Georgia Swank MS, RN, NEA-BC, CDDN
Chief Nursing Officer
The Ridge Behavioral Health

INTEGRITY VS. DESPAIR

Objectives for Presentation

1. Understand the Mind-Body Connection
2. Provide an Overview of Body Systems in Aging Process & how these are affected by increased age
3. Identify the effects of medications on the older adult
4. Be able to list symptoms of Depression & identify that it is underdiagnosed in the older population
5. Understand how the holistic perspective of the older individual is necessary for identifying mental illness risks and symptoms

Unified discussion about Alzheimer’s disease or other dementia

During the Aging Process

» Normal aging process affected by:
  » Genetic effects
  » Lifestyle choices
  » Environment
WE CAN CHANGE THESE THINGS:

* poor nutrition
* inactivity
* smoking
* alcohol misuse

(Healthy People, 2010)

WE CAN ONLY LIMIT the EFFECTS of:

Our Genetics

- Parents diabetic?
  - Eat healthy
  - Exercise
  - See Physician regularly to monitor

Physical Health promotes Mental Health....

So, Let's Talk About the Effects of Physical Health on Mental Health....

» Decrease in muscle mass, strength and tone
» Decrease in joint mobility
» Increased porosity and fragility of bones
» Shortening of the spinal cord
» Increased likelihood of developing arthritis

Musculoskeletal

Protective Responses

» Sense of balance decreases due to loss of hair cells in middle ear.
» Slow movement and less sensation lead to slower reaction time and decreased protective responses.
Intelligence, ability to learn, don’t necessarily change
More difficulty processing, organizing new information, recalling old information
Mental illness more prevalent than in general population - depression most common.

Behavior & Cognitive

Behavior & Cognitive

Nervous System

Loss of nerve cells and fibers with decreased conduction.
Decreased blood flow and oxygen to brain.
Less REM stage of sleep.
Altered pain response

Decreased responsiveness to stress, leading to difficult breathing, fatigue.
Heart rate decreases due to slower contraction of muscle fibers.
Slow return to normal HR after elevation.
Build up of calcifications and fat in arteries.
Decreased elasticity of arteries leads to heart needing to pump faster.

Heart and Blood Vessels

Bladder capacity and muscle tone decrease
Kidneys become less efficient
Enlargement of prostate common
Relaxation of pelvic muscles
Effects of decreased hormones

Decreasing total calorie needs every decade
Less gastric juice may lead to increased indigestion and ulcers
Decreased saliva production may lead to more gum disease
Decreased smooth muscle tone, slower emptying and digestion, less absorption of nutrients.

Reproductive/GI System

GI System
AGING EFFECTS ON THE SENSES

- Decrease in sweat glands, thinning of skin, change in appearance (wrinkles), thinning of hair, nails
- Decreased sensation of touch and pain

- Drying of mucus membranes in nose. Decreased sensitivity to odors.
- Decrease in taste buds and in sensation of taste
- Recession of gums, thinning of dental enamel, lose teeth

- Thickening of eardrum
- Increased ear wax
- Presbycusis (loss for high pitched speech sounds)
- Decreased tone discrimination, localization

Psychosocial

- Loss of spouse
- Loss of friends
- Change of body image
- Loss of bodily function (strength, mobility)
- Loss of ability to perform ADLs
- Inability to be independent
- Move from home?
- Routine must change

Possible economic factors

- 15% of people over 65 live in poverty according to the 2012 Census Bureau Report

DEALING WITH OWN MORTALITY

Aging & Medications
How many of your parents or patients are on several of these?

