

Case Western Reserve University
Frances Payne Bolton School of Nursing
Fall 2004---September 29 – October 20, 2004
Wednesdays, 9:00 am - 12:00 pm

Course Title: **Mental Health Interventions with Older Adults**

Course Number: NURS 442

Credit Hours: 1 hour (didactic)

Instructor: **Diana Lynn Morris PhD, RN, FAAN**
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Pre- or Co-requisite: NURS 441

Course Description:

This course focuses on the theoretical basis of psychosocial assessment and intervention with older adults and their families, with an emphasis on individual, group and family interventions. Concepts from individual, family, and group modalities and the process of consultation and education are examined. Students will also learn the components of individual and family assessment in “well-elders” and the identification of mental disorders, including problems with memory and cognition. This knowledge base serves as the foundation for developing and applying interventions in practice to meet the mental health needs of older adults.

Course Objectives:

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

1. Describe the theoretical basis for individual, family and group interventions with older adults and their families.
2. Identify the applicability of specific individual, family and group interventions with older adults and their families.

Teaching strategies

Seminar, lecture,
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: Guilford. (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)

Salzman, C. (2001). *Psychiatric medications for older adults: the concise guide*. New York: Guilford Press. (ISBN 1572305789).

Suggested Resources:

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

Laidlaw, K., Thompson, L.W., Dick-Siskin, L., & Gallagher-Thompson, D.G. (2003). *Cognitive behavior therapy with older people*. Hoboken, NJ: Wiley. (ISBN 0471487112)

Evaluation: We will discuss class evaluation (e.g. assignments) the first day of class. These assignments will build on work done in NURS441.

Class Participation:	30 POINTS	Weekly
Case Study #1	30 Points	Due 11/10/04
Case Study #2	30 Points	Due 11/17/04
<u>Self Evaluation:</u>	<u>10 POINTS</u>	Due 11/17/04
TOTAL	100 points	

Grading:

- A = 90 to 100 pts.**
- B = 80 to 89 pts.**
- C = 70 to 79 pts.**

Seminar 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 remainder of the semester. These case studies can be based on case studies done in NURS 441 if taken consecutively during the same semester. The purpose of the assignment is to apply knowledge about geriatric mental health interventions to clients in the clinical setting. Each case study will be typed and have pertinent references (refereed articles) related to clinical diagnosis and intervention modalities. The following should be included: a summary of the client's and families' clinical presentation; diagnosis; description and

evaluation of interventions provided for mental health concerns for the elder and family; identify any referrals made and rationale for the respective referral; and discuss consultation given to other care providers of the specific client and the effectiveness of consultation. 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
9/29/04

Introduction, Orientation
Overview

We will discuss class schedule as well.

10/06/04

Individual Modalities

Brief interventions, problem solving, behavioral management,

10/13/04

Individual Modalities

Medication management, referral, consultation

10/20/03

Family Modalities
Group Modalities

Recommended Resources

- Arean, P.A., Alvidrez, J., Barrera, A., Robinson, G.S., & Hicks, S. (2000). Would older medical patients use psychological services? *Gerontologist*, 42, 392-8.
- 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.
- 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.
- Boyd, M.A. (2001). Behavioral disturbances associated with dementia: nursing implications. *J Am Psychiatr Nurses Assoc*, 7, S14-S22.
- Cutcliffe, J.R., & Grant, G. (2001). What are the principles and processes of inspiring hope in cognitively impaired older adults within a continuing care environment? *J Psychiatr Ment Health Nurs*, 8(5), 427-36.
- De la Fuente, E. (2001). Pharmacological and nonpharmacological management options for anxiety and depression in late life. *J Am Psychiatr Nurses Assoc*, 7, S8-S13.
- Dhalla, I.A., Anderson, G.M., Mamdani, M.M., Bronskill, S.E., Sykora, K., & Rochon, P.A. (2002). Inappropriate prescribing before and after nursing home admission. *JAGS*, 50, 995-1000.
- 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.
- Eliason, M.J., & Skinstad, A.H. (2001). Drug & alcohol intervention in older women. *Journal of Gerontological Nursing*, 27 (12), 18-24.
- Flaherty, J.H., Perry, H.M., Lynchard, G.S., & Morley, J.E. (2000). Polypharmacy and hospitalization among older home care patients. *Journal of GerontologyL Medical Sciences*, 55A, M545-M559.
- Flint, A.J. (1998). Management of anxiety in late life. *J Geriatr Psychiatry Neurol*. 11(4), 194-200.
- 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., Twisk, J.W., Beekman, A.T., Deeg, D.J., Van Tilflin, W. (2002). Longitudinal relationship between pain and depression in older adults: sex, age and physical disability. *Soc Psychiatry Psychiatr Epidemiol.*, 37, 23-30.

