

**Case Western Reserve University
Frances Payne Bolton School of Nursing
Fall 2004---September 1 – 22, 2004
Thursdays, 9:00 am - 12:00 pm**

Course Title: Mental Health of Older Adults

Course Number: NURS 441

Credit Hours: 1 credit hour

Instructor: Diana Lynn Morris PhD, RN, FAAN
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Prerequisite:

Course Description:

This course focuses on discussion of the consultative, investigative, and planning skills to meet the special mental health needs of the elderly. Concepts of mental health promotion, mental illness prevention, knowledge development, implementation, and evaluation of psychotherapeutic nursing strategies are examined. The examination of diverse mental health disorders in the aged and mental health service delivery are included.

Course Objectives:

Upon the successful completion of this course, the student will be able to:

1. Evaluate the inter-relationship of psychological changes of aging on acute and chronic health problems of older adults.
2. Describe common occurring mental disorders of older adults.
3. Critique psychosocial theories and research in understanding of mental health problems, promotion and mental illness prevention.

Teaching strategies

Lecture-discussion, case studies, faculty consultation

Required Textbook:

American Psychiatric Association, (2000). *Quick reference to the diagnostic criteria from SM-IV-TR*. Washington, DC: American Psychiatric Association. (ISBN 890420262)

Kennedy, G.J. (2001). *Geriatric mental health care: treatment guide for health professionals*. New York: Springer Publishing. (ISBN 1572307455)

Miller, M.D., & Reynolds, C.F. (2002). *Living longer depression free: a family guide to recognizing, treating, and preventing depression in later life*. Baltimore: Johns Hopkins Press. (ISBN 0801869439)

Morris, D.L. (2001). Geriatric mental health; an overview. *J Am Psychiatr Nurses Assoc*, 7, S2-S7. **Please read prior to beginning of class.**

Additional Readings:

Administration on Aging. (2000). [A profile of older Americans: 2000](#). Washington, C: U.S. Department of Health and Human Services.

Albom, M. (1997). *Tuesdays with Morrie*. New York: Doubleday.

Anderson, J. (2000). *A year by the sea: thoughts of an unfinished woman*. New York: Broadway Books

Clark, E. (1995). *Growing Old Is Not for Sissies II: Portraits of Senior Athletes*. New York: Pomegranite.

Core, D. & Dickenson, C. (1999). *Senior Moments: Growing Old Is Nor for Sissies*. New York: Sofits Publishing.

Erikson, J. (1991). *Wisdom and the senses: the way of creativity*. New York: W.W. Norton.

Delaney, S., Delaney, A.E., & Hearth, A.M. (1993). *Having our say: the Delany sisters' first 100 years*. New York: Kodansha.

Kuhn, M., Quinn, L., & Long C. (1991). *No stone unturned: the life and times of Maggie Kuhn*. New York: Ballatine.

Hemingway, E. (1952). *The old man and the sea*. New York: Scribner.

Matz, S. (1996). *When I am an old woman I shall wear purple*. Watsonville, CA: Paper-Mache Press.

Myerhoff, B. (1978). *Number our days*. New York: Touchstone Books.

Evaluation: We will discuss class evaluation (e.g. assignments) the first day of class.

Class Participation:	30 POINTS	Weekly
Case Study #1	30 Points	Due 10/20/04
Case Study #2	30 Points	Due 10/24/04
<u>Self Evaluation:</u>	<u>10 POINTS</u>	Due 10/24/04
TOTAL	100 points	

Grading:	A = 90 to 100 pts.
	B = 80 to 89 pts.
	C = 70 to 79 pts.
	D = 65 to 69 pts.

Class Participation: Students are expected to read prior to class, come to class with questions and analysis of the readings, and participate in class discussion.

Case Study #1 and # 2: Students will complete two case studies during the semester. The purpose of the assignment is to apply knowledge about geriatric mental health to clients in the clinical setting. Each case study will be typed and have pertinent references (referred articles) related to clinical presentation and diagnosis. In order to take a wholistic approach, the student will include in the discussion the relationship to and implications of the older adult's mental health concern in view of other health concerns (e.g. presence of a chronic illness, functional status, family health issues). Dr. Morris will be available throughout the semester to consult with each student as he/she proceeds in clinical and works on a particular case study. The case studies will be submitted to Dr. Morris for evaluation and feedback.

Self Evaluation: This is a 1-2 page narrative evaluation of your progress in learning and professional development related to the Health and Aging course.

