

N323 19-2
Movie Critique

Don't Call Me Crazy: Episode 1- Beth and Emma

Objective: The goal of the activity is to observe the clients/peers and clients/staff interactions and relationships while on the Psychiatric Unit and how mental illness impacts their lives.

1. What is the difference between a documentary and reality TV? _____ **(1 point)**

A documentary shows unscripted, real-life interactions and situations. Reality TV may appear to show real life but is often scripted and fake.

2. Describe the main characters: Beth and Emma _____ **(5 points)**
 - a. Ex. Background, why they were hospitalized, physical appearance, beliefs about mental illness, relationship with peers/family/staff

Beth is a teenage girl who was hospitalized because she struggles with an eating disorder. Beth is an extrovert and appears very happy, laughing and joking with friends. Beth admits that the feeling of hunger pains makes her happy. She acknowledges that those feelings sound bad, but she does not believe that there is something wrong. Beth has a good relationship with her family and friends and loves to dance and do gymnastics.

Emma is a teenage girl who is petite with dark hair. She was hospitalized for OCD. Emma is very anxious and angry because she wants to go back to school and do normal teenage activities. She has a very good relationship with her parents, who visit her every day, but is not ready to see her friends. It is a common belief by society that people "don't have a reason" to have a mental illness. Emma addresses this, stating she grew up in a good home, but that doesn't prevent her from having OCD.

3. Identify two (2) priority client problems for Beth. _____ **(2 points)**

Poor self-image and lack of nutrition

- a. Name two (2) short term goals for Beth. Identify two (2) nursing interventions for each goal. How would you evaluate the effectiveness of the nursing interventions?
_____ **(2 points)**

Goal: Improve coping mechanisms to address anxieties related to food intake

- Nursing intervention: Teach the patient relaxation techniques.
 - Patient uses techniques in time of stress.
- Nursing intervention: Provide client support during mealtimes.
 - Observe if patient appears more relaxed with support present, does patient consume more with support present, does client voice acceptance of support presence.

Goal: Increase daily calorie intake

- Nursing intervention: Monitor client during and after meals to prevent purging.
 - Does patient still try to hide or spit out food while monitored, does patient attempt to purge following meals with monitoring.
- Nursing intervention: Reward client for food intake and program compliance.
 - Client is compliant with program and consumes more food to get a reward.

b. What support groups are available for Beth? _____ **(1 points)**

Eating Disorders Anonymous, Eating Disorder Support Group

4. Identify two (2) priority client problems for Emma. _____ **(2 points)**

Social isolation and poor coping mechanisms

- a. Name two (2) short term goals for Emma. Identify two (2) nursing interventions for each goal. How would you evaluate the effectiveness of the nursing interventions?
_____ **(2 points)**

Goal: Develop coping mechanisms to address intrusive thoughts and actions.

- Nursing intervention: Teach client techniques for positive coping skills.
 - Client uses coping skills to address intrusive thoughts and actions.
- Nursing intervention: Provide support for patient during room searches and encourage positive coping mechanisms.
 - Client remains calm throughout room reaches.

Goal: Interact with friends outside of the facility.

- Nursing intervention: Encourage patient to discuss thoughts and feelings about their friends from outside of the facility knowing about their mental illness.
 - Patient can identify and express how they feel about their mental illness and others knowing about it.
- Nursing intervention: Encourage patient to go out in public during a home visit.
 - Patient goes out in public without fear of being see by someone they know.

b. What support groups are available for Emma? _____ **(1 points)**

OCD support group

5. What surprised you most about the documentary? _____ **(2 points)**

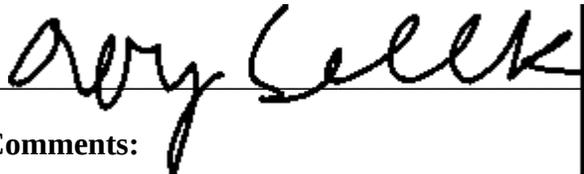
While watching this documentary I was surprised that many patients were there voluntarily. I have always thought that most patients were held involuntarily. I also found it interesting that patients who were there voluntarily still refused to comply with treatment.

Grammar, Punctuation, and APA _____ (2 points)

Total _____/20

points

Honor Code: "I have neither given nor receive, nor will I tolerate others' use of unauthorized aid".

Signature  Date: 1/20/2020

Instructor Comments: