

The Extent of the Problem

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“Disgraceful” care leaves dementia patients in worse condition”

The Times - 17 November 2009

60%

The percentage of older people in hospital with mental health problems

Aims of the Study

- To describe the current prevalence of mental health problems amongst people aged 70 and over admitted to hospital as an emergency together with their psychiatric symptoms, behaviour and functional abilities.
- To describe the carers of such people and to establish their levels of strain, psychological health, and quality of life.
- To provide information for the development of a specialist medical and mental health unit.

Methods

Population	<ul style="list-style-type: none"> • Consecutive admissions • Large general hospital • Aged ≥ 70
Wards	<ul style="list-style-type: none"> • Healthcare of the Older Person • Acute Medical • Trauma Orthopaedics
Screened for	<ul style="list-style-type: none"> • Cognition • Depression • Other

Baseline Measurements Patients

Demographics	<ul style="list-style-type: none"> • Age • Sex • Residence
Mental Health Problems	<ul style="list-style-type: none"> • Cognition (MMSE) • Delirium (Delirium Rating Scale) • Depression (CSDD)
Functional, Behavioural and Psychiatric Problems	<ul style="list-style-type: none"> • Barthel Index • Neuropsychiatric Inventory • Mini Nutritional Assessment

Baseline Measurements Carers

- Demographics**
 - Age
 - Relationship to patient
 - Living with Patient
- Care Given**
 - Hours of supervision per day
 - Hours of physical care per day
 - Other unpaid carers
- Carer Health**
 - Carer Strain Index
 - GHQ12
 - EQ5D

RESULTS

1004 Screened

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643 Screened Positive

↓

250 Patients
201 Carers

↓

245 Patient Outcomes

Characteristics of Screened Population

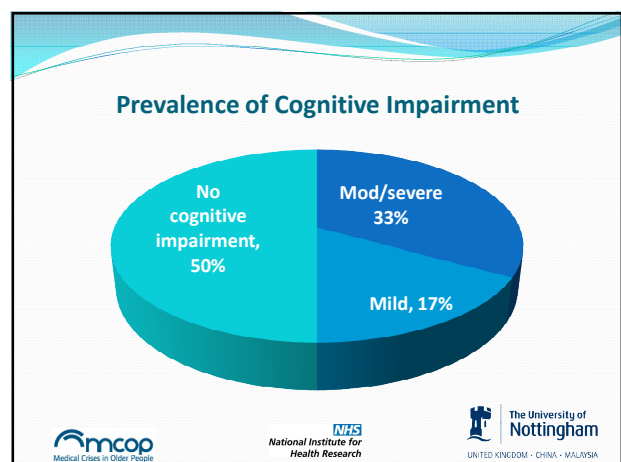
	Trauma	Acute Medical	HCOP	Total n=1004
Cognitive Impairment	33%	30%	61%	43%
Depression	33%	30%	41%	36%
Anxiety	29%	30%	29%	29%
2+ Mental Health Problems	24%	27%	33%	29%

Demographics of Patients

	Cognitively Impaired	Not Cognitively Impaired	Total
Age (IQR)	86 (80-90)	79 (75-84)	84 (79-89)
Residence: Alone	39%	75%	47%
With another	33%	25%	31%
Care Home	27%	0%	21%




Mental Health Problems

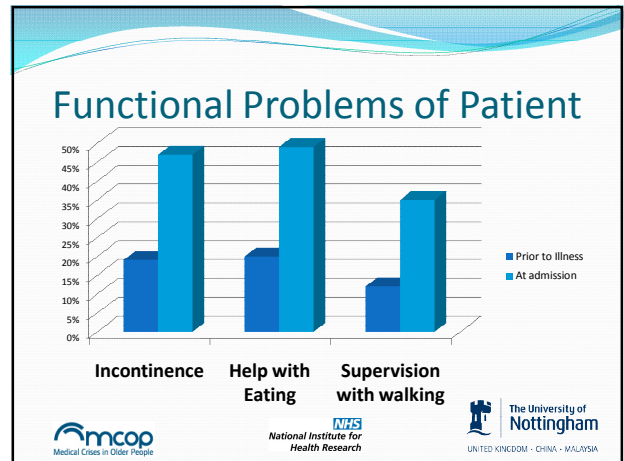
Mental Health Problems	Total n=250	Estimated prevalence for over 70
Cognitive Impairment	79%	50%
Depression	52%	32%
Delirium	43%	27%
Diagnosed dementia	43%	27%