Class Schedule

Class 1

9/01/04

**Introduction, Orientation
Overview of Geriatric Mental Health
Loss and Bereavement
The Depression, Delirium, Dementia Triad**

Class 2

9/08/04

**Affective Disorders in Older Adults
Depression, Bipolar Disorders
Suicide, Homicide**

Class 3

9/15/04

**Stress, Anxiety Disorders
Psychosis, Schizophrenia**

Class 4

9/22/04

**Dementias
Substance Use**

Remainder Semester:

- 1. Individual appointments as needed**
- 2. Use of blackboard chat room**

Recommended Resources**Text**

Blazer, D.G, Steffens, D. C., & Busse, E.W. (2004). *Textbook of geriatric psychiatry*. (3rd ed.). Washington, DC: American Psychiatric Publishing.

Articles/Monographs

Arean, P.A., Alvidrez, J., Barrera, A., Robinson, G.S., & Hicks, S. (2000). Would older medical patients use psychological services? *Gerontologist*, 42, 392-8.

Barry, K.L., Blow, F.C., & Oslin, D.W. (2002). Substance abuse in older adults: Review and recommendations for education and practice in medical settings. *Substance Abuse*, Suppl. 23 (3), 105-132.

Bartels, S.J., Dums, A.R., Oxman, T.E., Schneider, L.S., Arean, P.A., Alexopoulos, G.S., & Jeste, D.V. (2002). Evidence-based practices in geriatric mental health care. *Psychiatr Serv.*, 53, 1419-31.

Beautrais, A.L. (2002). A case control study of suicide and attempted suicide in older adults. *Suicide Life Threat Behav*, 32(1), 1-9.

Bell, M., & Goss, A.J. (2001). Recognition, assessment and treatment of depression in geriatric nursing home residents. *Clin Excell Nurse Pract*, 5(1):26-36.

Blank, K., Robisonm, J., Doherty, E., Prigerson H., Duffy, J., & Schwartz, H.I. (2001). Life-sustaining treatment and assisted death choices in depressed older patients. *J Am Geriatr Soc*, 49, 153-61.

Blazer, D.G. (2000). Psychiatry and the oldest old. *Am J Psychiatry*, 157, 1915-24.

Barry, K.L., Blow, F.C., & Oslin, D.W. (2002). Substance abuse in older adults: Review and recommendations for education and practice in medical settings. *Substance Abuse*, Suppl. 23 (3), 105-132.

Blow, F.C. (1998). *Substance abuse among older adults*. Rockville, MD: USDHHS-CSAT, SAMHAA.

Boyd, M.A. (2001). Behavioral disturbances associated with dementia: nursing implications. *J Am Psychiatr Nurses Assoc*, 7, S14-S22.

Brennan, .PL., Nichols, K.A., & Moos, R.H. (2002). Long-term use of VA mental health services by older patients with substance use disorders. *Psychiatr Serv*, 53, 836-41.

Carmin, C.N., Wiegartz, P.S., & Scher, C. (2000). Anxiety disorders in the elderly. *Curr Psychiatry Re*, 2(1):13-9.

Dada, F., Sethi, S., & Grossberg, G.T. (2001). Generalized anxiety disorder in the elderly. *Psychiatr Clin North Am*, 24(1):155-64.

- De Beurs, E., Beekman, A.T., Deeg, D.J., Twisk, J.W., Van Tilburg, w. (2001). On becoming depressed and anxious in late life: similar vulnerability factors but different effects of stressful life events. *Br J Psychiatry*, 179, 426-431.
- Dhondt, T.D., Beckman, A.T., Deeg, D.J., & Van Tilburg, W. (2002) Iatrogenic depression in the elderly. *Soc Psuchiatry Psychiatr Epidemiol*, 37, 393-398.
- Dupree, L.W. & Schonfeld, L. (1996). Substance abuse. In M. Hershen & V.B. Van Hasselt (Eds.). *Psychological treatment of older adults: An introductory text*. (pp.281-297). New York: Plenum Press.
- Eustace, A., Denihan, A., Bruce, I., Cunningham, C., Coakley, D., & Lawlor, B.A. (2001). Depression in the community dwelling elderly: do clinical and sociodemographic factors influence referral to psychiatry? *Int J Geriatr Psychiatry* 16, 975-9.
- Friedlander, A.H., & Norman, D.C. (2002). Late-life depression: Psychopathology, medical interventions, and dental implications. *Oral Surg Oral Med Oral Pathol Oral Radiol Endod*, 94, 404-12.
- Geerlings, S.W., Beekman, A.T., Deeg, D.J., Twisk, J.W., Van Tiflin, W. (2002). Duration and severity of depression predict mortality in older adults in the community. *Psychol Med*, 32, 609-618
- Greene, J.A. (2000). *Manual of nursing home practice for psychiatrists*. Washington, DC: American Psychiatric Publishing.
- Jin, H., Zisook, S., Palmer, B.W., Patterson, T.L., Heaton, R.K., & Jeste, D.V. (2001). Association of depressive symptoms with worse functioning in schizophrenia: a study in older outpatients. *J Clin Psychiatry*, 62, 797-803.
- Kennedy, G.J., Efremova, I., Frazier, A., & Saba, A. (1999). Emerging problems of alcohol and substance abuse in late life. *Journal of Social Distress and the Homeless*, 8(4), 277-239.
- Leinonen, E., Korpisammal, L., Pulkkinen, L.M., & Pukuri, T. (2001). The comparison of burden between caregiving spouses of depressive and demented patients. *Int J Geriatr Psychiatry*, 16, 387-93.
- Lenze, E.J., Rogers, J.C., Martire, L.M., Mulsant, B.H., Rollman, B.L., Dew, M.A., Schulz, R., & Reynolds, C.F. (2001). The association of late-life depression and anxiety with physical disability. *Am J Geriatr Psychiatry*, 9, 113-135.
- Lynch, D., McGinnis, R., Nagel, R., Tamburrino, M., & smith, M.K. (2002). Depression and associated physical symptoms: comparison of geriatric and non-geriatric family practice patients. *J of Mental Health & Aging*, 8(1), 29-35.

