

Welcome to MHPN's webinar on working together, working better to support older people with mental health issues.

We will begin shortly

Webinar

An interdisciplinary panel discussion

Working together, working better to support older people with mental health issues

Wednesday 9th May 2012

“Working together. Working better.”

Supported by The Royal Australian College of General Practitioners, the Australian Psychological Society, the Australian College of Mental Health Nurses and The Royal Australian and New Zealand College of Psychiatrists

This webinar is presented by



Panel

- Ms Julianne Whyte (social worker)
- Dr Nancy Pachana (clinical psychologist)
- Dr Rod McKay (psychiatrist)

Facilitator

- Dr Michael Murray (GP & medical educator)

This webinar is hosted by



- MHPN, a Commonwealth funded project supporting the development of sustainable interdisciplinary collaboration in the local primary mental health sector across Australia
- Currently supporting over 450 local interdisciplinary mental health networks
- For more information or to join a local network visit www.mhpn.org.au

Session outline



The webinar is comprised of two parts:

- Facilitated interdisciplinary panel discussion
- Question and answers from the audience

Session ground rules

- Ensure sound is on and volume turned up on your computer. If you are experiencing problems with sound, dial (toll free) 1800 142 516 on your telephone landline & enter the passcode 40151365 #
- You can minimise the text box if you are finding it distracting using the arrows above and beside of the text box
- If your specific question/s is not addressed or if you want to continue the discussion, feel free to participate in a post-webinar online forum on MHPN Online

For further technical support call 1800 733 416

Learning Objectives

At the end of the session participants will be able to:

- *Recognise the key issues in the assessment of older people experiencing possible mental illness*
- *Recognise the key principles of intervention and the roles of different disciplines in treating, managing and supporting older people experiencing mental health issues as well as functional issues*
- *Better understand the merits, challenges and opportunities in providing collaborative care to older people with mental health issues*

Social worker perspective

Initial social work assessment:

- *Social work* is concerned with the way people interact with their environment and uses theories of social systems, life stage development, and human behaviour.
- We are concerned not only about Maurice, and his presenting problems, but how he is negotiating this stage of his life, and the fears and issues he is facing.
- We are also concerned about how his family and other significant care givers interact with him and how they perceive Maurice's problems and strengths.



Ms Julianne Whyte

Social worker perspective

Initial social work assessment (continued):

- **Psychosocial assessment, including**
 - a. **Genogram – family and care giver systems**
 - b. **Ecogram – community and environmental systems**
 - c. **Cultural and family sensitivities**
- **and assessment of:**
 - **Maurice's goals for this stage of his life (person centeredness)**
 - **Maurice's perception of family and significant care giver concerns**
 - **Maurice's perception of problems and issues in recent times and past, including multiple tangible and intangible losses and grief reactions.**



Ms Julianne Whyte

Social worker perspective

Care Plan Formulation:

In collaboration with Maurice and consideration of his stated personal and health goals – develop initial care plan for discussion

- Identify key stakeholders and develop MH plan based on Maurice's goals. Obtain consent to discuss with other health care providers, particularly GP, and aged care and MH clinicians and services
- In collaboration with Maurice, identify referrals for supportive or community care services, including RTA, Centrelink, GP review process
- Continually check in with Maurice re his acceptance and understanding of the plan



Ms Julianne Whyte

Social worker perspective

Care Plan Formulation (continued):

- If required, and with consent, family meeting / case conference organised
- Negotiate with other health care providers, key contact for family and Maurice
- Initiate discussion with Maurice regarding Advanced Care Planning in light of his expressed goals



Ms Julianne Whyte

Social worker perspective

Follow up assessment and Intervention

- **Psychological screen – depending on availability and plans of other MH professional**

For example: Distress Thermometer, Hospital Anxiety and Depression Scale

- **Plan therapeutic approaches that could assist Maurice with achieving his expressed goals (discussed and communicated with other health care providers and MHP)**



Ms Julianne Whyte

Social worker perspective

Follow up assessment and Intervention (continued)

- **Possible therapeutic interventions**
 - **Narrative therapy**
 - **Acceptance and Commitment – clarification and acceptance of values, goals and beliefs**
 - **Mindfulness- anxiety reduction**
 - **Strengths and solution approach – CBT approach to problem solving and goal achievement**
 - **Grief and loss discussions – Dual Processing Model**



Ms Julianne Whyte

Psychologist perspective

Principles of psychologist's assessment of Maurice

- Bio-psycho-social assessment and formulation key
- Structure and emphasis of assessment will vary according to:
 - **Psychologist's experience and training**
 - Evidence for increased geropsychology training influencing efficacy of outcomes
 - Balance of assessment of cognitive and emotional functioning, now and compared to baseline
 - **Maurice's wishes**
 - Issues of therapeutic neuropsychological assessments pertinent



