

## Mental Health First Aid Clinical Journal

*The clinical journal is a reflective assignment after completing 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 patients. Please address each of the following points with 3-5 sentences. You can discuss 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?*

Mental Health First Aid Class is comparable to CPR in the medical field. When a client's heart physiologically stops functioning, we administer CPR to revive the client, hoping to save the person physically. For mental health, the brain does not stop; instead, the physiological overproduction or ceasing production of neurotransmitters happens. This is the purpose of the Mental Health First Aid Course. To administer a temporary cure until professional help is available. Healthcare workers often neglect that Mental Health is as important as any vital part of a person's body. When all the rest of a person's physiological body has CPR as first aid, a person's mental health should have Mental Health First Aid.

2. *Name two new things you learned in the Mental Health First Aid Class and how you could apply these skills in nursing practice.*

If there are two essential things I learned from the class; first, psychotropic drugs are not a cure for mental illness. Psychotropic drugs do stabilize the neurotransmitters in the brain. The cure is to stop disruption in the patient's life and not the diagnosis.

The second is that if we have the ABC in physical assessment in physical health, Mental Health First Aid has ALGEE. The acronym stands for Approach and assess for risk of suicide or harm, and assist, Listen non-judgmentally, Give reassurance and information, Encourage appropriate professional help, Encourage self-help and other support strategies. Like any mnemonic, it should be implemented as a tool for every healthcare worker. The program is new and should be spread throughout the world as mental health issues are on the rise, especially after the pandemic.

3. *Explore your self-awareness about mental health after completing the Mental Health First Aid Course. Did it change?*

After attending this class, my self-awareness about mental health significantly shifted to a positive one and sparked my interest in nursing involvement in mental health. Coming into this class, the thought of mental health is solely based on diagnosing what the patient is manifesting and treating the diagnosis with psychotropic drugs that might help in drowning the signs and symptoms. There is also the feeling of awkwardness when dealing with a client with mental health issues. Reluctant is the word I would use in encountering a client with mental health issues. Since we didn't know any tool we could use to deal with clients, Mental Health First Aid gave us armor and weapons to tackle the battle. Attending the class made me realize that mental illnesses are also crucial as diabetes, CVA, CAD, or any other body system illnesses.

4. *How will you use the knowledge gained in this course to advocate for clients with mental health conditions?*

Gaining this knowledge made me aware of how important it is for all healthcare workers to require this training to ease the pressure on the limited mental health resources available for these mental health clients. One way to advocate this is to bring it up to every organization that deals with mental health awareness and the general public. Personal service providers like the police, health care facilities, armed forces, fire departments, educational institutions, retail businesses, and almost all areas of daily living.

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

After attending this class, my knowledge has expanded on how to deal with mental health. We often notice other people's conditions regarding mental health, but less information do we think that our mental health is very relevant as well. Working in healthcare, Mental Health First Aid is an essential tool to possess in my profession.