Infusing Geropsychiatric Nursing into Curricula
Associated Resources and Guidelines for Their Use

Key Concept Product Series

Key Concept IG. Assessment: Stressors Affecting Mental Health

Background

The National Institute of Mental Health predicts that by 2030, the numbers of older adults (age 65+) with mental illness will likely strain the nation’s health care system. In addition to mental disorders, physical illness often precipitates and/or is accompanied by psychiatric symptoms in late life. Nurses care for older adults across the full range of health care settings and will unavoidably encounter such older patients. Thus, it is imperative that nursing education programs prepare nurses to care for older adults with mental health concerns and psychiatric/substance misuse disorders.

The Geropsychiatric Nursing Collaborative has developed the following resources to draw attention to the special mental health issues of older adults and assist faculty to address them.

- Geropsychiatric Nursing Competency Enhancements (Product 20660)
- Definition of Geropsychiatric Nursing (Product 20660)
- Video: Discover Mental Health The Forgotten Piece in Elder Care (Product 20893)
- A series of Key Concept Products*

*See Appendix for complete list of Key Concepts
About the Key Concept Product Series

The 27 Key Concepts in the Key Concept Product Series are organized into four domains:  
I. Assessment,  
II. Management,  
III. Approach to Older Adults, and  
IV. Role.

Each of the Key Concept Products provides access to curriculum/teaching resources identified as appropriate to assist faculty to infuse the geropsychiatric nursing competency enhancements into course objectives, teaching strategies, didactic content, and/or clinical experiences in relevant nursing education programs. These include entry level and advanced practice nursing programs in psychiatric-mental health, adult/gerontological, family, women’s health and acute care or stand-alone geropsychiatric nursing or continuing education courses. The resources may be adapted by faculty for use with a range of learners, as indicated in each description.

About this Key Concept

Key Concept IG. Assessment: Stressors Affecting Mental Health
Stressors that occur in late life can affect physical and mental health. Common late life stressors such as declining health and loss of a loved one, can have a wide range of physical, emotional, and behavioral effects on older adult patients. This product provides information about the assessment of common late life stressors and reviews ways to enhance the well-being of those older adults affected by stress.

Other Key Concepts in the Assessment Domain
A. Normal aging: biopsychosocial theories  
B. Appropriate Instruments/clinical evaluation tools  
C. Adapting assessment procedures  
D. Atypical presentations; Co-occurring illness; Psychiatric manifestations  
E. Common mental disorders  
F. Comprehensive assessment  
G. Stressors affecting mental health

Accessing the Resources

The GPNC summarized each resource and included information such as estimated time to complete, educational objective[s], learning resource type, and intended audience. Technical requirements for use and suggestions for best use are also included.

The resources are organized both in alphabetical order and by learner resource type (e.g., case study). Links in each of these sections provide quick access within this document to the resource. [Note that the URL link in each resource description brings the user directly to the original material.]
Index of Associated Resources  (IN ALPHABETICAL ORDER)

- [The Geriatric Mental Health Training Series](#)
- [Try This Series on Assessment](#)
## Index of Associated Resources (BY LEARNER RESOURCE TYPE)

<table>
<thead>
<tr>
<th>LEARNER RESOURCE TYPE</th>
<th>RESOURCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Didactic Module</td>
<td>• The Geriatric Mental Health Training Series</td>
</tr>
<tr>
<td>DVD/Video</td>
<td>• Try This Series on Assessment</td>
</tr>
<tr>
<td>Lecture/Presentation</td>
<td>• The Geriatric Mental Health Training Series</td>
</tr>
<tr>
<td>PowerPoint</td>
<td>• The Geriatric Mental Health Training Series</td>
</tr>
<tr>
<td>Quick Reference/Pocket Card</td>
<td>• Try This Series on Assessment</td>
</tr>
</tbody>
</table>

**Note:** The content contained in each of these resources has been produced by the respective authors, not the Geropsychiatric Nursing Collaborative. Thus, any feedback on specific resources should be provided directly to the original author/website.