Dr Nancy Pachana

Psychologist perspective

Principles of psychologist's assessment of Maurice (continued)

- **Setting of assessment**
 - Home assessments give more information but may influence cognitive assessment data collection
- **Complex interplay of mood, cognition and environment important**
- **Comparing and contrasting patient and collateral history wherever availability and consent allow**
 - Some specific assessment tools can facilitate this - for example the IQCODE



Dr Nancy Pachana

Psychologist perspective

Specific assessment issues for Maurice

- Premorbid functioning
- Comparing patient's report of issues and concerns compared to what the objective data tell us
- Self-medication issues
- Driving issues
- Bereavement
- Risk assessment
- Capacity issues (vulnerability to internet schemes?)



Dr Nancy Pachana

Psychologist perspective

Principles of management by a psychologist

- **Will vary according to role, resources and patient views**
 - Older adults often need socialisation into how the psychologist can assist
- **Want to ensure bio-psycho-social needs met**
 - This entails understanding patient goals and what is feasible
- **Almost always consist of varying degrees of**
 - Collaborative case management with others
 - Communication / coordination with patient and other disciplines
 - Making sure that short and long term goals between parties are managed well



Dr Nancy Pachana

Psychologist perspective

Issues from a NEUROPSYCHOLOGICAL perspective

- Tailoring the battery to suit the referral and initial formulation
- Choosing appropriate instruments
- Being clear about what will be done and what the data will be used for
- Being sure to give appropriate and therapeutic feedback



Dr Nancy Pachana

Psychologist perspective

Issues from a PSYCHOTHERAPY perspective

- Tailoring the treatment to suit this presentation
- Socializing into the therapy modality
- Building rapport
- Being alert for transference issues (especially with younger therapists)
- Homework key
- Gradual termination with good supports in place



Dr Nancy Pachana

Psychiatrist perspective

Principles of psychiatrist assessment of Maurice

- **Structure and emphasis of assessment will vary according to**
 - psychiatrists experience and training
 - Maurice's wishes
 - setting of assessment
- **Semi structured approach**
 - Follow patient's responses in how to move through assessment
 - But know what areas need to be covered
- **Bio-psycho-social assessment and formulation**
- **Looking for predisposing, precipitating and perpetuating factors**
- **Comparing and contrasting patient and collateral history wherever availability and consent allow**



Dr Roderick McKay

Psychiatrist perspective

Priority assessment issues for Maurice

In first assessment prioritise:

- Rapport
- History
- Mental State Examination (including some degree cognitive testing)
- Problem formulation
- Risk assessment
- Provisional diagnosis (if any)
- Areas that will impact most on initial management
- Identifying gaps between needs and available supports
- The likely role of the psychiatrist and other involved parties



Dr Roderick McKay

Psychiatrist perspective

Principle of management by a psychiatrist

- Will vary according to role, resources and patient views
- Want to ensure bio-psycho-social needs met
- Almost always consist of varying degrees of:
 - Direct management
 - Collaborative management with others
 - Communication / coordination with patient and others



Dr Roderick McKay

Psychiatrist perspective

Priorities of management of Maurice by a psychiatrist

- **Short term**
 - Psycho-education patient and family (with consent)
 - Ensure potential risk issues identified and agreed approach to exploring/ managing them
 - Ensuring management of any medical conditions
 - Ensuring adequate supports
 - *Safe* commencement of effective treatment, *if indicated*
 - Role negotiation (professional, patient, family)
- **Longer term**
 - Re-clarification of diagnosis
 - Determining duration of treatment
 - Relapse prevention
 - Follow up planning



Dr Roderick McKay









Thank you for your participation



- Please complete the exit survey before you log out
- To continue the interdisciplinary discussion go to the online forum on [MHPN Online](#).
- Each participant will be sent a link to online resources associated with this webinar within 48 hours
- The next MHPN webinar is *Collaborative Care for Eating Disorder presentations* at 7.45pm (AEST) on Wednesday 13th June 2012

Artwork (slide 24, 25, 26 & 27) courtesy of Arts Project Australia and Q Art Studio

Miles HOWARD-WILKS

Not titled (landscape with waterfall, cross bridge and road)
2009
MH09-0008

Sonja Kan

'Secret Garden Series' 2011
QAS

Steven Perrette

In the bay, Port Philip Bay that is
SP00-0017

Ralph Dawson

'Stickmen with Yellow & Purple'
-for Calendar 2011 QAS