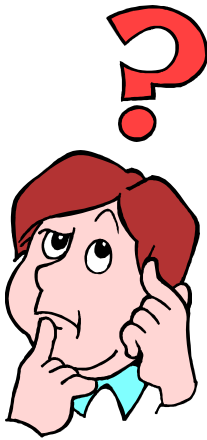


Muddiest Points about Mental Health



The field of mental health and psychiatric / mental health nursing often seems confusing. Even experienced practitioners face uncertainty about the right course of action or approach to take in a given situation and must manage their own anxiety in response to being with people in distress. Processes and practices in the mental health field are often unfamiliar to the new practitioner and the reality of practice can appear far removed from what has been learned in the classroom.

To assist you in your learning you are encouraged to consider the muddiest point, or issue that you have faced on each day of your clinical practice. Frame a question directly related to your clinical experience that has caused you to feel uncertainty or anxious. Firstly, undertake some research on your own to answer your question and then share it and your answers with your preceptor.

Questions beginning with 'What', 'Why', and 'How' are often most helpful.

Date	Question	Answer