illness is crazy. Just because you have a mental illness or are in a mental institute doesn't mean that you are crazy. Crazy is not a term that should be associated with mental health. Having a mental illness is not always in your control, and they deserve to be treated as equals when it comes to their treatment.

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

One of the best therapeutic communication techniques I believe a nurse should use in any setting, especially for mental health, is offering oneself. When someone is suffering from a mental illness, they need to know that they have someone there to care for them. This could mean offering to just sit with them in quiet, or it could mean actively listening to them. There have been so many times that I have seen someone just wanting the attention so bad that they are happy with another person just sitting near them. This can help when someone is having a hard time, and you want to gain their trust to open up to you. Another therapeutic communication technique that I believe is important is reflecting or restating. When talking to clients, I have noticed that they are looking to be heard. Most of them wanted to tell their stories and could not wait for someone to talk to. Restating or reflecting shows them that you are really listening and hearing 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.

One legal issue in mental health that we have discussed is using the least restrictive alternative before restraints. "By law, psychiatric treatment must be provided in a manner that allows the most freedom and the least restriction to meet the particular needs of a patient" (Barloon, 2003). While I did not see it being a problem at the Pavilion, I believe that this can be a significant legal issue in some places. We know that we are to always use every alternative before restraining someone. We can try talking them down, offer a room to themselves, or use medication as prescribed as long as they are not an immediate threat to themselves or others. If we are to restrain someone, we should be sure to do it for the least amount of time possible, check on them every 15 minutes, and monitor any vital changes. Nurses who work in mental health will go through training to make sure they are taught how to properly handle those situations.

Reference

Barloon, L. F. (2003). Legal aspects of psychiatric nursing. *Nursing Clinics of North America*,

38(1), 9–19. [https://doi.org/10.1016/s0029-6465\(02\)00060-9](https://doi.org/10.1016/s0029-6465(02)00060-9)