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N323 Mental Health

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 directly relates by providing a program focused on the safety and care of clients that are experiencing a mental health care crisis. Preventative care is also a portion of this training that provides signs and symptoms to be aware of paired with the correct questions to ask the client to assist them before a crisis occurs. This information paired with our information obtained in class and clinical meshes well together to provide a full picture effect rather than just reading it in the book we can know relate it to real life situations.
2. Name 2 new things you learned in the Mental Health First Aid Class and how you could apply these skills in nursing practice.
 - Helpful things to say to the client in a time of crisis that can assist in not only assisting them to calm themselves down. It can also assist the nurse in obtaining needed information to better understand what the client is experiencing. Knowing what the client is experiencing at that moment may help with the diagnosis and treatment portion of the client's care at that time and in the future.
 - A list of coping skills and strategies for a client that is experiencing a mental health crisis and how they can use them prior, during, and after the crisis occurs. Pinpointing what appeals to the client which could be as simple as listening to specific sounds or music, coloring, sewing, or anything in between. Also, it is important to know how to use each of those strategies and when to use them. This is helpful to a nurse that is trying to help a client self soothe and allows the nurse to note what coping skills help the client and what does not.
3. Explore your self-awareness about mental health after completing the Mental Health First Aid Course. Did it change?
 - Yes, it allowed me to think outside of personal experiences and provided a new perspective concerning mental health. I feel like I can use the knowledge gained not only in a clinical setting but also in a personal setting or in public if needed. I

think everyone can take away something new during a course that provides so much information paired with positive hands-on exercises to help you understand what a client is experiencing.

4. How will you use the knowledge gained on this course to advocate for clients with mental health conditions?
 - I will go into personal and professional situations with a more open mind and advocate for the person and not just their illness. I will be able to look at personal situations with more understanding and properly advocate during those situations to better assist those around me with getting the proper care that they deserve. I think this class also provided not only a different visual perception of mental health and how to assist someone to get the proper care but also the correct language to use when advocating for that person to help them gain a better care plan and diagnosis.

5. Reflect on the overall experience after attending the Mental Health First Aid Course.
 - I feel that overall, we were able to experience some situations from the client's perspective to help us understand some of the frustrations they experience on a moment-to-moment basis during a crisis or what they endure on a daily basis just trying to cope and survive. I enjoyed learning different coping skills to assist the client along with how we as a person trying to help someone in crisis protect ourselves in the process. Jim and Beth were great at providing personal stories and experiences to the class setting that allowed us to relate to a real-life scenario which in return helps us to remember the process they used to correct that scenario. All in all, 10/10 was a very informative and effective class experience.

