

Early Detection and Prevention of Common Psychiatric Disorders in Older people

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Physically
frail



Mentally
frail

Affects the
presentation
& course

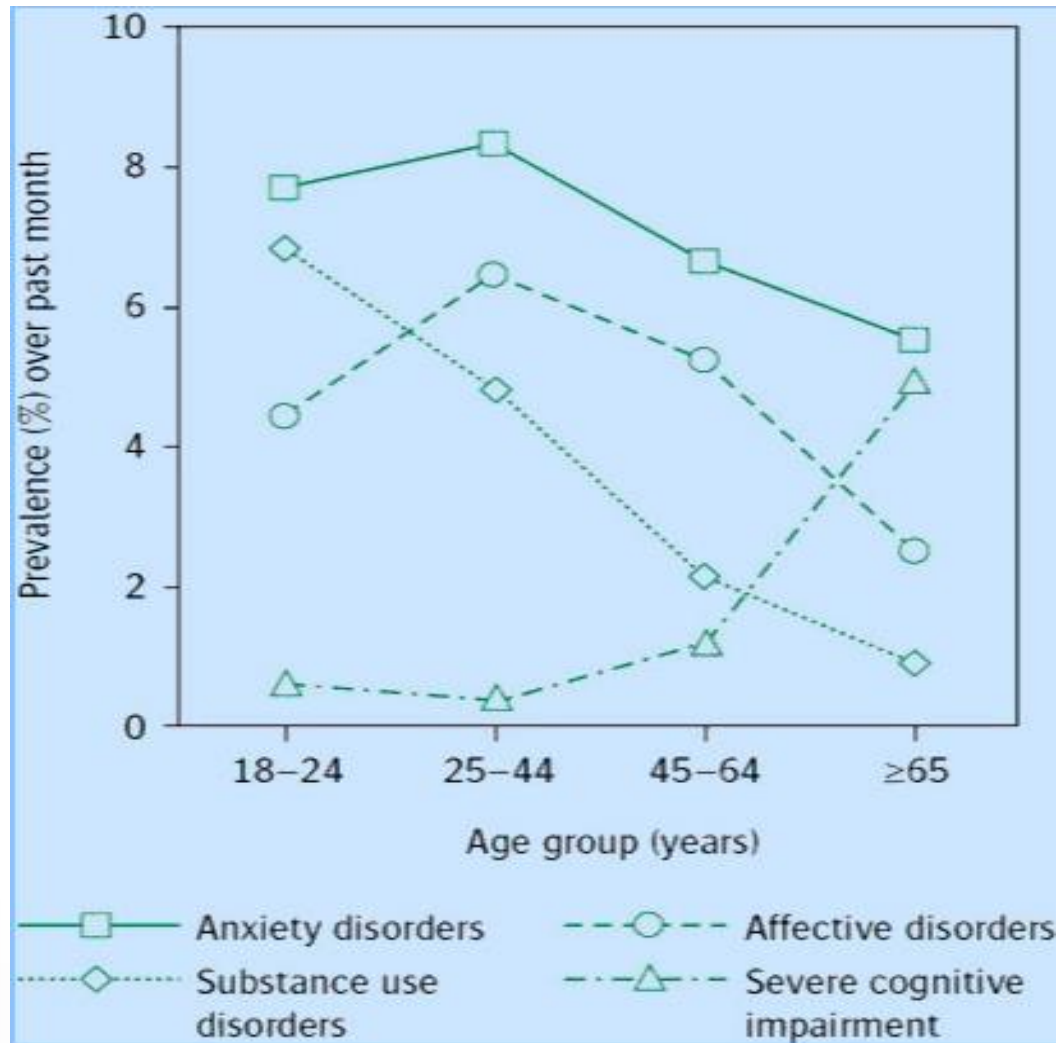


Percentage change in world population

Age (years)	Total	Percentage change during the period 1975–2000	
		Developed countries	Less developed countries
<15	57.6	20.2	72.6
15–24	41.8	8.6	50.0
25–34	56.5	4.2	75.0
35–44	72.2	16.9	95.0
45–54	74.5	33.2	104.2
55–64	64.5	30.5	86.7
65–74	68.9	33.2	104.2
75–79	84.3	53.4	121.2
≥80	91.7	64.7	138.0



Prevalence of psychiatric illnesses



Dementia

Intellect
Memory
personality

Cognitive
symptoms

BPSD



Types of dementia

Alzheimer's

Vascular

Lewy body

Parkinson's
disease

Fronto-
temporal



Management

Acute/intermediate and long-term

- Pharmacological
- Psychological
- Social



Prevention

Mainly through modification of risk factors



Depression

Feeling sad
Anergy
Anhedonia

Poor sleep
Poor appetite
Reduced attention
Reduced
concentration

Depressive cognitions

Somatic symptoms

Complications
Suicide
Psychomotor
retardation



Management

- Pharmacological
- Psychological
- Social

Prevention

- Biological
- Psychological
- Social



Delirium

Disturbed
consciousness

Disorientation

Psychotic symptoms

Biological
symptoms

Affective symptoms
Cognitive symptoms



Management

Management

- Pharmacological
- Psychological
- Social



Prevention

More effective methods for prevention

Practically difficult



Psychotic disorders

Delusions

Hallucinations

Cognitive

Negative

Behavioural



Elderly care

Primary health care team

Specialist old age psychiatry team

Inpatient unit

Rehabilitation

Day-care

Availability of respite care

Range of residential care facilities

Family and social supports

Liaison with geriatric medicine

Education of health care providers about the needs of older people with psychiatric problems

Research



Recognising Mental Health Problems in Elderly



Appearance
and
Behaviour

Speech

Mood

Thoughts

Sensation
(Perception)

Thinking Skills
(Cognition)

Other



Appearance and Behavior

- Poor self care
- Speaking /Smiling to self
- Changes in facial expressions
- Inappropriate dresses

Speech

- Changes in volume rate
- Irrelevant/ incoherent speech

Mood

- Feeling excessively sad/happy
- Getting angry
- Inappropriate Mood

Thoughts

- Negative thinking
- Worrisome thoughts
- Repetitive Unpleasant thoughts
- Abnormal belief
- Thoughts of harming self /others
- Anxiety about health

Sensation (Perception)

- Hearing voices when no one is around
- Seeing things when no one is around
- Repetitive Images

Thinking Skills (Cognition)

- Confused
- Not knowing where they are/time of the day
- poor attention and concentration
- Forgetfulness
- Getting lost
- Word finding difficulties

Other

- Changes in sleep / appetite
 - Poor functioning
- Change in the way they were



Thank you