Functional Problems of Patient




	Cognitive Impairment	No Cognitive Impairment	Total n=250
Incontinence	53%	23%	47%
Help with Feeding	58%	13%	49%
Supervised walking	38%	25%	35%
Risk of Malnutrition	85%	63%	80%

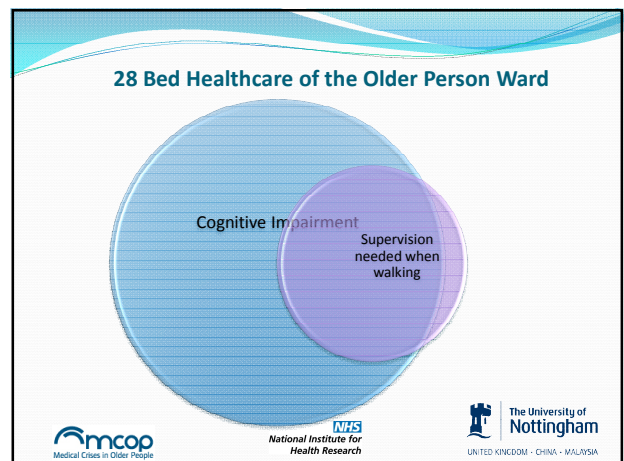
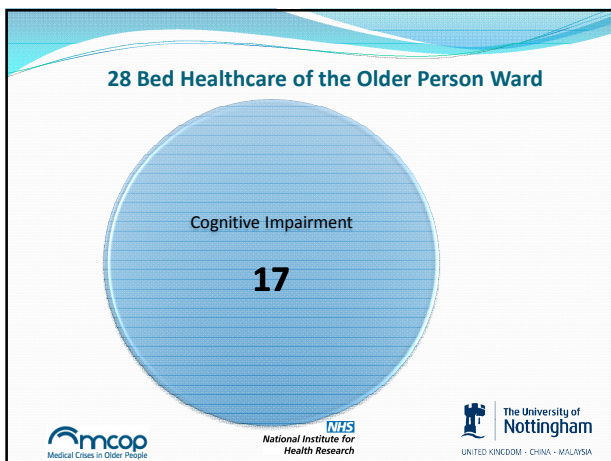
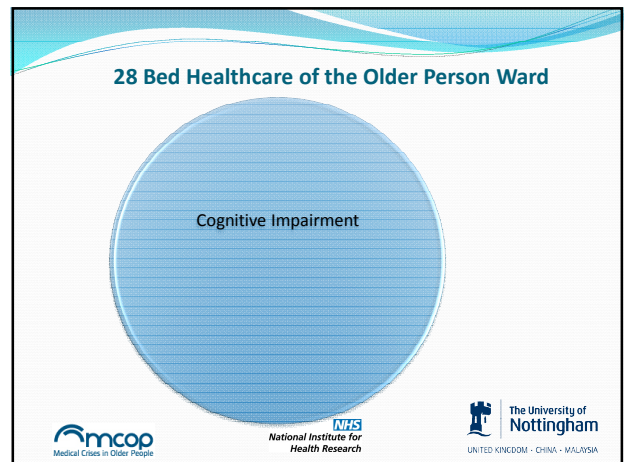




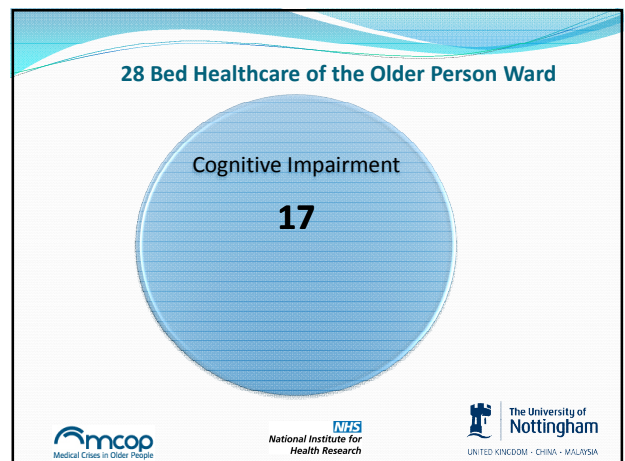
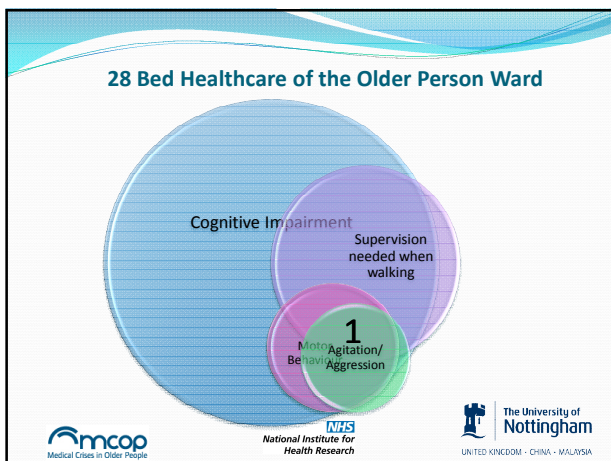
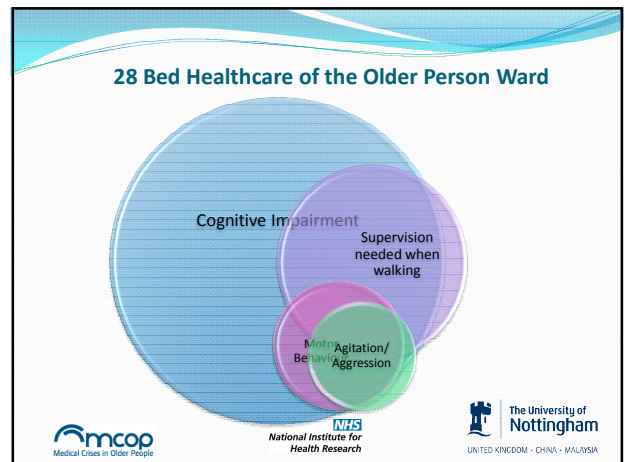
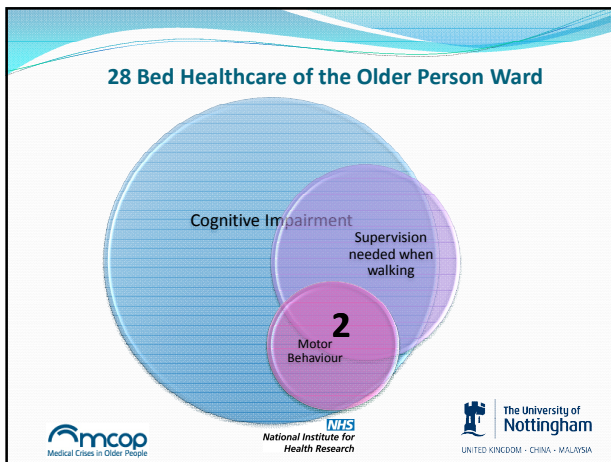
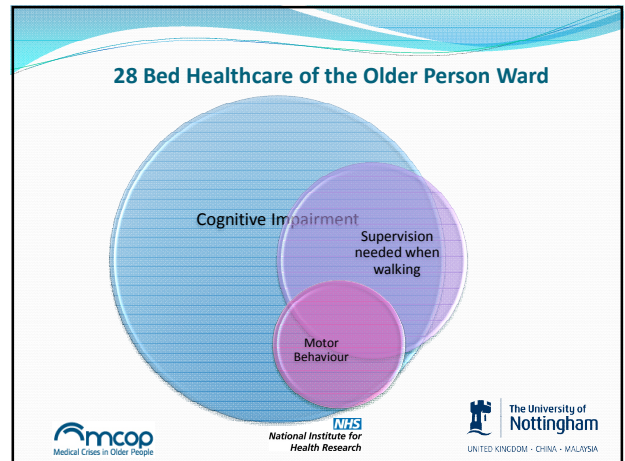
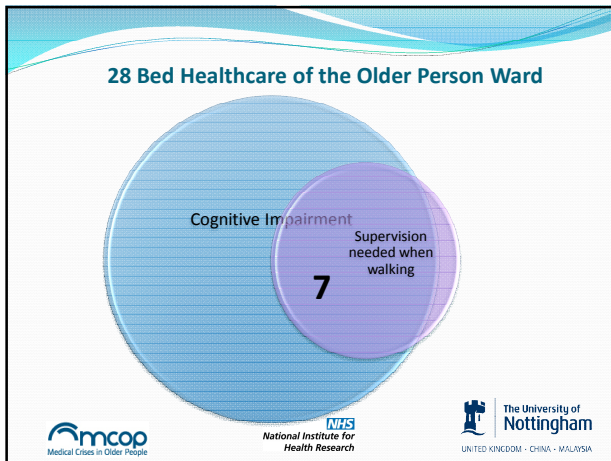


