OBJECTIVES

At the end of the learning activities, participants will be able to:

1. Identify unique vulnerabilities and challenges for clients with mental health diagnoses who need palliative care.

2. Distinguish between grief and depression in clients receiving palliative care.

3. Formulate three strategies to enhance palliative caregiving for clients with mental health diagnoses.
DEMOGRAPHICS

• 56 million Americans with mental/sub abuse dx

• Clients with advanced illness = high rates of psychological symptoms:
  • Anxiety
  • Depression

• Limited literature on who, how, what & when of psychological care given

(APNA, 2017; Rosenfeld, 2017)
“Whole Health begins with Mental Health”
(APNA, 2017)
CLIENTS WITH MENTAL ILLNESS

- Higher rates of physical illness
- Die at earlier age
- Many, complex palliative & EOL care needs
- Less likely to receive palliative services
- Experience stigma
- Cognitive & capacity impairments r/t to illness
- Limited SES, support & proxies

(APNA, 2017; APA, 2017; Butler & Obrien, 2017)
Aging populations:
• Lack social support
• Institutionalized
• Incarcerated (20+%) 
• Homeless (46%)

Needs:
✓ HOPE
✓ INCLUSIVITY
✓ QUALITY OF LIFE

(APNA, 2017; Trachsel, Irwin, Biller-Andorno, Hoff, & Riese, 2016)
COMMON CONCERNS

• Anxiety about proper treatment & communication issues
• Unpleasant experiences with the health care system
• Stigmatization

“I worry about what kind of death I’ll have.”

“Will people know if I’m psychotic or just think I’m delirious?”

“Who will know when I need my medications?”

“I don’t want to die alone.”

(Foti, Bartles, Merriman, Fletcher, & VanCitters, 2005)
GRIEF VS. DEPRESSION

• Up to 80% of the psychological symptoms that occur in cancer patients go unrecognized and untreated.

• One reason for this is the difficulty in diagnosing depression in patients receiving palliative care.

  (Arnold, 2015)
GRIEF

• No distorted sense of self
• Some fluctuations and variations in mood
• Able to respond to social support
• Guilt is related to loss
• Occasional thoughts or wishes to join deceased
• Hope is present, may shift (cure - prolonging life - dying well)
DEPRESSION

- **Worthless** feeling
- **Excessive guilt** often related to personal inadequacy
- Pervasive **hopelessness** feelings
- Persistent flat affect and dysphoria
- **Suicidal ideation and/or plan**
- Self-pity and pessimism about the future
- Poor response to social support

(Arnold, 2015; Periyakoil, 2015; Warm & Weissmam, 2015)
SIMPLE QUESTION SCREENING

“Are you feeling down, depressed or hopeless most of the time over the last 2 weeks?”

(Arnold, 2015; Warm & Weissmam, 2015)
ANXIETY

• Component of pain, dyspnea, nausea & cardiac arrhythmias
• Adverse drug effect
• Drug withdrawal
• Metabolic causes
• Existential or psychosocial concerns about loss
• Symptom of psychiatric disorders
• Distinguish from agitated delirium & akathisia

(Stoklosa, Patterson, Rosielle & Arnold, 2015)
“RECOVERY: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”  (SAMHSA, 2012)
RECOVERY & MENTAL HEALTH

1. Hope
2. Person-Driven
3. Many Pathways
4. Holistic
5. Peer Support
6. Relational
7. Culture
8. Addresses Trauma
9. Strengths /Responsibility
10. Respect

(SAMHSA, 2012)
What strategies can you apply to enhance palliative caregiving for your clients who have mental health needs?

• Cognitive
• Emotional
• Interpersonal
• Physical
• Spiritual/meaning
RECOMMENDATIONS

• Include & train for health and mental health care
• Identify emotional, cognitive & functional impairments
• Screen & treat depression, anxiety and dementia
• Explore unique client needs & situations
• Enhance palliative care services in varied settings
• Address aspects of recovery-oriented practice
• Partnerships with palliative & mental health care providers

(APNA, 2017; Rosenfeld, 2017)
Cinquain

Line 1 = Title
Line 2 = 2 words (describe title)
Line 3 = 3 words (action –ing words)
Line 4 = 4 words (sentence)
Line 5 = 1 word (reflects title)

QUESTIONS??

Thank you

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MENTAL HEALTH RESOURCES

- National Mental Health Association [www.nmha.org](http://www.nmha.org)
- NAMI National Mental Health Alliance [www.nami.org](http://www.nami.org)
- American Psychological Association [www.apa.org](http://www.apa.org)
- American Psychiatric Association [www.psych.org](http://www.psych.org)
- American Psychiatric Nursing Association [www.apna.org](http://www.apna.org)
- ELNEC - End of Life Nursing Education Consortium [www.okabcd.org/ELNEC.htm](http://www.okabcd.org/ELNEC.htm)
- SAMHSA Substance Abuse and Mental Health Services Administration [www.samhsa.gov](http://www.samhsa.gov)
References


