

Chamberlain University, NR581 - Discussion, Week 1

Introduction:

Kumar et al. (2020) make a strong statement regarding the current state of mental health services in the US, asserting that nursing leaders implementing innovative practices in healthcare is both a professional and moral obligation. I support this perspective because I have seen firsthand how poor mental health management has impacted my family members, with the worst-case scenarios including death by suicide. My mother and I text every day and have remained close over the years, and she has taught me the most about mental health. I studied psychology before nursing, and it still amazes me how little I knew about mental health before I took a deeper dive into understanding my mom's bipolar tendencies and suicide attempts. It's also concerning to see how mental health trends are developing, especially as I think about what our world will look like decades from now. According to Cai et al. (2022), one concerning trend is the persistent shortage of mental health professionals with prescribing abilities. I am holistic in my approach to everything in life, so I do have a great appreciation for traditional prescription medications when they are truly indicated and titrated. The world needs a true balance of mental health professionals who can both address the psychological and pharmacological needs of patients.

Discuss two factors that motivated you to enroll in the master's degree program in nursing (MSN)

The first motivation for me to enroll in this program is my life-long commitment to mental health. Before working in healthcare as a nursing assistant and RN (last 3.5 years), I worked primarily in higher education, specifically helping college students navigate their college experience and mental health. Since this journey has been life-long and identified early in my life, many have wondered why I didn't continue to become a psychologist or psychiatrist after completing my BA in psychology. In hindsight, I have an overwhelming appreciation for the timing of pursuing this degree, as I feel that I will be a well-rounded and adequately prepared PMNP. Secondly, I believe this degree and path is a calling. My belief system includes a belief in God, and I feel that God has spoken through many individuals over the years to prepare me for this degree and career path, even when I couldn't see it. This is a true calling because I LOVED working in higher education, but I know I have more to offer as a clinical healthcare professional right now.

Explain how you plan to use your MSN degree in your professional career. Include the state and location where you wish to work

I currently work at a high-acuity psychiatric community hospital in a poor area of Central Florida (Leesburg, FL). Although I have wanted to run from this facility at times, I plan to use this degree to work as a PMHNP at this facility after graduation. During my studies, I also plan to take the initiative to get my community leaders more involved with mental health impact. I specifically see a gap in knowledge with church leaders and other community organizations like the YMCA in how they understand and support mental health issues. I currently work as a substitute fitness instructor with my local YMCA, I