

Don't Call Me Crazy: Episode 2- Crystal and Beth

1. Describe the Crystal:

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

14-year-old Crystal, who was admitted to the McGuinness Unit because she sees animals and people that nobody else can. Some of the characters, like a girl she calls '7', are her friends who she wants to keep, but others like 'The Man' or 'The Rat' scare her. Crystal's parents want to know if her condition can diagnose - could it be schizophrenia or psychosis? She was not eating in the dining room; she appears preoccupied and looking on the floor, something the other patients cannot see. Patient like crystal raises challenges for the staff and the unit. She was a good friend with Jill (patient). Crystal wants to live with her mom and dad. But she thinks her mom doesn't like her. But she has a loving adoptive family who has visited her every day.

2. Identify two (2) priority client problems for Crystal.

Hallucinations and Depression

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

The first goal is to develop a relationship with the person based on empathy and trust.

Nursing intervention:

1) Talk to patients and reassure them that you are there to help them and make a good relationship so they can trust you.

2) Ask family members to talk to patients and support patients so the patient can build a relationship.

Evaluation (Outcome): The patient built a good relationship with staff members and her adoptive parents.

The second goal, - Ensure physical needs are met - these include nutritional needs, sleep, and self-care needs.

Nursing Intervention:

1) Monitor for withdrawn behavior; check she is getting enough sleep or not.

2) Monitor about she is eating or not, how much she is eating, and is she is getting what she needs.

Outcome: She is getting enough nutrition and all physical needs.

b. What are the support groups available for Crystal?

An art therapist was helping her in checking what kind of thought she is having and Family (adoptive parents); they always support her.

3. How has Beth changed from the first episode to the second episode?

Firstly, she reports that she wants to die and saying it would be easier that way then no one has to worry, but three months after being admitted, Beth sectioned under the Mental Health Act, and she has lost the ability to say no. She started eating. There is an improvement in eating. She is beginning to eat at mealtimes.

4. Identify two (2) priority client problems for Beth at this point in her treatment.

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Suicidal risk and Depression

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

The first goal is to give her a small amount of food.

Nursing intervention:

- 1) Start the rainbow program in which she has to consume a set amount of calories every day.
- 2) Encourage her to eat and supervise her while she is eating.

Evaluation (Outcome): The patient starts eating a certain amount of food.

The second goal is to remove everything from the room by which patients can self-harm by themselves.

- 1) Check room every morning if they hide any self-harm things.
- 2) Check on the patient every 15 minutes.

- Evaluation (Outcome): The patient remains safe while in the unit, with the aid of nursing intervention and support.

5. Discuss the self-harm seen in this documentary. _____ (2 points)

Around one in 12 young people deliberately self-harm, around 25,000 are admitted to hospital every year due to the severity of their injuries. Even though after checking their rooms, the young people find a new way of hiding self-harm things like blades, razor blades. The incidents of self-harm answered on two separate occasions (that were shown) by the cancellation of home leave. One of the girls was refused leave for Christmas (after staff had got her hopes up) and a second for a weekend home, in both cases not long before their sections were revoked. In both cases they were devastated, a feeling I can well identify with from boarding school days when I counted the days until the next trip home (to their credit — a phrase you won't hear me say often — they never used weekends home as a weapon or canceled one when it was due). These incidents accompanied by the ominous tone in the voice-overs that made these incidents sound horrific (and there were scenes of staff meetings where staff talked in "very sad" tones that told the audience what was going to happen as if this wasn't their stock reaction). Self-harm is a widespread problem, and most young people who cut themselves never see the inside of a psychiatric unit.

Reference:

Trace Medhurst. (2017, November 15). *Don't Call Me Crazy* [Video]. Youtube. <https://www.youtube.com/watch?v=AN8Vo0QtDn8&t=1644s>