

Promotional: Mental Health Disorders in Older Adults: Introduction

****You MUST print this for Continuing Education purposes and keep with your certificate of completion.**

Requirements:

For successful completion of this educational activity and receipt of 0.5 contact hour(s), the learner must:

1. Participate in 30 minutes of continuous learning.
2. Complete a quiz with a minimum score of 85%.
3. Complete an evaluation form.

Educational activity description:

All who care for individuals with a mental health disorder should have a basic understanding of common mental health disorders, and how to provide the best, person-centered care. This educational activity provides an introduction to the most common mental health disorders experienced by older adults and is suitable for all staff and volunteers.

Target audience:

The target audience for this educational activity is all staff across the long-term care setting and home health. This is an introductory level educational activity.

Purpose:

The purpose of this educational activity is to enable the learner to develop a basic understanding of common mental illnesses experienced by the older adult.

Learning outcome:

At the completion of this educational activity, the learner will be able to demonstrate knowledge about mental disorders in the older adult by passing a quiz with 85% or greater accuracy.

Learning objectives:

At the completion of this educational activity, the learner will be able to:

1. Identify three (3) common mental health disorders in the older adult.
2. Select three (3) contributing factors to mental health disorders in the older adult.
3. Determine three (3) symptoms of depression.

Author:

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Ms. Platt has had extensive experience in a variety of health care settings, including as staff development coordinator in a long-term care facility. She also worked as a term assistant professor of nursing for the University of Alaska Anchorage AAS Nursing Program for many years as well as coordinating and teaching a certified nursing assistant program. Prior to entering nursing education, Ms. Platt worked in both staff nurse and clinical resource manager positions in a small critical access hospital in rural Alaska. Her work experience also includes both medical-surgical and intensive care units. Ms. Platt obtained a Diploma in nursing from Joseph Lawrence School of Nursing in New London, Connecticut; a Bachelor of Science in Nursing from St. Joseph College in West Hartford, Connecticut; and a Master of Science in Nursing Education from the University of Alaska, Anchorage, Alaska.

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