

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 Mental Health Aid class was very relatable and informative. The information I have learned will be beneficial for the mental health course. The class was very easy to understand.

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

- From this mental health first aid course, the main thing I learned is how important it is to use open communication. Therapeutic communication and utilizing open-ended questions will help me in this course. Safety is one of the most important things not just for the patients but also for the team that is working with the patient.

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

- After completing the mental health first aid course, I have learned there are many ways someone could be a factor in cognitive development. It is essential not to judge and be open-minded. One of the most important things I've learned is to listen to patients first.

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

- I have gained a lot of knowledge through this mental health course. I have gained a lot of expertise in therapeutic communication and how to utilize them. This was an excellent opportunity to learn how to advocate for patients by reaching out to different departments to help patients seek help.

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

- The overall experience after attending the mental health course, I feel more comfortable with the topic we will be going over in my mental health course. This program was beneficial, and it was easy to understand. The layout of the program covered many topics that can be helpful even in my daily life.