

Geropsychiatric Educational Resources for Nurse Practitioners

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Abstract

Due to the increasing number of older adults, the numbers of those with mental health conditions will increase as well. It is estimated that there will be 18 million seriously mentally ill older adults in the US by 2060. Nurse practitioners will need to be prepared to identify and treat geropsychiatric health issues in older adults. Common geropsychiatric issues nurse practitioners will need to be prepared to address include dementia, delirium, depression, suicide, pain, sleep disorders, substance abuse, elder abuse and serious mental illness including schizophrenia, schizoaffective disorder and bipolar disorder. There are a growing number of teaching resources available to assist nurse practitioner faculty meet this need. The Geropsychiatric Nurse Collaborative, Hartford Institute of Geriatric Nursing, National League for Nurses, and the Geriatric Education Centers have developed educational resources available for use by nurse practitioner faculty. Additionally, organizations such as the American Geriatrics Society, American Delirium Society, American Psychiatric Nurses Association and Gerontological Advanced Practice Nurses Association also have resources available for educational purposes. Brief descriptions as well as links to these resources are provided.

The population across the globe is aging. In the United States alone, the population of those 65 and older is expected to grow from 40.3 million in 2010, 72.1 million in 2030 (Vincent & Velkoff, 2010) to over 92 million by 2060 (Administration on Aging, 2012). Older adults with Serious mental Illness (SMI) account for 1% to 2% of older adults in the United States (Jeste, Alexopoulos, Bartels Cummings, Gallo, Gottlieb et al., 1999) which could mean 18 million older adults with SMI by 2060. Currently, there are no definite prevalence estimates on the actual number of older adults with SMI or substance use (SU) concerns. However, the IOM estimates there are at least 5.6 million to 8 million older adults with

SMI and SU with depressive disorders and dementia-related behavioral and psychiatric symptoms being the most common (IOM, 2012). With this in mind, in 2012 the Institute of Medicine (IOM) addressed a very important issue regarding who will care for older adults with Mental Health and Substance Abuse (IOM, 2012). The scope of mental illness and substance use in older adults has become a looming public health concern which will require a concerted effort among nurse educators to respond by preparing advanced practice nurses to care for mental health needs of older adults.

Common geropsychiatric conditions nurses should anticipate encountering include: delirium, dementia and depression as well as pain, sleep problems, suicide, elder abuse, serious mental illness and substance abuse (Beck, Buckwalter, Dudzik & Evans, 2011). Older adults with SMI and or SU can be found across the continuum of care from acute care, primary care, community based care and long-term care settings.

Therefore, more and more generalist will be expected to respond to the mental health needs of older adults. Unfortunately, few generalists, regardless of discipline have adequate training in geriatric mental-health (Beck et al., 2011). To address this lack of training experts in the field have engaged in scholarly endeavors to identify and provide resources for faculty to address the basic Geropsychiatric Competencies to care for older adults.

The John A. Hartford Foundation along with American Academy of Nursing made a commitment to address this gap in educational resources for Nurses and Advanced Practice Nurses who work with older adults by funding the Geropsychiatric Nursing Collaborative (GPNC). This collaborative with co-investigators, Dr. Cornelia Beck, Dr. Kathleen Buckwalter and Dr. Lois Evans and supported by Pamela Dudzik worked collaboratively to identify the key concepts and Geropsychiatric competencies for Advanced Practice Nurses working with older adults. They made a video entitled: *Discover Mental Health – The Forgotten Piece in Elder Care* that shares the expertise of key geropsychiatric nursing leaders, May Wykle, Cornelia Beck, Kathleen Buckwalter and Lois Evans to provide inspiration to nursing students to encourage them to incorporate mental health care of older adults into their nursing careers. This video can be found at www.aannet.org/gpnc-video---discover-mental-health.

The GPNC's Aim was to improve cognitive and mental health of older Americans and their objectives were to: create and include core Geropsychiatric Nursing Core Competencies for all levels of education; To adapt, develop and disseminate Geropsychiatric Nursing curricula for inclusion in advanced practice curricula.

Several products for dissemination have been developed from this collaboration and are housed on the Portal of Geriatric Online Education (POGOe) (www.pogoe.org). Along with Geropsychiatric Competency Enhancements for the NP caring for older adults there are competency enhancements for the CNS and NP that Does not have a specific focus on caring for older adults as well as for the Psychiatric Mental Health NP. These tables are available at <http://www.pogoe.org/productid/20660>. It is important to note that the competency enhancement statements are not intended as stand-alone competencies but rather to supplement the advanced practice nursing students current competencies for APRN practice.

