

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 talked about different mental illnesses that we can relate to this course. Illnesses such as Bipolar Disorder, Obsessive-Compulsive Disorder (OCD), and Depression were taught in this class. It is also important to know the basics of these illnesses when we go to clinical in the Pavilion.

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

This class taught me the steps in giving first aid for a client that is in crisis. The acronym ALGEE is used. These follow steps namely Assessment of risk, Listen nonjudgmentally, Give re-assurance and information, Encourage appropriate help, and Encourage self-help. When using ALGEE, the steps can be interchangeable and does not follow a linear pattern.

Another lesson that I learned from the class are the video examples. We were given a scenario about a person that is experiencing delirium and psychosis. In the scenario, we learned that it is important to remain calm, not aggravate the person, and not leave a patient in crisis, and maintain a safe distance and environment for self and others.

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

Yes, it did change. I have realized that it is more difficult to get help and diagnose mental health illnesses because they are invisible. PCP and other healthcare professionals often only look on physical symptoms first.

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

Working in healthcare, this class helped me too understand the clients situation and the exercises and videos that were shown to us made us see their point of view. It also very important to make sure to think about your safety too before you help in any crisis. And that people who suffer mental illness should not be judge easily and that they need other people to advocate for them.

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

The overall experience is good. I believe that the class is beneficial to everyone not just for healthcare workers. I would hope that one day, this is class will be part of school curriculum, work training, or gain more attention so that public are more aware.