

STUDENT NAME

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DISSERTATION

DISSERTATION TITLE: What are the barriers facing mental health nurses in supporting older adults with depression in the community?

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Acknowledgement

The present extended literature review has been an Individual study and done individually using secondary research of literatures available through free sources and paid databases. Throughout this paper, I would like to thank my supervisor for extended support and guidance which helped in understanding the research question in correct manner. I would like to thank the institute and my guide for drafting this paper to the best of its quality and for the fulfillment of this course. All my teachers and guides helped in drafting this research and helped in guiding it for the fulfillment of the course in the esteemed university. This research is purely based on individualistic report and has not been copied from any of the sources available online or offline anywhere in the world.

Abstract

The present paper is an extensive literature review regarding depression in elder people in UK and countries such as Australia and Europe. There is increasing population of older people above 65 in UK and the number is growing day by day. It is estimated that by 2030 around 23 % of population in UK would be of older people. The present paper discusses one of the key issues occurring among older people, which is depression. The present paper has covered extensive literature review as desired for the completion of this project based on the barriers for mental health nurses in dealing with depression among older people and recommendations for mental health nurses in order to overcome these barriers in order to achieve their goal of providing accurate and appropriate care to older people with depression and help them in improving their quality of life. Every care has been taken care of while developing this report to justify the requirements of need of evidence based studies both qualitative and quantitative in order to come out with actual facts and figures and logical critical assessment of the papers selected to justify the research question.

Introduction

UK is witnessing an increasing in older people population. Along with increasing population of older people, it also directs pressure on nursing profession and healthcare professionals in order to give appropriate and legitimate care to the older people and solving their health issues. According to the current 2017 stats it is estimated that in UK the population of older people is around 11.6 million. Around 23.6 million people are around age of 50 or above and have health issues ranging from cardiac health issues, to isolation and depression. Most of the older people deal with problems such as isolation from other age groups, isolation and stigma, stigma due to decreasing motor actions in older age and stigma associated with depression. Most of older people with depression are women compared to their male counterparts. Women face more stigma and isolation as compared to male counterparts and they seek health services less compared to male counterparts of same age group and people from other age groups.

There is increasing insecurity level among older people and lack of knowledge and awareness regarding depression which they often confuse with their lack of capability and weakening character to stand in the society. Isolation pose greater reasons for worsening of depression and because of which most of older people have suicidal thoughts and commit suicides in order to end the pain they are suffering currently in whole UK. Depression is mental disorder and their needs to be proper care given to the patients and especially older patients. Most of the older patients end the treatment prematurely and go back to their depressive moods due to psychological effects. There is requirement of proper training to the healthcare professionals and especially nurses who interact directly with depression patients in order to overcome the barriers in care providing to achieve the goal of holistic care and in this case the holistic care to older people with depression.

Government interventions and careful planning is needed to care for older people suffering from depression in order to improve their situation and in the end improve the quality of life of older people. There is need to understand that older age is the most beautiful age of ones life and every individual whether he or she is man or women or African or Hispanic they all deserve a better quality of life even at this age in order to live life to the fullest and enjoy being having the greatest gift the nature has given to them which is Life.

Focus question and rationale

The focus question for the present paper is, What are the barriers for mental health nurses in supporting older people with depression in the community?

The research question has been chosen intelligently and logically as currently and in near future the older people population is increasing with a rate that by 2030, the complete UK would have 23 % of its population being old.

Old age comes with lot of issues such as isolation and ignorance in society. Along with this health issues also rise when the person becomes old. There is decrease in mobility and body functions which impacts the psychology of older people directly. Together all these issues result in depression among older people and most of them consider ending their lives as they find it useless to live more.

Health issues such as Cancer, Alzheimer disease, dementia, cardiac problems, social inadaptability all worsen the situation of mental health of older people.

Most of the older people leave the treatment in between and do not continue the health treatments, this further worsens the depression and mental health of older people.

These are the factual barriers which nursing staff often face with as they struggle to provide appropriate and accurate care to people of older age and those specially suffering from depression. There is also lack of guidance to the nursing staff in order to deal with health issues of older people which become the other biggest barriers in order to support older people suffering from depression in the community. Nursing staff and profession is one of the biggest healthcare professional group compared to other healthcare professional groups. They are the people who are involved in direct interaction with the patient and are the face of healthcare service providers. Most of the cases the nursing staff are not aware of the actual mental condition of the patient in older age group due to differences in age factor. Its hard for nurses to understand what the elder people is going through with as they are the one's difficult to deal with.

Most of the older people with depression never speak their mind to the healthcare provider and family members as they fear isolation and stigma associated with in the community and people around them.

There is higher rate of communication gap and understanding gap which further makes the duty of nurses difficult in order to provide care to older people especially dealing with depression.