- Greene, J.A. (2000). *Manual of nursing home practice for psychiatrists*. Washington, DC: American Psychiatric Publishing.
- Hanlon, J.T., Schmader, K.E., Boulton, C., Artz, M.B., Gross, C.R., Fillenbaum, G.C., Ruby, C.A., & Garrard, J. (2002). Use of inappropriate prescription drugs by older people. *JAGS*, 50, 26-34.
- Horton-Deutsch, S.L., Farran, C.J., Choi, E.E., & Fogg, L. (2002). The PLUS intervention: a pilot test with caregivers of depressed older adults. *Arch Psychiatr Nurs*, 16(2), 61-71.
- Kneebone, II, & Dunmore, E. (2000). Psychological management of post-stroke depression. *Br J Clin Psychol*, 39(Pt 1), 53-65.
- Kritz-Silverstein, D., Barrett-Connor, E., & Corbeau, C. (2001). Cross-sectional and prospective study of exercise and depressed mood in the elderly : the Rancho Bernardo study. *Am J Epidemiol*, 153, 596-603.
- Kurlowicz, L.H. (2001). Benefits of psychiatric consultation-liaison nurse interventions for older hospitalized patients and their nurses. *Arch Psychiatr Nurs*, 15(2):53-61.
- Landreville, P., Landry, J., Baillargeon, L., Guerette, A., & Matteau, E. (2001). Older adults' acceptance of psychological and pharmacological treatments for depression. *J Gerontol B Psychol Sci Soc Sci*, 56, P285-91.
- Levin, S.M., Blow, F.C., Kruger, J. (2000). *Substance abuse among older adults: a guide for treatment providers*. Rockville, MD: USDHHS-CSAT, SAMHAA.
- Montgomery, P., & Dennis, J. (2002). Cognitive behavioural interventions for sleep problems in adults aged 60+. *Cochrane Database Syst Rev.*, (2):CD003161.
- 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.
- Palmer, B.W., Nayak, G.V., Dunn, L.B., Appelbaum, P.S., & Jeste, D.V. (2002). Treatment-related decision-making capacity in middle-aged and older patients with psychosis: a preliminary study using the MacCAT-T and HCAT. *Am J Geriatr Psychiatry*, 10, 207-11.
- Peterson, M., & Zimberg, S. (1996). Treating alcoholism: an age-specific intervention that works for older patients. *Geriatrics*, 51(10),45-9.
- Rapp, C.G., Mentes, J.C., & Titler, M.G. (2001). Acute confusion/delirium protocol. *J Gerontol Nurs*, 27(4), 21-33.

- Rylands, K.J., & Rickwood, D.J. (2001). Ego-integrity versus ego-despair: the effect of "accepting the past" on depression in older women. *Int J Aging Hum Dev*, *53*(1):75-89.
- Sandberg, J.G., & Harper, J.M. (1999). Depression in mature marriages: impact and implications for marital therapy. *J Marital Fam Ther.*, *25*, 393-406.
- Schumm, W., & Silliman, B. (1997). Changes in premarital counseling as related to older cohorts of married couples. *J Sex Marital Ther.*, *23*(2), 98-102.
- Spore, D., Mor, V., Hiris, J., Larrat, E.P., & Hawes, C. (1995). Psychotropic use among older residents of board and care facilities. *JAGS*, *43*, 1403-1409.
- Strawbridge, W.J., Deleger, S., Roberts, R.E., & Kaplan, G.A. (2002). Physical activity reduces the risk of subsequent depression for older adults. *Am J Epidemiol*, *156*, 328-34.
- Sumaya, I.C., Rienzi, B.M., Deegan, J.F. 2nd, & Moss, D.E. (2001). Bright light treatment decreases depression in institutionalized older adults: a placebo-controlled crossover study. *J Gerontol A Biol Sci Med Sci*, *56*, M356-60.
- 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.
- Tabloski, P.A., Cooke, K.M., & Thomas, E. B. (1998). A procedure for withdrawal of sleep medication in elderly women who have been long-term users. *Journal of Gerontological Nursing*, *24*(9), 20-28.
- 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 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/report2001/default.htm