When there are some missing pieces

MHRN Nursing in the Home Care Setting

- Mental Health Nurse can help identify symptoms of anxiety or depression
- Most common mental concerns with aging adults
- Is there dementia, delusions or behavioral concerns?
- In Home Care provides home assessment, ongoing care plans, medication management, supportive counseling, symptom monitoring, and responsive tracking.
- Increase in awareness over last decade of senior’s depression and psychiatric disorders in elderly population.

- Suicide rate for those over 60 is an alarming 21%, the highest of any age bracket.
- Why are millions of our elderly deprived of adequate medical care?
Nurses in this area receive more training in psychological therapies, building a therapeutic alliance, dealing with challenging behavior, and the administration of psychiatric medication.

In the elderly,

<table>
<thead>
<tr>
<th>Addictions</th>
<th>Depression</th>
<th>Memory Disorders</th>
<th>Physical Limitations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcoholism</td>
<td>Social Withdrawal</td>
<td>Dementia</td>
<td>Hip Fractures, Injuries</td>
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<td>Pain Medications</td>
<td>Behaviors</td>
<td>Alzheimer’s</td>
<td>Arthritis</td>
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<td>Attention Needs</td>
<td>Mental illness</td>
<td>Confusion</td>
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<td>Schizophrenia</td>
<td>Bipolar Personality</td>
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This combined with their increasing physical limitations causes them to be homebound, unable to receive treatment or important social connection with the surrounding community. Addressing these issues is important for crisis *intervention*.

In 1913, Johns Hopkins University was the first college of nursing in the United States to offer psychiatric nursing as part of its general curriculum.

The nine aspects of critical mental health practicum include: understanding and empathy, individuality, providing support, being there/being available, being ‘genuine’, promoting equality, demonstrating respect, demonstrating clear boundaries, and demonstrating self awareness for the patient

Psychiatric mental health nursing works within nursing models, utilizing nursing care plans, and seeks to care for the whole person. However, the emphasis of mental health nursing is on the development of a therapeutic relationship or alliance. In practice, this means that the nurse should seek to engage with the person in care in a positive and collaborative way that will *empower the patient* to draw on his or her inner resources in addition to any other treatment they may be receiving

**Assessment**

- Is the patient sleeping adequate hours on a regular sleeping cycle?
- Does the patient have a lack of interest in communication with other people?
- Is the patient eating and maintaining an adequate nutritional status?
- Is the ability to perform activities of daily living present (bathing, dressing, toileting oneself)?
- Can the patient contribute to society and maintain employment?
- Is the ability to reason present?
- Is safety a recurring issue?
- Does the patient often make decisions without regards to their own safety or the safety of others?
- Does the patient show a difficulty with memory or recognizance?

**Resources:**

http://www.matrixadvocare.com/
http://www.nami.org/
http://www.mhaging.org/index.html

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