Most of the nurses are there to help in recovering from symptoms of disease but in case of mental health it's the problem of psychology which is hard to detect until unless the patient speaks up. Lack of treatment guidelines and proper policies to deal with depression is still a questionable aspect. It is because of all these reasons the barriers restrict the nurses and specially mental health nurses in order to provide adequate treatment and care to people suffering from depression in older age.

Most of the older people suffering from depression never report their mental health condition because of which treatments are not provided on time and they remain untreated or undertreated.

The paper recognizing these areas has been developed in order to gather adequate literatures in support of the research question and justifying the rationale of the research question.

P: Barriers for mental health nurses in order to support older people with depression in the community

I: Stigma and Psychological and Undertreated and untreated depressive patients

C: Women suffer with depression more than men in older age group

O: Nursing education and community education can solve the issues and overcome the barriers for mental health nurses in order to support the older people with depression in the community

Methodology

Research methodology is defined as the process of carrying out research in order to collect data and information in order to develop understanding regarding particular area and topic. There are two types of research broadly. One is primary research and other is secondary research of primary research data.

Primary research is carried out through means of interviews and survey in order to collect raw data. These raw data through set of analytical tools is refined further and with use of statistical methods the data is analysed and extrapolated in form charts , tables and figures.

Secondary research on the other hand is carried out to research the primary research articles, journals and information in order to collect data or information regarding the topic or area where someone else has already done primary research.

For the purpose of this extended literature review the secondary research of primary research data was carried out through set of various databases which already have numerous research articles and primary research published by other authors.

Databases such as Science direct, Pubmed, Google scholars, and Google search engine was used for the purpose of collecting the information and data for this specific extended research paper.

In order to get themes regarding Nurses role in care of older patients with depression in the community, the research work was carried out using different keywords in the research database.

The terms used for essay were,

1. Older adults with mental health issues
2. Older adults with a diagnosis of depression
3. Older adults with a diagnosis of mental health issues
4. Older people with mental health issues
5. Older people with a diagnosis of mental illness
6. People with mental health issues
7. People with mental health illness
8. People with a diagnosis of mental health illness
9. Depression in older people and nurses role in it
10. How nurses can manage older people with depression
11. How nurses can manage older people with depression in the community

12. Barriers for mental health nurses in order to care for older people with depression
13. How to overcome barriers in treating older people with depression by mental health nurses
14. Barriers for mental health nurses
15. Barriers to treat older people with depression
16. Government policies for managing older people with depression in the community

These were the broadly used keywords for carrying out research for the topic of the current extended literature review.

A typical search term “Barriers for mental health nurses in caring for older people with depression resulted 5, 692 research papers.

Efforts were made to further narrow down the research by following the inclusion and exclusion criteria.

Inclusion criteria for the present extended literature review were,

1. Older people
2. Older people with depression
3. Study based in UK and Europe and Australia
4. Mental health nurses
5. Government policies for older people with depression
6. Research results between 10 to 15 years were included for the present study

Exclusion criteria for the present extended literature review were,

1. Children with depression

2. Adolescents with depression
3. Adults with depression
4. Other nurses
5. Doctors role in managing older people with depression
6. Studies other than UK, Australia and Europe
7. Research results older than 15 years were excluded from the present study

As a result of refining the research based on Inclusion and Exclusion criteria the same keyword with extension of using UK based study, i.e., “Barriers for mental health nurses in caring older people with depression UK based study” resulted in total of 1, 321 researche papers in science direct database.

This way our research got more narrower and focused. Further Abstracts and results section of these papers were analysed thoroughly and were critically analysed as per the requirement of the present extended literature review.

The present literature search was carried out to find the evidenced based practice primary research work. Following the selected keywords terms and use of inclusion and exclusion criteria core texts for the present study were gathered and read thoroughly to come out with the actual results as required for the present work.

Further use of quantitative and qualitative research papers were carried out. The author has carried undertaken qualitative systemic review in order to find the most relevant research, drawing conclusion from the most applicable texts where results can be analysed from a phenomenological perspective (Bettany – Saltikov, 2012). In order to achieve this, a strategic approach for research study was carried out using specific keywords as described earlier in this

section. All techniques for research were carried out together with Boolean operators to increase the efficiency of the searches (Aveyard, 2014). The author used the methods of PICO search techniques as described Bettany-Saltikov, 2012 to guide the literature search. The PICO method can be used in qualitative research (Khan et al., 2003) and regards the population of the research, what they are being exposed to, and what the outcome is. To formulate the current research question it can be considered how mental health nurses overcome the barriers in order to care for older people with depression in the community, relevant keywords as described earlier were put into practice to get relevant meaning regarding the research question.

Considering all criteria's as required by the research study relevant papers were collected and critically analysed to suit the requirements of the present study. Thorough reading and meaning of each of the primary research papers were carried out and detailed analysis were written in the paper to draw true meaning of the context which comes under the criteria of the present research question.

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