



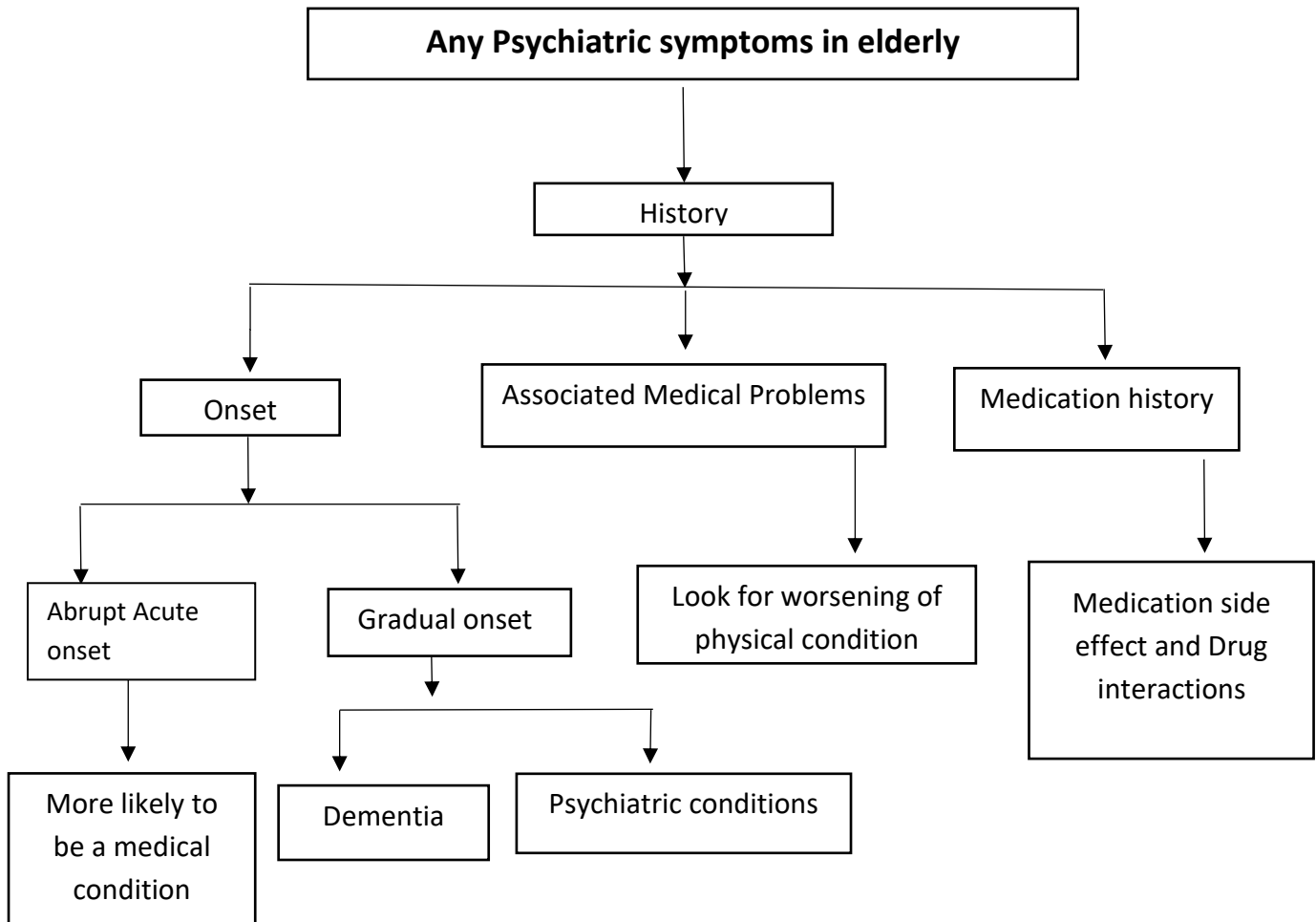
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