

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 First Aid Class relates to the mental health course because we will be dealing with patients who have mental disorders in clinicals. This course gave me a better idea of what I will be exposed to during clinicals. I have a better understanding of how to react or calm down someone who is having an “episode”.

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

During the Mental Health First Aid Class, I learned to never tell a patient who is having an hallucination that it is not real. I also learned to always think of the safest way. We were told to never be in between the patient and the door and to know where the exits are always. I am sure that I will come in to contact with a patient having a hallucination during my clinicals and now know that I cannot say that it is not real because that could potentially make them act out.

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

My self-awareness about mental health changed after completing the Mental Health First Aid Course. I was unaware of how big safety is when dealing with patients who have mental disabilities. This course talked a lot about safety and gave many examples of how something could be used to harm someone that I would not think of.

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

The knowledge I gained from this course will be used to advocate for clients with mental health conditions by letting the patients know they are not alone. Mental health is often judged by many. This course showed multiple graphs of the awareness for mental health and it was shocking to see the results.

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

I really enjoyed this course. I loved the two activities we did during the day. The activities really made it interesting and made you “experience” of how difficult it is for someone who experiences auditory hallucinations to function.