

COURSE OUTLINE

Mental Health of Older Adults

Course Description

NR 235. Mental Health of Older Adults. 2 hours credit. Prerequisites: NR105 with a C or better, RN/LPN, or prior approval of instructor. This course will enable the student to assess the mental health of older adults, describe the most common mental disorders, discuss how their presentation differs with age, nursing management and common treatments of these disorders, and available resources. Butler Community College is approved as a provider of continuing education by the Kansas State Board of Nursing. This course may be taken for continuing education credit in lieu of college credit hours.

Course Relevance

In response to the growing number of older adults in the healthcare system, it is imperative that healthcare professionals have an understanding of the issues that impact older adults and caregivers in order to care for older adults more effectively. The concepts learned in this course will enhance the student's ability to provide information and available resources to older adults.

Required Materials

Ebersole, P., Hess, P., & Luggen, A.S. (2004). *Toward healthy aging: Human needs and nursing response*. (6th ed.). St. Louis, MO: Mosby.

Learning Outcomes

The intention is for the student to be able to

1. Describe the presentation of and differentiation between dementia, delirium, depression, and other common mental disorders in older adults
2. Assess older adults experiencing other common mental disorders
3. Describe the nursing and collaborative care of older adults experiencing alterations to their mental health, and identify community resources

Primary Learning PACT Skills that will be DEVELOPED and/or documented in this course

Through the student's involvement in this course, he/she will develop his/her ability in the following primary PACT skill areas:

1. Critical Thinking
 - Through analysis of case studies and written discussion, the student will develop critical thinking skills.

Secondary skills (developed but not documented):

Computer Literacy
Teamwork
Health Management

Internet Use

Major Summative Assessment Task(s)

These learning outcomes and the primary Learning PACT skills will be demonstrated by

1. Analyzing case studies focused on common mental health disorders of older adults. Analysis will use the nursing process to assess and outline a plan of care for older adults.
2. Creating a community resource guide focused on one common mental health disorder for older adults

Course Content

- I. Themes – Key recurring concepts that run throughout this course:
 - A. Common mental health problems of older adults
 1. Differentiation between dementia, delirium and depression
 2. Presentation of other common mental health problems
 3. Diagnostic tests and tools
 4. Common treatments and resources
 - B. Nursing process and management of mental health problems of older adults
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
 - A. The perception that dementia and depression are a normal part of the aging processes
 - B. As people age they become more like themselves
- III. Concepts – Key concepts that must be understood to address the issues:
 - A. Dementia, delirium and depression
 - B. Acute mental disorders and progressive mental disorders
 - C. Presentation of mental illness in older adults
 - D. Awareness of environmental and physical causes of mental disorders
- IV. Skills/Competencies – Actions that are essential to achieve the course outcomes:
 - A. At the successful completion of the course, the student will be able to:
 1. Differentiate and describe the presentation between these mental health disorders
 2. Dementia
 3. Delirium
 4. Depression
 - B. Explore other common mental health problems that affect older adults
 1. Schizophrenia
 2. Chronic grief
 3. Anxiety disorders
 4. Substance abuse
 5. Suicide
 6. Mental retardation and other developmental disabilities
 - C. Identify possible etiologies for each disorder
 1. Describe the clinical manifestations
 2. Explain diagnostic tools and laboratory procedures
 3. Discuss current treatments and therapies

4. List community resources available to older adults with mental health
5. disorders
6. Apply the nursing process

Learning Units

- I. Differentiation between dementia, delirium, and depression
 - A. Dementia
 1. Clinical manifestations
 2. Possible etiologies
 3. Diagnostic tools and lab procedures
 4. Current treatments and therapies
 5. Nursing management
 6. Community resources available
 - B. Delirium
 1. Clinical manifestations
 2. Possible etiologies
 3. Diagnostic tools and lab procedures
 4. Current treatments and therapies
 5. Nursing management
 6. Community resources available
 - C. Depression
 1. Clinical manifestations
 2. Possible etiologies
 3. Diagnostic tools and lab procedures
 4. Current treatments and therapies
 5. Nursing management
 6. Community resources available
- II. Other common mental disorders of older adults
 - A. Schizophrenia
 1. Clinical manifestations
 2. Possible etiologies
 3. Diagnostic tools and lab procedures
 4. Current treatments and therapies
 5. Nursing management
 6. Community resources available
 - B. Chronic Grief
 1. Clinical manifestations
 2. Possible etiologies
 3. Diagnostic tools and lab procedures
 4. Current treatments and therapies
 5. Nursing management
 6. Community resources available
 - C. Anxiety Disorders
 1. Clinical manifestations
 2. Possible etiologies

3. Diagnostic tools and lab procedures
 4. Current treatments and therapies
 5. Nursing management
 6. Community resources available
- D. Substance Abuse
1. Clinical manifestations, recognition
 2. Possible etiologies
 3. Diagnostic tools and lab procedures
 4. Current treatments and therapies
 5. Nursing management
 6. Community resources available
- E. Suicide
1. Awareness and recognition
 2. Statistics in older adults
 3. Prevention
 4. Community resources available
- F. Mental retardation and other developmental disabilities
1. Clinical manifestations
 2. Possible etiologies
 3. Diagnostic tools and lab procedures
 4. Current treatments and therapies
 5. Nursing management
 6. Community resources available

Learning Activities

Independent study of materials supported by additional materials as required by the instructor as well as discussion of case studies, examination of professional journals, collaboration and interactive participation among class members and instructor.

Grade Determination

The student will be graded on completion of assessment tasks, class participation and discussion, as well as other methods of evaluation determined at the discretion of the instructor.