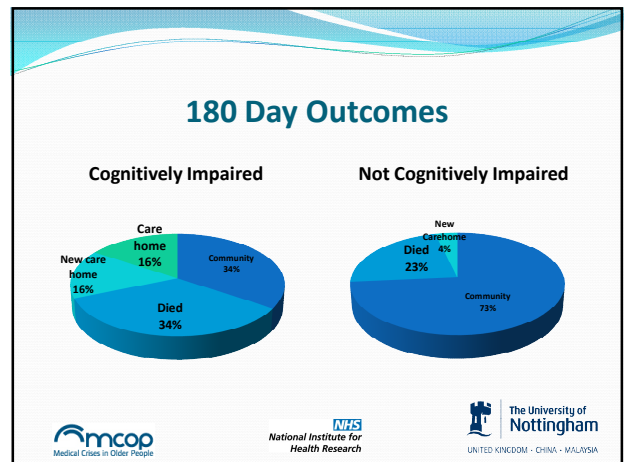
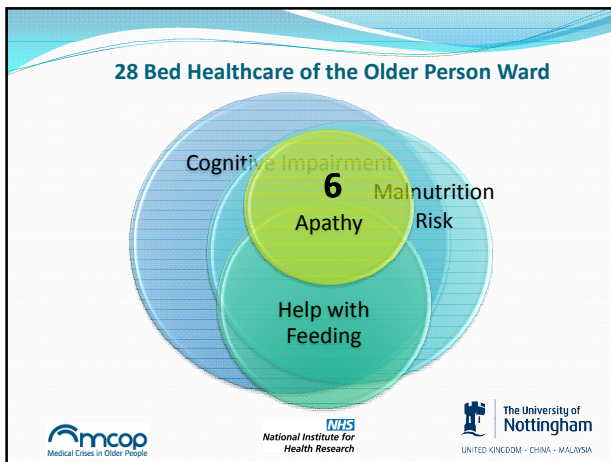
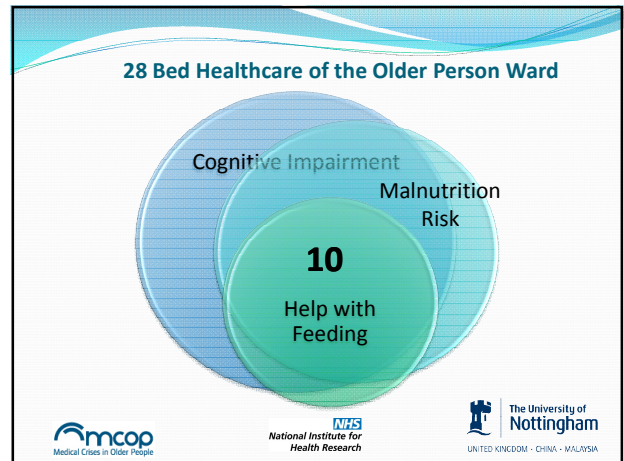
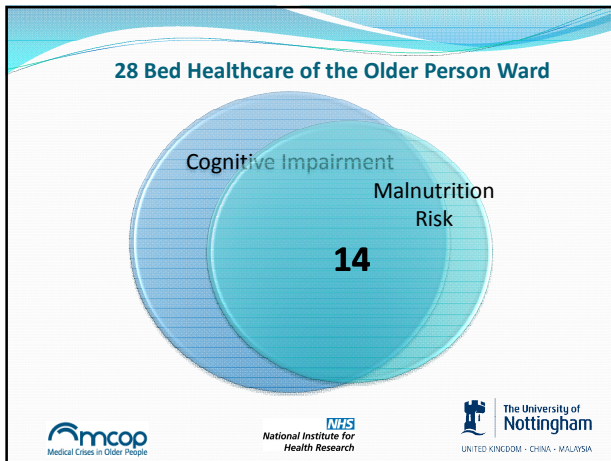
Behavioural and Psychiatric Problems of Patient

