

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

1. What is the difference between a documentary and reality TV?

Reality TV generally creates a situation and observes it for the entertainment of the viewer. Sometimes the show claims to be fly-on-the-wall, but there is a well-established anthropological premise that by finding a culture, you are affecting the behavior of the subject. A documentary attempts to educate the viewer by presenting facts through a series of observations. The most dangerous thing, in my view, is the trend for constructed reality dramas. These are dramas presented as fly-on-the-wall; the viewer is encouraged to believe the characters are real by placing them in real locations and situations.

2. Describe the main characters: Beth and Emma

a. Ex. Background, why they were hospitalized, physical appearance, beliefs about mental illness, relationship with peers/family/staff

- Beth, a 17-year-old, admitted because of suicidal thoughts and anorexia, did remark that she liked “to see the bone” when talking about her self-image, but she did in such breezy. Beth was a pretty blonde with big brown eyes. Beth loves dancing and gymnastics and often seems happy and extroverted. But appearances can be deceptive, as Beth has depression, self-harms and has an eating disorder. As her complicated relationship with food worsens, the staff had to forced to take drastic action. She has a good relationship with her friends; we can say that she is watching her friends’ pictures.
- Emma, a 15- year-old, was diagnosed with OCD and started to make depressed and even suicidal. She was shy and quiet but talked with reassuring clarity about her problems. She likes new patients has been getting used to in daily schedule. Her mom and dad come most nights to visit her after dinner during visiting time. Emma doesn’t want her friends to go there to visit her. Her mom says that Emma needs help, correct guidance, and medications to move on in her life.

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

Anorexia and Depression

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?

First goal Plan some activities like Gymnastics or dance activity (stage performance).

Nursing Intervention:

1) Show her some extreme places like the big hall where she can perform whatever she likes.

2) Hire someone who can help her and be with her in gymnastic (someone who knows gymnastics).

Evaluation (Outcome): The patient feels good by doing such kind of activities, and the mind is not going in the wrong direction.

The second goal, Start giving her a small amount of food.

Nursing Intervention: 1) Take her in the dining room ask her to sit with her friends, by watching her friends she starts to eat some food. Supervise her while she is eating. 2) Educate her about the importance of diet. Encourage her liquid intake; at least she gets energy. Ask her to choose food by herself. Ask her what she wants to eat. 3) Monitor fluid balance and administer IV fluid as appropriate.

Evaluation (Outcome): The patient understands of nutritional needs and starts to eat and get enough calories per day.

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b. What are the support groups available for Beth?

Friends she made during her treatment. group sessions, Occupational therapist, and group sessions helped her in treating her.

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

OCD and Depression

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?

The first goal, Obtain and explore the complete history and severity of obsessive thoughts and compulsive behavior

Nursing Intervention: 1) Explore the nature, frequency, duration, severity, and history of the OCD. 2) Establish strong rapport and therapeutic relationships to bring about real change.

Evaluation (Outcome): After getting history, it became easy to help Emma with her disorder.

The second goal Identify and list distorted thinking, negative self-talk, and belief errors and how each impact daily functioning.

Nursing Intervention:

1) Explore negative self-talk that controls and mediate obsessional fears and compulsive behaviors and identify ways to generate thoughts that correct these fears.

2) Identify and list distorted thinking and belief errors and how each impact is daily functioning and ways to replace thinking and beliefs with reality tested thoughts and ideas.

Evaluation (Outcome): By talking to her, the staff was able to know what type of negative thought she is getting.

b) What are support groups available for Emma?

Friends she made during treatment. She also had excellent Family support; her mom and dad were coming to visit her. The occupational therapist and group session helped her very well.

5. What surprised you most about the documentary?

I am surprised by watching this because a lot of teenagers have this kind of problem. Some teenagers are afraid to get help, and which makes their problems worse if they diagnosed early, then they get treatment faster.

Reference:

Trace Medhurst. (2017, November 15). *Don't Call Me Crazy* [Video]. Youtube.

<https://www.youtube.com/watch?v=18hbCpzG0b0>