

# The Older Person's Mental Health Inpatient Unit

Falls Prevention Forum 2007



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*Healing*

*Hospitality*

*Respect*

*Stewardship*



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# The Older Person's Mental Health Inpatient Unit

- Open February 2007.
- Extensive consultation with nursing and medical staff in the design and planning.
- Modelled on existing specialist units.
- Challenges: complex and diverse needs.



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# Environment

- Lighting
- Handrails
- Space
- Colour co-ordination, signs
- Single rooms with en-suite
- Bathroom
- Light
- Space
- Non slip flooring
- Rails



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# Nursing

- Creating formal and informal processes; recruitment, team building.
- Creating a culture to foster learning and development; high quality care.
- Falls prevention initiatives; independent learning package, stickers, armbands.



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# Person

- Independence; fear of falling, institutionalisation, finding the balance between supervision and fostering self confidence.



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# Health

- Psychotropic medications and postural hypotension.
- Adequate fluids
- Monitoring electrolytes



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# Case Studies



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# Mr. D

- 78 y.o. male from high level residential care
- CVA in March 2007 with significant dysarthria, dysphagia and ataxic gait
- Walks with a forearm support frame
- Cognitive impairment
- Mental health issues – depressive symptoms and suicidal ideation
- Challenging behaviours



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# Mr. D

- Falls versus 'falls'
- Management strategies
  - Verbal prompts
  - Reinforcing positive behaviour
  - Environmental considerations
  - Assessment of ADL's
  - Others



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# Mr. G

- 82 y.o. male with diagnosis of Alzheimer's type dementia
- Required hospital admission when change in usual carer and environment resulted in behavioural and psychological symptoms
- Behavioural symptoms – wandering, sleep disturbance, sundowning, voiding inappropriately, resistance to cares



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# Mr. G

- Risks
  - wandering
  - pushing furniture
  - voiding in inappropriate locations
- Management strategies



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# Thankyou



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