

Journal 3

This week at clinical, I had a 12 year old male patient who was admitted for aggressive behavior. The patient is bipolar and was in a manic phase that led to his aggressive behavior and subsequent admittance. The greatest challenge was interacting with the patient as he was asleep until 1pm. He had stayed up all night and fell asleep a couple of hours before we arrived. Due to his combative behavior, we were not allowed to wake him to do assessments or vital signs. I reflect on my personal, spiritual, and professional growth as I did not know how to interact with the patient and was hesitant on any interactions with the patient because I feared of being hurt. In retrospect, I realized that my fear was rational but unprofessional and not Christian. As a nurse, I need to assess and treat all my patients despite my fear. As a Christian, I need to put myself and give my fear to the Lord as this is my calling to help all of the Lord's children. My greatest accomplishment this week was being able to complete a focused assessment on the patient as this was my first psychiatric patient. My technical skills in a psychiatric perspective needs to be improved greatly. Although I have not taken a psychiatry course yet, I should know how to assess them better than I did at clinicals this week. My interpersonal communication with the patient was fluid and candid. The patient was receptive to the assessment questions and small jokes that were made. Since the patient was on 1:1 observation, I interacted mostly with the PCA and we discussed the patient's situation in detail. An area of improvement for subsequent clinicals is to learn more technical skills related to psychiatric pediatric patients. I meditate on James 1:17:

Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.

In further clinicals, I must remember that we are Christian nurses and all of God's children deserve the highest form of respect and treatment as God would have wanted us to give.