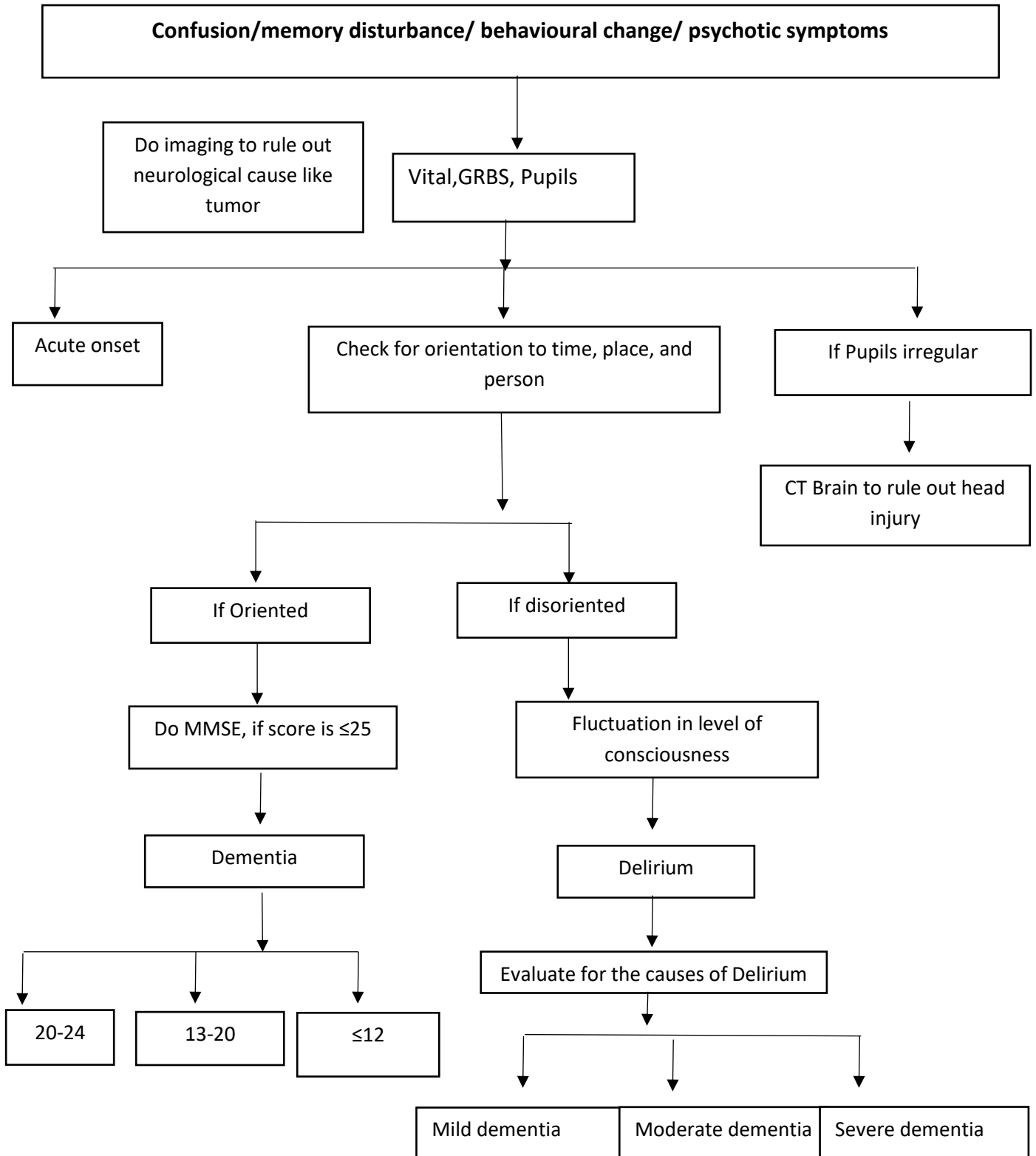
Mental health in elderly