- Lyness, J.M., Caine, E.D., King, D.A., Conwell, Y., Duberstein, P.R., & Cox, C. (2002). Depressive disorders and symptoms in older primary care patients: one-year outcomes. *Am J Geriatr Psychiatry*, 10, 275-82.
- McDougall, G.J. (2000). Memory improvement in assisted living elders. *Issues Ment Health Nurs*, 21, 217-33.
- McInnis, G.J., & White, J.H. (2001). A phenomenological exploration of loneliness in the older adult. *Arch Psychiatr Nurs*, 15(3):128-39.
- Paradise, S. & Robinson, R.G. (1999). Minor depression after stroke: an initial validation of the DSM-IV construct. *Amer J Geriatr Psych*, 7, 244-251)
- Patterson, T.L., Lacro, J.P., & Jeste, D.V. (1999). Abuse and misuse of medications in the elderly. *Psychiatric Times*, 16(4). Available <http://psychiatrictimes.com/p990454.html>.
- Pigerson, H.G., Desai, R.A., & Rosenbeck, R.A. (2001). Older adult patients with both psychiatric and substance abuse disorders: Prevalence and health service use. *Psychiatric Quarterly*, 72(1), 1-18.
- Oslin, D.W., Datto, C.J., Kallan, M.J., Katz, I.R., Edell, W.S., & TenHave, T. (2002). Association between medical comorbidity and treatment outcomes in late-life depression. *J Am Geriatr Soc*, 50, 823-8.
- Sajatovic, M. (2002). Aging-related issues in bipolar disorder: a health services perspective. *J Geriatr Psychiatry Neurol*, 15(3), 128-33.
- Sajatovic, M., Sultana, D., Bingham, C.R., Buckley, P., & Donenwirth, K. (2002). Gender related differences in clinical characteristics and hospital based resource utilization among older adults with schizophrenia. *Int J Geriatr Psychiatry*, 17, 542-8.
- Steffens, D.C., Bosworth, H.B., Provenzale, J.M., & MacFall, J.R. (2002). Subcortical white matter lesions and functional impairment in geriatric depression. *Depress Anxiety*, 15(1):23-8.
- Szanto, K., Gildengers, A., Mulsant, B.H., Brown, G., Alexopoulos, G.S., & Reynolds, C.F. (2002). Identification of suicidal ideation and prevention of suicidal behaviour in the elderly. *Drugs Aging*, 19(1):11-24.
- Turvey, C.L., Wallace, R.B., & Herzog, R. (1999). A revised CES-D measure of depressive symptoms and a DSM-based measure of major depressive episodes in the elderly. *Int Psychogeriatr*, 11(2):139-48.

- U.S. Department of Health and Human Services (USDHHS). (1999). Mental health: A report of the Surgeon General. Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services, National Institutes of Health, National Institute of Mental Health. (Note: Chapter 4 or 5: Older Adults) Available at www.surgeongeneral.gov
- U.S. Department of Health and Human Services (USDHHS). (2001). *Older Adults and Mental Health: Issues and opportunities*. Rockville, MD: U.S. Department of Health and Human Services, Administration on Aging. Available at www.aoa.gov/mh/report_2001/default.htm
- Vasquez, E., & Onleal, M.E. (2002). Substance abuse education for nurse practitioners in primary care. *Substance Abuse, Suppl.* 23, 235-246.
- Waern, M., Runeson, B.S., Allebeck, P., Beskow, J., Rubenowitz, E., Skoog, I., & Wilhelmsson, K. (2002). Mental disorder in elderly suicides: a case-control study. *Am J Psychiatry*, 159, 450-5.
- Weintraub D., & Ruskin, P.E. (1999). Posttraumatic stress disorder in the elderly: a review. *Harv Rev Psychiatry*, 7(3):144-52.