**Note:** Website links are current as of 2011. Please contact the author of the resource if a link is broken.
<table>
<thead>
<tr>
<th><strong>Title of resource</strong></th>
<th>The Geriatric Mental Health Training Series</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Source</strong></td>
<td>University of Iowa College of Nursing Hartford Center of Geriatric Nursing Excellence</td>
</tr>
<tr>
<td><strong>Summary of resource</strong></td>
<td>This website contains six modules, each designed to be taught as a one-hour educational program for care providers in long-term care (LTC) settings. The six core topics address common problems faced in LTC. The care providers' own feelings and behaviors in response to problem behaviors are examined, including the role of values and beliefs, personal needs, and stress in the work place.</td>
</tr>
<tr>
<td><strong>URL</strong></td>
<td><a href="http://www.nursing.uiowa.edu/hartford/nurse/core.htm">http://www.nursing.uiowa.edu/hartford/nurse/core.htm</a></td>
</tr>
<tr>
<td><strong>Estimated time to complete</strong></td>
<td>One hour per module</td>
</tr>
<tr>
<td><strong>Educational objective</strong></td>
<td>Increase knowledge about the causes of &quot;problem behaviors&quot; and about techniques to manage those troubling behaviors.</td>
</tr>
</tbody>
</table>
| **Related Key Concepts** | • Assessment: Normal aging: biopsychosocial theories  
• Assessment: Appropriate instruments/clinical evaluation tools  
• Assessment: Common Disorders  
• Assessment: Stressors affecting mental health  
• Management: Care transitions  
• Management: Behavioral, environmental and pharmacological interventions and communication for behaviors  
• Management: Patient/family/peer education: mental and physical interactions;  
• Management: Ethical/legal and socioeconomic factors;  
• Approach to Older Adults: Age-related adaptations  
• Approach to Older Adults: Age/culturally appropriate interventions and communications  
• Role: Knowledge of geriatric mental health/illness |
| **Learning resource type** | Lecture/Presentation  
Didactic Module  
PowerPoint |
| **Intended audience** | RN  
APRN  
Nurse educators |
| **Suggestions for best use** | Classroom/lecture  
Self study |
<table>
<thead>
<tr>
<th>Title of resource</th>
<th>Try This Series on Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Source</td>
<td>New York University Hartford Institute for Geriatric Nursing</td>
</tr>
<tr>
<td>Summary of resource</td>
<td>The Try This series offers a range of assessment tools for nurses caring for older adults. A &quot;Dementia Series&quot; is included that provides tools and strategies for assessment of older adults with dementia. Each tool is accompanied by a description and instructions for use.</td>
</tr>
<tr>
<td>URL</td>
<td><a href="http://hartfordign.org/Resources/Try_This_Series/">http://hartfordign.org/Resources/Try_This_Series/</a></td>
</tr>
<tr>
<td>Estimated time to complete</td>
<td>Not applicable</td>
</tr>
<tr>
<td>Educational objective</td>
<td>Not applicable</td>
</tr>
</tbody>
</table>
| Related Key Concepts | - Assessment: Normal Aging: Biopsychosocial theories  
- Assessment: Appropriate instruments/clinical evaluation tools  
- Assessment: Adapted assessment procedures;  
- Assessment: Atypical presentations, Co-occurring illness, Psychiatric manifestations, medical conditions  
- Assessment: Common Disorders  
- Assessment: Stressors affecting mental health  
- Management: Care transitions  
- Management: Behavioral, environmental and pharmacological interventions and communication for behaviors  
- Management: Influences from decisional capacity, health literacy  
- Management: Patient/family/peer education: mental and physical health interactions  
- Management: Ethical/legal and socioeconomic factors  
- Approach to Older Adults: Age-related adaptations  
- Approach to Older Adults: Age/culturally appropriate interventions and communications  
- Approach to Older Adults: Recognition of personal and societal biases  
- Role: Promotion of safety and risk factor reduction |
| Learning resource type | Quick Reference/Pocket Card  
DVD/Video |
| Intended audience | Entry level nursing student  
RN  
Advanced practice nursing student  
APRN  
Nurse educators |
| Suggestions for best use | Classroom/lecture  
Clinical laboratory  
Self Study |
APPENDIX

This Key Concept in the Context of All Key Concepts

I. Assessment
   A. Normal aging: biopsychosocial theories
   B. Appropriate instruments/clinical evaluation tools
   C. Adapting assessment procedures
   D. Atypical presentations; Co-occurring illness; Psychiatric manifestations: medical conditions
   E. Common disorders
   F. Comprehensive
   G. Stressors affecting mental health

II. Management
   A. Care transitions
   B. Behavioral, environmental and pharmacological interventions and communication for behaviors
   C. Pharmacotherapeutics
   D. Referrals
   E. Influence: Decisional capacity, health literacy
   F. Patient/family/peer education: Mental and physical health interactions
   G. Ethical/legal and socioeconomic factors

III. Approach to OA
   A. Age-related adaptations
   B. Age/culturally appropriate interventions and communications
   C. Recognize suggestion: personal & societal biases
   D. Sensitivity: end of life

IV. Role
   A. Promotes safety and risk factor reduction
   B. Knowledge of geriatric mental health/illness
   C. Lifelong learning
   D. Policy/advocacy
   E. Research participation/utilization
   F. Quality improvement initiatives
   G. Interdisciplinarity
   H. Delivery systems
   I. Service barriers