

## Don't Call Me Crazy: Episode 3- George, Matty and Beth

1. Describe the main characters: George and Matty
  - a. Ex. Background, why they were hospitalized, physical appearance, beliefs about mental illness, relationship with peers/family/staff
    - A 17-year-old admitted with severe depression and psychotic episodes hear voices that tell him he will kill on his 18th birthday. The sounds have become so severe and damaging that they have attempted suicide. His best friend Ryan came to visit him. He has a good relationship with his friend.
    - A 16-year-old George admitted to the hospital with severe depression. George's dad traveled to the McGuinness unit from Essex as George has a scholarship at a boarding school in Cumbria following his passion for rugby. He doesn't want to go back to boarding school because he thinks that boarding school is not the right place for him at this moment. George developed severe depression and tried to kill himself. He mentioned that he is getting a lot of support from his school. Also, his father comes to see his son once a week.
2. Identify two (2) priority client problems for George.
  - Depression and suicide
  - a. Name two (2) short term goals for George. Identify two (2) nursing interventions for each goal. How would you evaluate the effectiveness of the nursing interventions?
    - the goal is to take out him from depression
    - intervention:
      - Encourage patients to take part in group sessions.
      - Talk to the patient and find out what is going on in their mind.
      - (Outcome): The patient feels better after talking and after joining a group session.
    - the goal is to stop the patient from killing or harming himself
    - intervention:
      - Check on the patient every 15 minutes to make sure the patient is doing ok.
      - Check the patient room just in case they have any things by which they can self-harm.
      - (Outcome): The patient has nothing that he can self-harm.
  - b. What are support groups available for George?
    - Father comes there once a week to visit him. Also, he made a good friend there. Of Course, staff members were there to support her.
3. Identify two (2) priority client problems for Matty.
  - and experiences psychotic episodes
  - a. Name two (2) short term goals for Matty. Identify two (2) nursing interventions for each goal. How would you evaluate the effectiveness of the nursing interventions?
    - **(2 points)**

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- The goal, plan to treat in different ways, not just with therapy and drugs.
  - intervention:
  - Find a dance instructor or who can do exercise with him.
  - Encourage patient to do exercise or dance with them.
  - (Outcome):
  - was feeling a bit better.
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- the goal is to stop the patient by harming himself
  - intervention:
  - remove any sharp objects or anything by which patients can hurt themselves.
  - Check on the patient every 15 minutes.
  - (Outcome): The patient is safe in the unit.
- b. What are the support groups available for Matty?
- therapy (counseling therapy), where young people are using photographs to help explore their conditions.
4. Discuss the changes seem in Beth during this episode.
- the condition has improved. She started eating at mealtimes and is self-harming less. She has finally started gaining weight. She allowed the cameras to film her on the weight scale. Her food intake has increased. Being in the hospital has meant Beth has had to give up some of the things she loves most. She likes dancing, and she won trophies. But now she can start dancing and everything like that again. The Staff decided if Beth has made enough progress in returning to dancing. She even started writing a book about her experiences with mental illness. Beth self-harmed the day before she was getting discharged, so the doctor canceled discharge. But after a few weeks later, she got a discharge, and she plans to return to college and back competing in dance competitions. Although she is finding it difficult to maintain her target weight, she has not self-harmed since leaving the unit.
5. Discuss the design and safety features of the unit.
- McGuinness unit is well designed, and every patient has their room, so as much as they stay over there, they can feel comfortable. All patients become friends very quickly. They help each other. The unit also has a dining room so all patients can come over there to eat, and they can eat together like a family. About safety, the staff members always check if the patient doesn't have anything by which they can harm by themselves. The staff checks that routinely patients rooms every corner.

### Reference:

Trace Medhurst. (2017, November 15). *Don't Call Me Crazy* [Video]. Youtube.  
<https://www.youtube.com/watch?v=KG6cr5pLtS8>