These key concepts and competency enhancements can be crosswalked within your current courses within your program to identify potential gaps. An exciting feature of the of the POGOe Geropsychiatric Nursing Collaborative (GNC) resource is teaching resources by key concept. For example, the Key Concept III.C Recognition of Personal and Societal Biases is POGOe Id: 21073 (<http://www.pogoe.org/productid/21073>) and contains five potential learning resources with links including the Try This Series on Assessment and GeroTIPS restraint reduction research tools. The POGOe site and particularly the geropsychiatric nurse collaborative resources will have many resources for geropsychiatric advanced practice nursing content.

Another resource to address the key concept of Recognition of Personal and Societal biases is a class participation exercise that also functions as a nice ice breaker for engaging students not so keen on the topic of care of older adults. It also introduces the concept of healthy aging. In this exercise students are asked to call out responses to complete several phrases in secession. The first phrase is “Old is...” Put this phrase up on the board or smart board and have the students call out their responses to this stem. This is then followed by the phrase “You know you are old when...” followed by “You know your parents are old when...” “When I am old...” “Old people... “: (Lichtenstein, Pruski, Marshall, Blalock, Lee & Plaetke, 2003). What hopefully transpires is a transition from negative stereotypes of aging to what the student’s aspirations are for themselves as they age. It was originally developed for younger children but works quite well with adult learners.

Hartford Institute for Geriatric Nursing: Unfolding Cases

The Hartford Institute for Geriatric Nursing is the geriatric arm of the New York University College of Nursing with the goal of influencing the quality of health care for older Adults by fostering the highest level of geriatric nursing competence (HIGN, 2013). As part of this effort to enhance geriatric nursing education the HIGN on their ConsultGeri.org website there are a

series of unfolding case studies. The use of these case studies requires you to register without cost to gain access to these resources. There are a several case studies that are useful for Geropsychiatric Education, *Management of Geriatric Psychiatric/Mental Health Issues: NP evaluation and Management of Memory Impairment, Management of Geriatric Psychiatric/Mental Health Issue-CNS Evaluating Acute Confusion, Unexplained Weight Loss, Pain Management, Medication Management- APRN Medication, and Adverse Outcomes in Older Adults*. These case studies can be used for homework assignments or small group assignments to facilitate critical thinking and management skills for advance practice nurses addressing geropsychiatric issues.

The HIGN also has a slide library with powerpoint slides that are available for classroom use. Again free registration is required for the use of this resource. There are literature searches also available for faculty to address aging topics relevant for geropsychiatric nursing. The slide library has two power point presentations that would apply to geropsychiatric nursing, *APRN Assessment and Management of Older Adults with Delirium and Assessment and management of Atypical Presentations in Older Adults*. These slide presentations are available for use and are clearly designated by author and the sponsors of the slide sets, American Association of Colleges of Nursing, Hartford Institute for Geriatric Nursing and the John A. Hartford Foundation.

The HIGN also houses the *Try This Series* that can be found <http://consultgerirn.org> with a general assessment series including the Mini-Cog, Mental Status Assessment in Older Adults: Montreal Cognitive Assessment: MoCA Version 7.1, The Geriatric Depression Scale English and Spanish, Pittsburgh Sleep Quality Index, Sexuality Assessment for Older Adults, Confusion Assessment Method, The Modified Caregiver Strain Index, Elder Mistreatment Assessment, Alcohol Use Screening Assessment, Horowitz's Impact of Event Scale: An Assessment of Post-Traumatic Stress in Older Adults and the Assessment of spirituality in older adults: FICA Spiritual History Tool that are related to geropsychiatric issues for Nurse Practitioners. In addition the Try this has a series on Dementia with topics on avoiding restraints in persons with dementia, assessing pain in persons with dementia, assessing and managing delirium in person with dementia, decision making in Older adults with dementia and home safety inventory of older adults with dementia as well as others. These are excellent resources for nurse practitioner assignments and practice. All of these tools are available for download and print for use, permission is granted for photocopying and disseminating for educational, non-profit use only. In addition to the tools there are also videos available for several of the tools that are part

of the AJN's How to Try This Video Series disseminated through *American Journal of Nursing: Older adults* and can be found at www.nursingcenter.com/AJNolderadults.

National League for Nursing Advancing Care Excellence for Seniors

The Advancing Care Excellence for Seniors (ACES) from the National League for Nursing initiative has four unfolding cases that can be accessed at www.nln.org/faculty_programs/faculty_resources/aces/unfolding_cases.htm. These case studies are first person audio recorded monologues with instructor toolkits and suggestions on how to use the cases within the curriculum. Associated with the Advancing Care Excellence for Seniors the ACES cases have an ACES framework for the cases that includes: **Assess Function and Expectations**, **Coordinate and manage Care**, **Use Evolving Knowledge**, and **Make Situational Decisions**. There are objectives for each case on the expectations of the learner using the unfolding case. The first case is Milli Larsen is an eighty-four year old who has multiple co-morbidities who is dealing with possible delirium, grief loss and bereavement and loneliness. "Red" Yoder is an 80 year old farmer who lives alone with insomnia, incontinence, diabetes and a diabetic foot ulcer. This case addresses problem drinking adverse drug effects and touches on capacity issues. Henry Williams is a 69 year old African American with COPD who lives with his wife Ertha who he is worried she is starting to show memory lapses. The couple also lost a son about 10 years ago. This case helps elucidate caregiver stress, depression and anxiety. The final case includes Julia Morales and Lucy Grey, Julia is 65 years old and Lucy is 73, they are partners who have been together for at least 25 years. Julia has decided to stop her treatments for lung cancer. Julia dies in this scenario with the later part of the case focusing on Lucy's coping after Julia's death. She ends up in the emergency room complaining of being anxious, dizzy and confused. You find out she has had multiple ER visits since Julia's death. The audio and the use of the instructor toolkit makes these unfolding cases powerful educational resources.

Geriatric Education Center Resources

The Geriatric Education Centers (GEC) are interprofessional centers funded by the Health Resources and Services Administration (HRSA) focused on improving education and training of health professional students, faculty and practitioners caring for older adults. GEC's have a strong emphasis on disseminating curricula related to the treatment of health conditions of older adults and provide students with clinical training in geriatrics in nursing homes, chronic and acute disease hospitals, ambulatory care centers and senior centers (HRSA, 2010). Several GEC's have educational resources relevant to geropsychiatric advanced practice nursing. Johns' Hopkins University GEC has a case studies series found at

<http://www.hopkinsmedicine.org/gec/studies/>. Case number one is on post-traumatic stress disorder. This case study describes a 90 year old recently widowed female who unfortunately is raped and robbed in her home. The case study also provides background on post-traumatic stress disorder in older adults. The next case study is titled *Pharmacologic Treatment of Depressive Symptoms in an Older Patient on Hemodialysis*. This case follows a 70 year old gentleman who presents to the hospital with an acute MI and ultimately ends up on dialysis and suffers from depression. A review of the dose adjustments needed in antidepressant therapy in patients on dialysis is provided. Case 6 describes a case of a woman with normal pressure hydrocephalus. This case titled *75 year old Woman on Verge of Nursing Home Placement-Normal Pressure Hydrocephalus*. This case is very lists the presenting History of present illness with a differential diagnosis and description of normal pressure hydrocephalous with patient follow-up. Case study 9 is titled *A Case of Depression in a Patient with Dementia*. This case describes a 77 year old man with history of dementia who presents with new onset agitation. This case describes the atypical presentation of depression in older adults with dementia. Also, provided in the case is a discussion regarding the epidemiology of depression in patients with dementia, screening tools, nonpharmacological and pharmacological interventions for depression in persons with dementia. These case studies can be used for assignments or online discussion questions.

University of Iowa IGEC: GERISIMS

There are two case simulations available on the University of Iowa Geriasims website. www.healthcare.uiowa.edu/igec/resources-educators-professional/geriasims/. One case is on Delirium and another on Dementia. These two cases are presented with changes occurring in the patient over time complete with patient and collateral source audio recordings of responses to questions. The appropriate labs with rationales as well as appropriate interventions are identified in the unfolding cases. There are quizzes imbedded into the case that require the learner to review all the materials provided prior to submitting the quizzes and moving on to the next section. Each of the cases may take 30 minutes to complete. And can be used as homework assignments or worked through with the class. There are also heart and breath sounds imbedded in the simulations as well as functional tests for each simulation including the MMSE and the Clock drawing. Prior to completing the simulations demographic and practice information is gathered from the learner. There is no charge for the use of the simulations.

American Delirium Society

The American Delirium Society (ADS) is a new organization that was started only a few years ago. Their website has some excellent resources available including teaching videos for professionals and families (www.americandeliriumsociety.org). Under the Research and Resources tab there are Tools available including the Anticholinergic Burden Scale, The Confusion Assessment-ICU form and instructions. The Delirium Rating Scale, and the eCHAMP Delirium Protocol for physicians and nurses. In the resources section there are links to some very good videos exhibiting agitated behaviors among older hospitalized patients, Agitated behaviors among older nursing home residents and one helpful for families *Delirium: Quiet and Excited*. These videos depict older adults experiencing delirium. Additionally there is a link to the University of Maryland Baltimore, Geri-Ed program on *Delirium: A Sudden change in Mental Status*. The video link here *You Can Save a Life: Reporting a Change in Mental Status to Ensure Prompt Treatment* is an 18 minute video that can be used for staff education by advanced practice nurses in their clinical settings.

American Geriatrics Society

The American Geriatrics Society (AGS) found at www.americangeriatrics.org has many resources for teaching including position statements and practice guidelines. Some of the more pertinent to mental health in older adults include: *Updated Beers Criteria for Potentially inappropriate Medication Use in older adults*; the *Pharmacological management of persistent pain in older persons*; and *Care of Older Adults with Multimorbidity*. Additionally, the AGS/British Geriatric Society *Clinical Practice Guideline: Prevention of Falls in Older Persons*. The AGS also publishes *Geriatric At your Fingertips* available in an e-version or paper back. This text contains essential geriatric assessment resources and is updated annually. Another worthwhile publication supported by AGS is the *Geriatric Nursing Review Syllabus: A Core Curriculum in Advanced Practice Geriatric Nursing*. This Review syllabus is developed by ADS in collaboration with the John A Hartford Foundation Institute of Geriatric Nursing at New York University.

American Psychiatric Nurses Association

The American Psychiatric Nurses Association (www.apna.org) has continuing education offerings in their e-learning center that are web based and viewed for a fee for contact hours. The fees are nominal \$16 to \$25 depending on the contact hours. The titles currently listed include *Medication Misadventures with Older Adults*; *The Seriously Mentally Ill Older Adult: Perceptions of the Patient-Provider Relationship*; *Medication Management in Late Adulthood*;

and Controversies in Geriatric Psychiatry; Age, Aging and Ageism. There is a wealth of information on the APNA website including resources having to do with substance abuse issues but the resources are not specific to older adults. The continuing education opportunities could be used as a resource for the instructor or an assignment of the students.

Gerontological Advanced Practice Nurses Association

The Gerontological Advanced Practice Nurses Association (www.gapna.org) has an online library with a series of archived professional presentations from the annual conference as well as special offerings available for purchase. Each offering has continuing education credit associated with it. Additionally free continuing education offerings are posted on the GAPNA website. Of particular interest in the online library are three presentations from prior conferences. *Diagnosing and Treating delirium, Treatment of Geropsych Disorders, and Infusing Mental Health into Your Practice with Older Adults*. The cost for each of these CNE presentations is \$35. These could be used as a resource for the instructor or an assignment for the students at an additional cost.

Text Book

One recent textbook that is particularly useful is the second edition of the *Geropsychiatric and Mental Health Nursing* edited by Melillo, & Houde, (2011). Published by Jones & Bartlett. This text covers serious mental illness as well as the geriatric syndromes of dementia, delirium, and depression. The historical perspective and theory driven care is also addressed. It is one of the only text books that focuses on nursing care of mental health issues in older adults.

American Association of Colleges of Nursing Webinar

The American Association of Colleges of Nursing (AACN) have made a concerted effort to provide faculty resources to prepare nurses and advanced practice nurses to care for older adults. They have developed faculty webinars which are archived and available for viewing. Pertinent webinars include Meeting the Expectations of the Consensus Model: Enhancing Gerontology Content in NP and CNS programs (www.aacn.nche.edu/webinars/2012/12/10/geron-np-cns). *Adult-Gerontology – Teaching how to care for Older Adults part IV: Strategies to infuse Geropsychiatric Content into the Nursing Curricula Geropsychiatric Nursing Collaborative* may also be of interest and found at www.aacn.nche.edu/webinars/2011/12/15/aprnseries4. These webinars are free and easy to register for.

In conclusion, there are many resources available for use either to help prepare faculty for educating Nurse Practitioners to address the mental health needs of older adults but for the

use of the NP students as well. Ideally, faculty would have time to identify resources listed here that are meaningful to their course and program. Ultimately the goal is to have well prepared NP's prepared to work with older adults and address their mental health needs.

Key Words Educational Resources, Nurse Practitioner, Geropsychiatric

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