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)**

   In reality TV, the viewers are just shown the lives of the individuals who are on the program/show. They are shown the everyday lives of these individuals and the things that they go through and show what they deal with on a day-to-day basis.

   In documentaries, there is more of a structure and a message that the creators want to portray to the viewers. There is usually a main topic for the documentary, for instance, in "Don't Call Me Crazy," the viewers are told what is happening at the psych ward and why the residents are living there. Then the viewers are showed a progression of the main topic whether the subjects of that topic get worse or get better. There is usually more study based information provided in documents that would support the main topic that is being discussed.

2. Describe the main characters: Beth and Emma _____ **(5 points)**

   Beth is a competitive dancer who has been admitted to the ward due to her illness with eating disorders (anorexia nervosa) as well as depression. She has stopped going to school because of her conditions.

   Emma is 15, diagnosed with OCD that caused her to be depressed and to delay school for a little bit. Her parents come see her during visiting hours after dinner. She is very anxious and seems to have a very low self-esteem because of the way she thinks about the judgment of other people. She refused to know what others wrote about her during the group session that she was in. She was hiding in the car when she had the leave to go home.

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

   Her depression is affecting her way of thinking and self-perception.

Her eating disorder (anorexia) could put her in a very bad health condition.

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)**

Get her to eat a little bit of food

- Get her to join in on preparing food.
- Educate her on nutrition and how calories affects her weight/fat stores.
- **Evaluation:** It is easier said than done for educating her, but if she eats better and she knows the quality of the foods that she's consuming, maybe she eats better.

Get her to exercise less

- Get Beth to participate in activities that require little energy expenditure
- Get her to find hobbies that she may develop interests for like reading books about dancing.
- **Evaluation:** Beth spends more time doing activities with others and more activities that would take her mind off of moving around and actively trying to lose weight.

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

a. One of Beth's most available and sustainable support group is her family
b. Another one is "Cneter for Discovery: Eating disorder treatment" where they help re-wire the individual's perception of food and forge a healthier relationship with food through nutrition education and hand's on meal prepping.

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

Emma's thoughts causes her to become agitated

Emma has a lot of overthinking going on and causes her to isolate herself

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)**

Get Emma to develop coping techniques when she starts to think of negative thoughts.

- Meditation
- Journaling
- **Evaluation:** Observe if Emma's episodes decrease over a period of time.

Get Emma to do some activities that will distract her from her negative thoughts

- Encourage her to do more activities with others
- Encourage her to find hobbies that she could find as fun
- **Evaluation:** Observe if Emma's episodes decrease

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

   a. There are a lot of support groups available for individuals with OCD. Emma could go into therapy. Individuals with OCD and anxiety like Emma, could also attend support groups where the families can also be of attendance so that they can be educated on how to properly manage and support their loved one.

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

   a. It was very interesting because it made me compare myself to the kids in there and make me think about all the other times that I thought I was in a really bad mental health situation. It is really interesting to me how a lot of people can really be going through these things and that hopefully they get to live a full life.

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 _____Justin Pranada _____Date: _1/20/2020____

Instructor Comments: