ICOPE

INTEGRATED CARE FOR OLDER PEOPLE

PSYCHOLOGICAL

Facilitator Guide: Module 13



World Health Organization

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Introduction to the Guide

Welcome to the Facilitator Guide for the WHO Integrated Care for Older People (ICOPE). This guide serves as a roadmap for the facilitators, helping them navigate through the session while ensuring that key topics are covered and participants are engaged. It may also include tips, potential challenges and suggested ways to handle different situations that may arise during the session.

Iconography

The following icons are used in the Facilitator Guide to indicate the type of content being presented.

Icon	Action	Description
	Session Title	Indicates the name of the session being conducted.
	Session Objectives	Lists the learning objectives to be achieved.
	Timing	Indicates the duration of the session or activity.
	Show	Indicates the slide to be presented.
	Say	What to say or explain while facilitating. It will contain the recommended script/ answers to be discussed.
	Ask	Ask the participants a question and encourage them to respond.
	Do	What to do to facilitate an activity or provide guidance to learners.
	Play	Indicates a video clip to be presented.

Session Structure

This facilitator guide is organised according to the way you will present the material on each slide:

- **Show** – The slides
- **Say** – This is a scripted narrative outline for you.
- **Ask** – Questions to prompt dialogue with and among the participants
    - The dialogue associated with the questions should take between 5 to 10 minutes. However, you will need to use your best judgement about the time to dedicate to the question-and-answer sessions. Some sessions may last longer.
- **Do** – Prompts you to do an action

Keep in mind that this Facilitator Guide is only a roadmap. You are expected to apply your voice and experience to make this tool work for you. The 'Say' sections are simply indications; you can use them as a script when you feel the need to, but you can and should adapt it to suit your natural training style. Add your own personal touch and personality to every training, while being careful to stick to the session objectives.

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A key component of successful face-to-face training is establishing trust and rapport with your learners. Use your own good judgment to assess the attitude and cultural sensitivities of the people in your workshop. Adapt your training techniques and approach accordingly.

You are going to be great at conducting this training.

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Module 13: Psychological

	Session Title:	**Psychological**
	Timing:	10 min
	Session Objectives:	• Explain the care pathways to manage depressive symptoms in older people. • Describe the methodologies to assess the mood of older people. • List the conditions associated with depressive symptoms and depression in older persons. • Describe the interventions to manage depressive symptoms of older people.

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Psychological

Time: 10 min

Do:

- *Formal welcome*
- *Introduction of facilitator*

Show: Slide 1



Say:

Welcome to the module on Psychological.

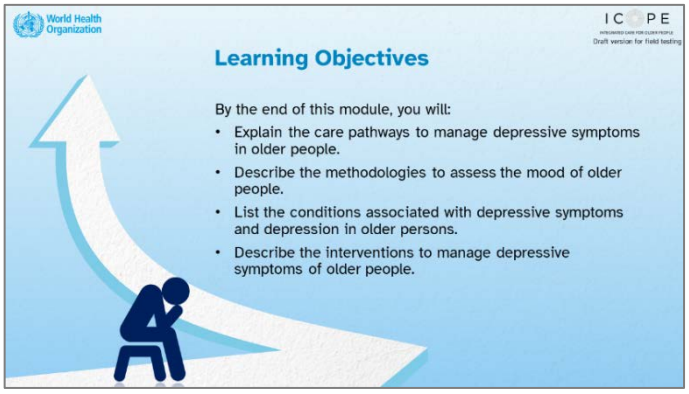
The term "depressive symptoms" refers to the experience of two or more simultaneous symptoms of depression that persist most or all of the time for at least two weeks, but do not meet the criteria for a diagnosis of major depression. These symptoms are commonly seen in older people with long-term or disabling conditions, those experiencing social isolation, or individuals with demanding care responsibilities. It's important to address these symptoms as part of a comprehensive approach to older people care as, if left untreated, they may worsen and also affect the adherence to recommendations for the management of other conditions. This module offers valuable insights on how to prevent and manage depressive symptoms in older people.

Let's get started!

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Learning Objectives

Show: Slide 2



Say:

In this module, we will focus on understanding and managing depressive symptoms in older people.

By the end of our session, you will be able to:

1. Explain care pathways for managing depressive symptoms in older people.

2. Explore methodologies for assessing the mood of older people.

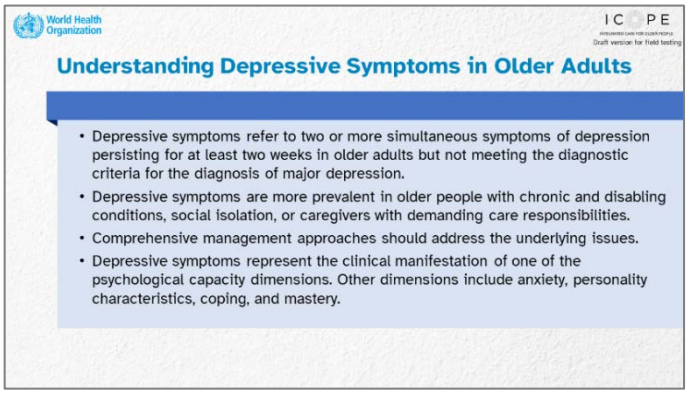
3. List conditions associated with depressive symptoms and depression in older people.

4. Discuss interventions for managing depressive symptoms in older people.

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Understanding Depressive Symptoms in Older Adults

Show: Slide 3



Ask:

Based on your experience, what are some common signs of depressive symptoms in older adults, and how might these symptoms differ from major depression?

Say:

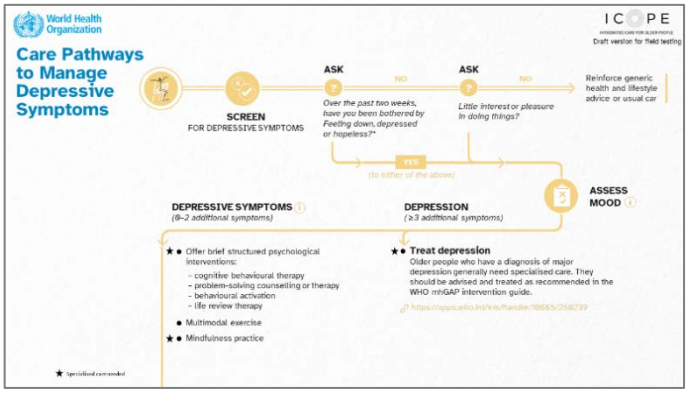
Let's take a closer look at understanding depressive symptoms in older adults. Depressive symptoms occur when an older adult experiences two or more simultaneous symptoms of depression for at least two weeks, without meeting the full criteria for a major depression diagnosis. These symptoms are particularly common among those with chronic and disabling conditions, those who are socially isolated, or caregivers with heavy responsibilities.

When managing depressive symptoms, it's important to address the underlying issues. Remember, depressive symptoms are just one aspect of psychological capacity. We also need to consider other dimensions, such as anxiety, personality traits, coping mechanisms, and mastery. A comprehensive approach to management will help in effectively supporting the mental health of older people.

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Care Pathways to Manage Depressive Symptoms

Show: Slide 4



Say:

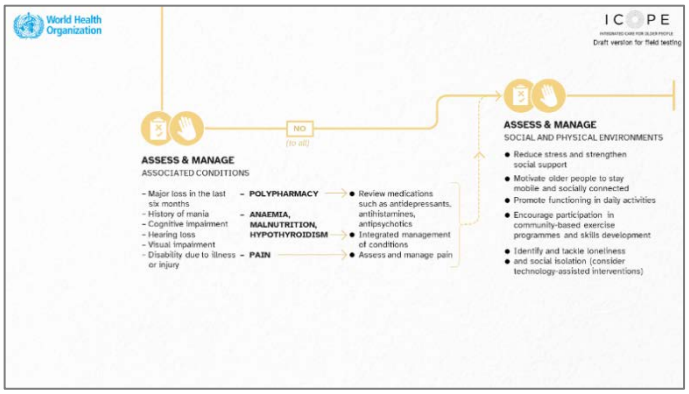
Let's walk through the care pathways to manage depressive symptoms, specifically designed to help screen, assess, and manage issues in the psychological domain of intrinsic capacity.

1. **Screen for Depressive Symptoms:**
    - This is done by asking two simple questions:
        - *'Over the past two weeks, have you been bothered by feeling down, depressed, or hopeless?'*
        - *'Have you had little interest or pleasure in doing things?'*
    - If the answer is 'No' to both questions, the screening is negative. We can thus reinforce generic health and lifestyle advice, and continue with usual care.
    - Differently, if the answer is 'Yes' to either question (i.e., the screening is positive), we move on to the second step of the ICOPE care pathway on the psychological domain.
2. **Assess Mood:**
    - Here, we determine if the person presents additional symptoms of depression. We will see how this is done later in the presentation. At this time, to understand the development of this specific care pathway, it is sufficient to observe that the number of additional symptoms defines two groups:
        - **Persons with Depressive Symptoms:** If they have no to two additional symptoms. In this case, we offer brief structured psychological interventions such as cognitive behavioural therapy, problem-solving counselling, behavioural activation, or life review therapy. We also include multimodal exercise and mindfulness practice.
        - **Persons with Depression:** If they have 3 or more additional symptoms. In this case, we treat the depression with specialised care as recommended in the WHO mhGAP intervention guide.

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Now, let's move on to the second slide.

Show: Slide 5



Say:

3. **Assess and Manage Associated Conditions:**
    - It is always critical, as part of the Step 2, to assess and manage any potentially associated condition that might be contributing to the impairment of psychological capacity. These include:
        - Major loss in the last six months
        - History of mania
        - Cognitive impairment
        - Hearing or visual loss
        - Disability due to illness or injury
        - Polypharmacy
        - Anaemia, malnutrition, hypothyroidism
        - Pain.
4. **Assess and Manage Social and Physical Environments:**
    - To improve the psychological capacity, it is critical to:
        - Reduce stress and strengthen social support.
        - Motivate older adults to stay mobile and socially connected.
        - Promote functioning in daily activities.
        - Encourage participation in community-based exercise programs and skills development.
        - Identify and tackle loneliness and social isolation, considering technology-assisted interventions.

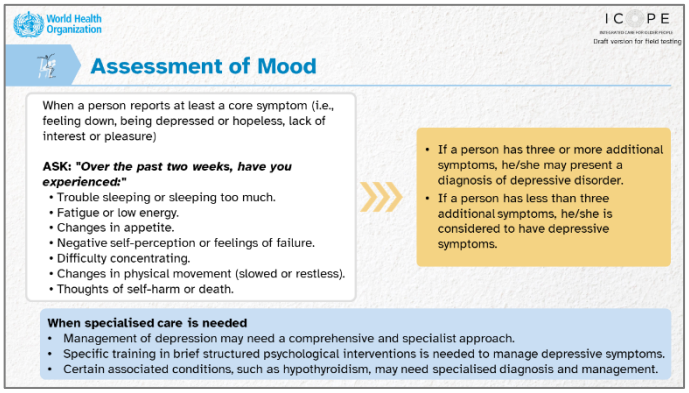
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This pathway ensures we take a comprehensive approach to managing depressive symptoms in older adults, addressing psychological and physical health, as well as social factors.

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Assessment of Mood

Show: Slide 6



Say:

Next, let's go back seethe **Assessment of Mood**.

When a person reports at least one core symptom—either feeling down, being depressed or hopeless, or having a lack of interest or pleasure—we proceed to ask further questions about their symptoms.

Ask: *'Over the past two weeks, have you experienced:*

- *Trouble sleeping or sleeping too much?*
- *Fatigue or low energy?*
- *Changes in appetite?*
- *Negative self-perception or feelings of failure?*
- *Difficulty concentrating?*
- *Changes in physical movement, such as being slowed down or restless?*
- *Thoughts of self-harm or death?'*

If a person has three or more additional symptoms, they may present a diagnosis of depression.

If they have fewer than three additional symptoms, they are considered to have depressive symptoms.

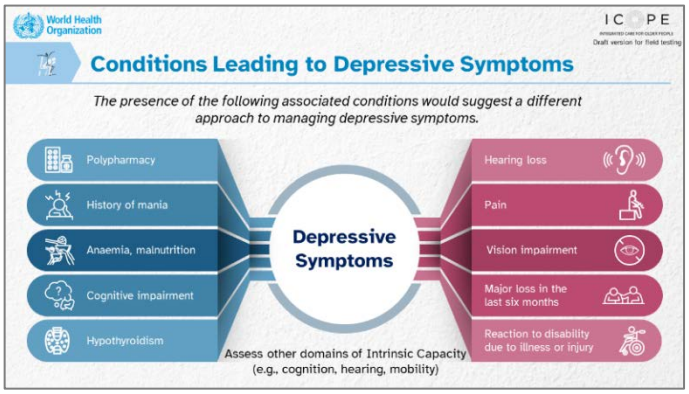
When Specialised Care is Needed:

- Management of depression may require a comprehensive and specialist approach.
- Specific training in brief structured psychological interventions is essential for effectively managing depressive symptoms.
- Certain associated conditions, such as hypothyroidism, might need specialised diagnosis and management.

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Conditions Leading to Depressive Symptoms

Show: Slide 7



Say:

Let's now discuss the conditions that can lead to depressive symptoms and how to manage them.

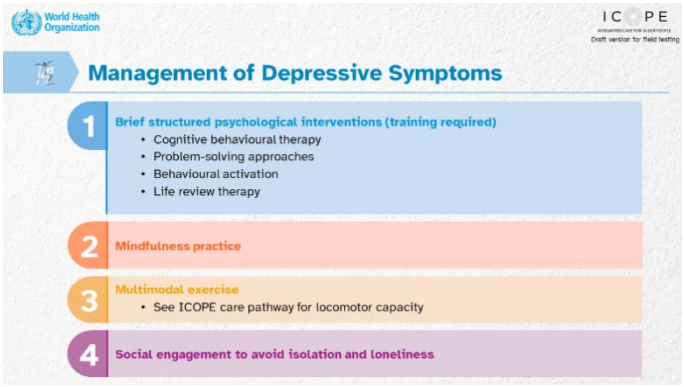
- **Polypharmacy:** Using more than four medications per day is associated with depressive symptoms. It's important to review and manage medications to reduce unnecessary ones.
- **History of Mania:** A history of manic episodes, classified as bipolar disorder, needs special care. These episodes include mood elevation, increased energy, and can significantly impact daily life.
- **Anaemia and Malnutrition:** Deficiencies in iron and vitamins like B6 and B12 can lead to depressive symptoms. Improving nutritional status is crucial.
- **Cognitive Impairment:** Depression and cognitive decline are linked. It affects attention, learning, and memory, and can be a response to awareness of cognitive decline.
- **Hypothyroidism:** Common in older adults, especially women. Symptoms can include depression, requiring specialised management.
- **Hearing Impairment:** Leads to social isolation and loneliness, which can cause depression. It's important to address hearing issues.
- **Pain:** Chronic pain is often linked to depression. Proper pain management is necessary.
- **Vision Impairment:** Conditions like macular degeneration and glaucoma can increase depression risk. Managing visual health is key.
- **Major Loss in the Last Six Months:** Experiencing a significant loss can trigger depressive symptoms. Providing emotional support is important.
- **Reaction to Disability due to Illness or Injury:** Adjusting to a new disability can cause depression and anxiety. Support through this transition is crucial.

Understanding these conditions helps us tailor our approach to better manage depressive symptoms in older adults.

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Management of Depressive Symptoms

Show: Slide 8



Say:

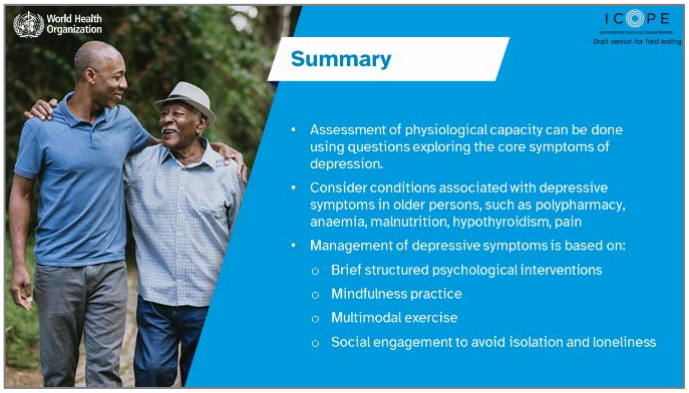
1. Now, let's talk about the management of depressive symptoms. There are several effective strategies that we can use, including psychological interventions, mindfulness, exercise, and social engagement. **Brief Structured Psychological Interventions:** These require specific training and include:
    - Cognitive Behavioural Therapy (CBT)
    - Problem-Solving Approaches
    - Behavioural Activation
    - Life Review Therapy
2. **Mindfulness Practice:** Helps people stay present and manage stress effectively.
3. **Multimodal Exercise:** Physical activity that can boost mood and overall health.
4. **Social Engagement:** Encouraging participation in social activities to prevent isolation and loneliness.

By combining these approaches, we can provide comprehensive support to manage depressive symptoms effectively.

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Summary

Show: Slide 9



Do:

Go through the slides and recap the points discussed during the session.

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