

N323 19-2  
Movie Critique

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

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.

Write a two-three (2-3) page analysis discussing the following questions about this documentary.

1. Describe Crystal: \_

**Crystal has been having hallucinations for 6 years. She was abused and neglected until she was adopted at the age of 3. She does not believe she is ill. She believes the people and animals she sees are her “best friends”. Despite her supportive adoptive family, she still struggles with self esteem. She usually looks disheveled. At the unit, she is the youngest patient at 14. \_\_\_\_\_ (5 points)**

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

**Crystal was hospitalized for her constant hallucinations. She sees and hears people and animals that do not exist. Recently, she believes they have told her to harm herself and other people. She has a fairly good relationship with her family. Despite the fact that she has voices telling her to harm her father, her adoptive parents remain very supportive and try to understand what is going on with her and why.**

2. Identify two (2) priority client problems for Crystal.  
**Crystal struggles with self-harm and disturbed sensory perception. \_\_\_\_\_ (2 points)**

- 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?

**I would ensure Crystal is getting adequate sleep to help her brain have the best chance of differentiating between reality and fiction. I would provide relaxation techniques and keep the lights off. I would monitor the number of hours she is sleeping to evaluate the effectiveness of these. I would also make sure she is putting time into self-care with activities like daily showers and fixing her hair. This might make her feel better about herself and might lessen negative thoughts. I would monitor this by challenging her to give it 3 days and report if she is still having the same negative thoughts and voices. \_\_\_\_\_ (2 points)**

- b. What support groups are available for Crystal? **Childhood trauma survivor groups\_\_\_\_\_ (1 points)**

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

**Beth is improving. Her compulsion to self-harm is lessening, and she is improving her weight and eating habits. She believes she is ready to go home.\_\_\_\_\_ (2 points)**

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

**Beth feels she is ready to go home, but she has an episode of self-harm that prevents this from happening. She is at risk for self harm and suffering from anxiety stemming from her guilt about eating. \_\_\_\_\_ (2 points)**

- 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?

**Her room needs to be searched better, and her supervision needs to be tighter to keep her safe. Skin integrity checks can assess the effectiveness. She may benefit from meditation to ease anxiety. This would be evaluated through communication on how she is feeling and if she is improving.**

\_\_\_\_\_ (2 points)

5. Discuss the self-harm seen in this documentary. \_

**Both Beth and Crystal cut their arms several times. Beth cuts herself as a punishment for eating. Crystal's self-harm is not discussed as much. It is mentioned by her mother as a concern.**\_\_\_\_\_ (2 points)

Grammar, Punctuation, and APA \_\_\_\_\_ (2 points)

#### References

Perelman School of Medicine at University of Pennsylvania (n.d.). *Post traumatic stress disorder*. Retrieved from

[https://www.med.upenn.edu/ctsa/ptsd\\_symptoms.html](https://www.med.upenn.edu/ctsa/ptsd_symptoms.html)

**Total \_\_\_\_/20 points**

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

Signature \_\_\_\_\_ **Hope Marie Dykes** \_\_\_\_\_ Date: January 24, 2020

**Instructor Comments:**