

Mason Coon

Mental Health First Aid Clinical Journal

The clinical journal is a reflective assignment after completion of the Mental Health First Aid Course. This journal is designed to help you explore what you have learned, and what you may apply as a nurse caring for these types of patients. Please address each of the following points with 3-5 sentences. You are not limited to discussing only these points and may write more if you wish. This is not a formal paper and does not have to be in APA format.

1. How does the Mental Health First Aid Class relate to this course?
The MHFA class is directly related to this course. The course covered how to interact with an individual if they are in mental distress, and the best ways to go about that interaction. The course also covered several of the most common mental health disorders, and dove into the causes, S/S, and how to interact with an individual suffering from that specific disease. I believe that our class will do this as well, but go deeper into the roots of the causes as well as applying what we have learned into real situations through clinical.
2. Name 2 new things you learned in the Mental Health First Aid Class and how you could apply these skills in nursing practice.
The main objective of the course was how to interact with an individual in mental distress. The acronym ALGEE was used for this. Which is Assess the situation, Listen non judgmentally, Give reassurance and information, Encourage professional help, and Encourage self-help. I can use this information if I come into contact with someone suffering from mental distress. We also did an exercise on auditory hallucinations, which greatly helped me understand what someone suffering from auditory hallucinations goes through. Although I cannot directly apply this to my nursing practice, it can help me change my perspective on the experiences of someone that has auditory hallucinations.
3. Explore your self-awareness about mental health after completing the Mental Health First Aid Course. Did it change?
I wouldn't say that my self-awareness changed. Since I have a background of psychology, I am familiar with the discrepancies that those suffering from a mental disorder experience in our society. This class helped bring to light many of the discrepancies, and also helped inform people of how to interact with those who have a mental disorder.
4. How will you use the knowledge gained in this course to advocate for clients with mental health conditions?
This course encouraged me to put even more thought into interactions with people, as we are never fully aware of what a person is going through. The stigma around mental health has caused society to shy away from those with a mental health

disease. It is important to treat a mental health disease the same as a physical disease, and I will advocate to do just that.

5. Reflect on the overall experience after attending the Mental Health First Aid Course.

I enjoyed the course overall. It was highly interactive and kept tying into the main point of ALGEE. I would recommend that anyone getting into the medical field should be required to take this course.