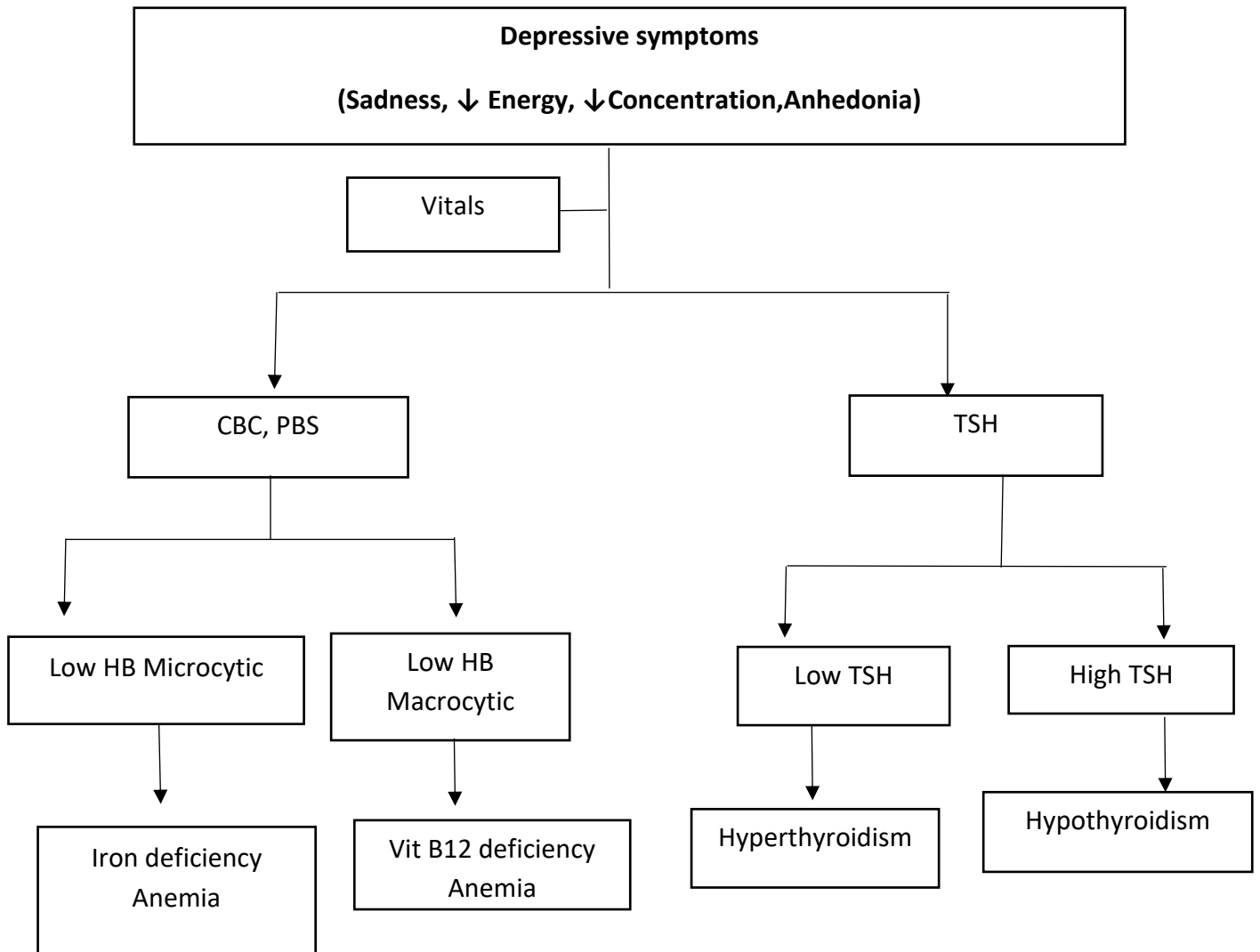
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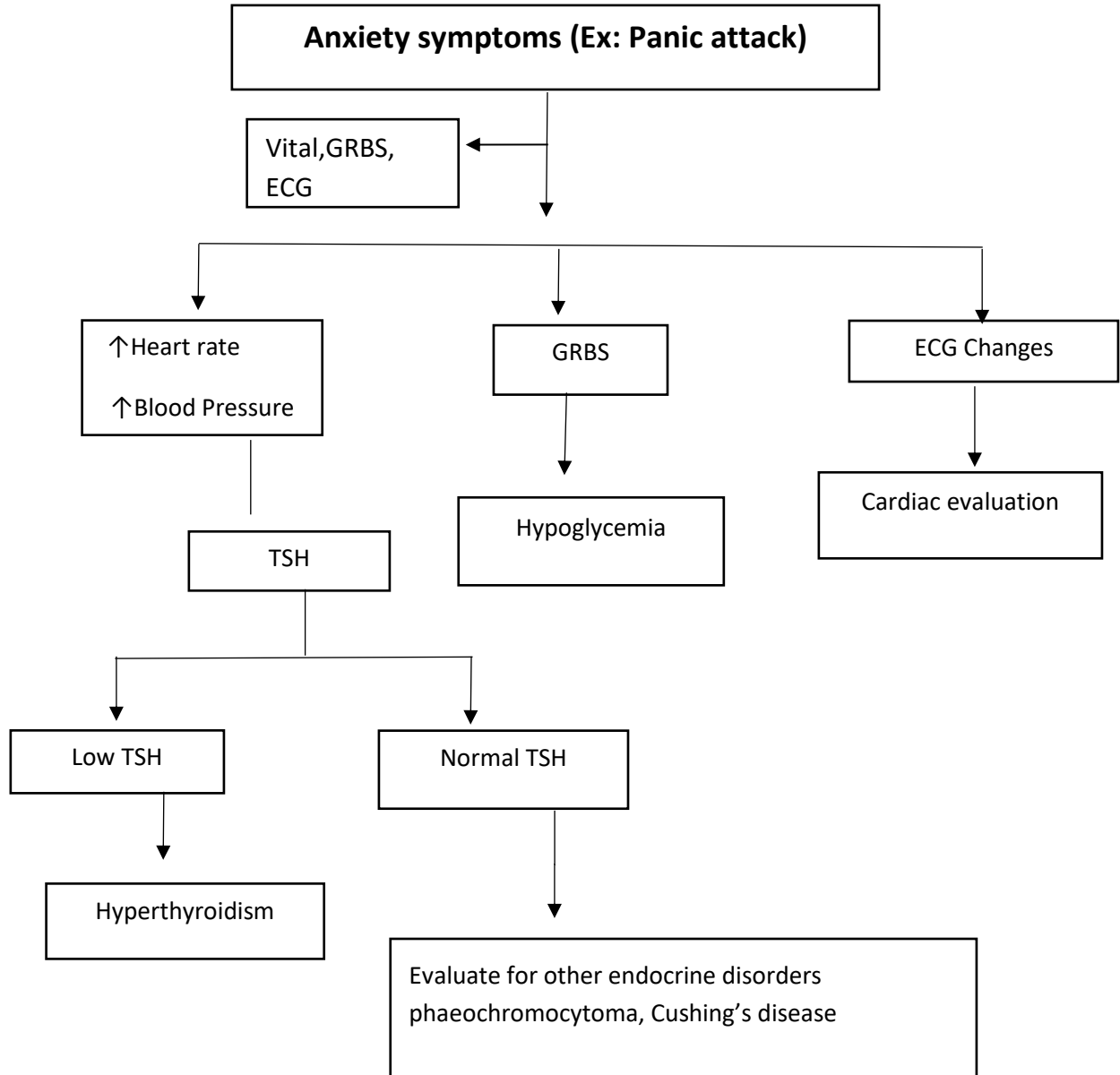


This chapter, via a self-explanatory flowchart, highlights the various mental health issues faced by an elderly patient which could be tackled by a staff nurse and referred to a doctor whenever necessary.











Dealing with agitated dementia patients:

Sensory interventions:

- a. Massage
- b. Music
- c. Use spectacles, hearing aids, dentures
- d. Adequate lighting
- e. Pain control
- f. Exercise

Environmental modifications:

- a. Minimizing noise
- b. Adequate space
- c. Safe space to wander
- d. Avoid interventions at the time of agitation

Behavioural interventions:

- a. Calm, soothing voice
- b. Simple instructions
- c. Distraction
- d. Avoid arguing
- e. Praise positive behavior

Care giver support Medications:

- a. Selective Serotonin Reuptake Inhibitors
- b. Atypical antipsychotics, ex: Risperidone, Quetiapine

Potentially **inappropriate** medication combinations:

- 1) Tricyclic antidepressants + first generation antipsychotics: Adverse effect- High anticholinergic effects
- 2) Benzodiazepines + Other sedating drugs: Adverse effect-increased risk of fall



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