

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 was very relevant to our Mental & Behavioral Health course because it gave us techniques to ask sensitive subject matter questions. We have learned many diagnoses in the course, and the in-class first aid course gave us proper techniques for dealing with them. All in all I thought the first aid class directly related to our course.

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

Firstly, I learned to ask directly, "Are you going to kill yourself" instead of other iterations due to the fact that we have to be direct to determine the risk for the patient. Secondly, I learned more therapeutic communication techniques when dealing with people who are experiencing psychosis so that they feel they are in a safe space. I think the skills we learned in the course can be used both in an inpatient setting and out in the community.

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

I do not think my self-awareness changed. I do feel that I have become more proficient in dealing with people who are experiencing a mental health crisis. If anything, it helped me become more skillful when dealing with crisis events and non-crisis situations regarding mental health.

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

I will absolutely advocate for anyone experiencing mental health conditions. I also learned the proper technique of administering naloxone in the field. I think that the exam questions on therapeutic communication, coupled with the lessons we learned in the first aid course, will help me in my personal nursing practice when trying to de-escalate situations and provide a safe environment for my patients.

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

I had a really great experience in the Mental Health First Aid Course. Overall I thought it was set up well and flowed nicely. I really enjoyed the hands-on lessons and gathered a deeper understanding of how going through a crisis can feel.