- Antipsychotics
- Antihistamines
- Anticonvulsants
- Urinary incontinence
- Hypnotics
- Anti-Parkinson meds
- Antidepressants
- Cardiovascular meds
- GI meds
- Muscle relaxants

**Anticholinergic Load**

» The average # of meds a geriatric pt takes is 15 (can be up to 30+)
» Interactions
» Side effects
» THEY ARE OCCURRING...may be negative or not, but demand oversight

**Medication Interactions**

- Secondary morbidities
  - Decreased cognition, including memory, and problem-solving
  - Slowed down everything—dry eyes, dry mouth, less urine, constipation
- Create fatigue and decreased motivation
- Increase in falls
- Increase in broken bones and injuries
- Increase in hospitalizations
- Increase in nosocomial infections
- Increase in mortality

**Side Effects of Anticholinergic Meds Cause...**
**Stages of Alzheimer’s Dementia**

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<tbody>
<tr>
<td>Mild</td>
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<td>(early stage)</td>
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<td>Moderate</td>
<td>Difficulty with ADL's</td>
<td>Anxiety, paranoia, agitation</td>
<td>Sleep difficulty.</td>
<td>Difficulty recognizing familiar people.</td>
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<td>Severe</td>
<td>Loss of speech.</td>
<td>Loss of weight, appetite</td>
<td>Loss of bladder/bowel control</td>
<td>Total dependence on others.</td>
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<td>(late stage)</td>
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**What Else Could Be Causing These Behaviors?**

» Medication side effects
» Medical problems: anemia, high blood pressure, brain tumor
» Hearing and/or vision problems
» Metabolic disturbances: diabetes or thyroid dysfunction
» Alcohol or other substance abuse
» Affective disorders: delirium or depression
» Vitamin deficiencies

» Researchers confirm that older adults don’t seek out mental health specialists for their mental disorders as often as younger counterparts
» Is it stigma?
» Is it a generational belief or non-belief about mental illness?
» Is it access?
Depression is NOT a Normal Part of Aging, but............

- Depression is more common in those with other medical conditions or whose function becomes limited AND
- 80% of older adults have at least 1 chronic health problem
- 50% HAVE 2 OR MORE (Diabetes, heart disease, COPD, arthritis, etc.)
- 66.7% of nursing home residents have a mental disorder
  » They also have more medical comorbidities

Under diagnosed
- Do you know an elderly person without pain?
- CHRONIC PAIN IS DEBILITATING
  » Affects sleep, eating, activities, cognition
- Diabetes—population is increasing rapidly
  » Diabetic neuropathy
  » Loss of eyesight
  » Kidney function fails, multi-system eventually
- Even mild depression lowers immunity and may compromise a person’s ability to fight infections and cancers

Depression in the Elderly

SYMPTOMS OF DEPRESSION

- Feelings of hopelessness and/or pessimism
- Feelings of guilt, worthlessness and/or helplessness
- Inability, restlessness
- Loss of interest in activities or hobbies once pleasurable
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Insomnia, early-morning wakefulness, or excessive sleeping
- Overeating or appetite loss
- Thoughts of suicide, suicide attempts
- Persistent aches or pains, headaches, cramps, or digestive problems that do not get better, even with treatment

http://www.cdc.gov/aging/mentalhealth/depression.htm
Mental disorders, such as anxiety and depression, adversely affect one's physical health and ability to fight off or recover from a physical condition, especially in older adulthood. For example, untreated depression in an older person with heart disease can negatively affect the outcome of the heart disease.

Conversely, older adults with medical conditions such as heart disease have higher rates of depression than those who are medically well.

Anxiety is almost always a component of depression 15-20% older adults

Anxiety disorders: 11% older adults

Personality disorders prevalent in SNFs

Schizophrenia is 1% of the population

Depression is a major risk factor for suicide. In 2006, 14.22 of every 100,000 people age 65 and over died by suicide, higher than the rate of 11.16 per 100,000 in the general population.

Many older adults who die by suicide reached out for help; 20 percent see a doctor the day they die, 40 percent the week they die, and 70 percent the month they die. Yet depression is frequently missed by physicians because older adults are more likely to seek treatment for other physical ailments than they are to seek treatment for depression.
What measures can we take to obtain and sustain good mental health?

Mental Health

WHAT'S REALLY IMPORTANT?

Maintaining mental health as you age means doing things you've never done before...try new foods, redecorate your living space......do something different!
This guy tried something different on the way to work this day

So did they....

Kind of like running with scissors......it's always fun until somebody gets hurt....
THANK YOU FOR YOUR TIME....

QUESTIONS?

Let your age go old, But not your heart...