	Cognitive Impairment	No Cognitive Impairment	Total n=250
Delusions	14%	6%	12%
Hallucinations	10%	8%	10%
Agitation/ Aggression	17%	2%	14%
Apathy	38%	15%	33%
Motor Behaviour	21%	4%	17%



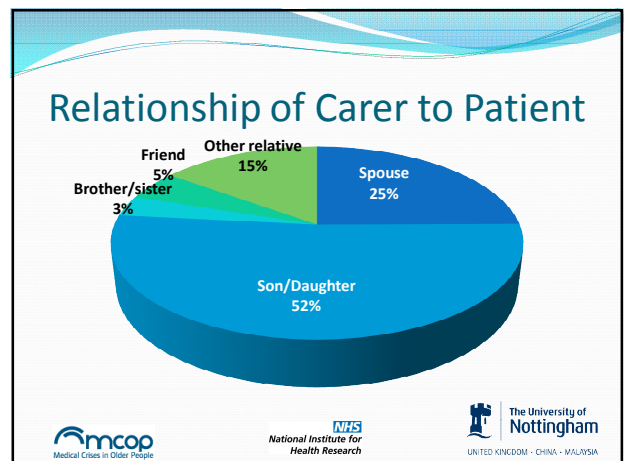




The Carers

	Total n=201
Age (IQR)	62 (56-73)
Carers lives with patient	33%
No other unpaid carer	73%
Daily hours of physical care (IQR)	1.75 (0-6.5)
Daily hours of supervision (IQR)	2 (0-15.5)

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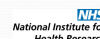
Carer Strain Index

	Total n=201
Caring is confining	56%
It is a physical strain	38%
Family adjustments	44%
Change in person is upsetting	67%
Feel overwhelmed	56%



Implications for Clinical Practice

- Mental health problems are common amongst older patients in the general hospital
- The combination of mental health problems with functional, behavioural and psychiatric problems makes the task of care delivery difficult.
- Additional staffing and skills are needed to adequately care for these patients
- Ward staff need to be aware of the needs of carers.



Thank you

- The patients and carers who took part in this study
- The research team: Kathy Whittamore, Lucy Bradshaw, Sarah Lewis, Rowan Harwood, John Gladman, Rob Jones, MHRN and DeNDRON.

