

Module Specification

Module Summary Information

1	Module Title	Depression, Dementia and Delirium: Evidence and Interventions – Level 6
2	Module Credits	20
3	Module Level	LEVEL 6
4	Module Code	LBR6552
5	Semester Taught	TNE provision

6	Module Overview
<p>The most common mental health problems that affect older people are often known as the ‘3Ds’. Depression, dementia and delirium disproportionately impact on the health of older people and challenge practitioners to respond to the complexity of individuals’ co-morbidities. Effective assessments, interventions and support facilitate self-management and empowerment of service users and family carers to improve holistic well-being. In this module you will explore current thinking and practice with a view to developing alternative approaches and creative interventions, facilitating culture change and working in partnership with multi-disciplinary colleagues, patients, their families and carers to address difficulties and maximise well-being.</p> <p>This module aligns with the Professional Practice Programme philosophy and is designed to be flexible and practice-led, developing knowledgeable practitioners who are able to provide excellent standards of care, based on a sound evidence and values base. You will have the opportunity to develop skills of enquiry, reflection and problem solving. A blended learning approach is taken (incorporating both classroom and online activities via Moodle) in line with the University’s learning and teaching strategy. You will be encouraged to think critically and share practice experiences with your fellow students, as well as engaging in both directed and self-directed learning activities. You will be an active partner in your own learning and development and in return you will receive regular feedback and feedforward aimed at developing your academic skills, and have the opportunity to discuss your progress with the module team.</p> <p>You will be encouraged to share and learn from your own professional experiences and to incorporate service user perspectives when planning care. The group will learn about therapeutic interventions which can be applied in everyday practice. The module will also support you in developing the academic skills required to challenge, promote and critique interventions aimed at improving the mental health of older people.</p> <p>This module is aimed at health and social care practitioners who specialise in providing services for older people and who wish to enhance their practice by deepening their understanding of common mental health problems and the application of evidence-based interventions that empower older people, family members and staff.</p>	

7	Indicative Content
<p>The contexts of older peoples’ lives – why might they be more at risk? Differentiating Depression, Dementia and Delirium Communication Engagement and Assessment skills Depression in older people Depression and long-term conditions – which interventions are effective? Dementia: Is it possible to ‘live well’? Specialist communication skills, responding to indications of distress, working with personal histories and using reminiscence</p>	

Critiquing theoretical approaches
 Delirium: Strategies to reduce risk and respond effectively to early signs
 Environmental factors – can the environment make a difference to the lived experience of people with mental health problems?
 Is the environment also ‘cultural’?
 Multiple jeopardy: Cultural change for effective mental health care.

8		Module Learning Outcomes
On successful completion of the module, students will be able to:		
	1	Utilising academic skills, retrieve and apply appropriate evidence to demonstrate critical arguments required at level 6.
	2	Engage with people with mental health problems, family carers and interdisciplinary colleagues, sharing knowledge and contributing to problem solving.
	3	Critically explore the theoretical perspectives that guide professionals in their approaches to emotional distress and mental disorder.
	4	Evaluate the evidence base which underpins a range of creative therapeutic interventions designed to promote the well-being of older people
	5	Analyse barriers to cultural change and evaluate strategies that empower individuals within organisations.

9				Module Assessment
Learning Outcome Number <i>(from table 8)</i>	Coursework	Exam	In-Person	
1,2,3,4,5	100%			

10			Breakdown Learning and Teaching Activities
Learning Activities	Hours	Details of Duration, Frequency and other comments	
Scheduled Learning (SL) includes lectures, practical classes and workshops as specified in timetable	35	Approximately 10-15 x 2-3 hour lectures.	
Directed Learning (DL) includes placements, work-based learning, peer group learning external visits, on-line activity, Graduate+, peer learning, as directed on VLE	125		
Private Study (PS) includes preparation for exams	40		

Total Study Hours:	200
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11	Key Texts and Online Learning Resources
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Brown, M. and Hardy, K. (2016). Delirium: assessment and treatment of patients with cancer PART 2. *British Journal of Nursing*, 25(4), pp.S4-S9.

Carr, S., Smith, I. and Simm, R. (2013). Solution-focused brief therapy from the perspective of clients with long-term physical health conditions. *Psychology, Health & Medicine*, 19(4), pp.384-391.

Chew-Graham, C and Ray, M (2016) *Mental Health and Older People: A Guide for Primary Care Practitioners* New York. Springer.

Downs, M, and Bowers, B (2014) *Excellence in Dementia Care: Research into Practice* Maidenhead. Open university press.

Kazer, M and Murphy, K (2015) *Nursing Case Studies on Improving Health-Related Quality of Life in Older Adults* New York. Springer.

McCusker, J., Cole, M., Voyer, P., Monette, J., Champoux, N., Ciampi, A., Vu, M. and Belzile, E. (2014). Six-Month Outcomes of Co-Occurring Delirium, Depression, and Dementia in Long-Term Care. *Journal of the American Geriatrics Society*, 62 (12) 2296-2302.

Moyle, W, Parker, D and Bramble, M (2014) *Care of Older Adults: A strengths based approach* Melbourne. Cambridge University Press.

National Institute of Care and Health Excellence (2015) *Guideline 22; older people with social care needs and multiple long term conditions*.

Available at; <https://www.nice.org.uk/guidance/ng22>

Proyer, R., Gander, F., Wellenzohn, S. and Ruch, W. (2014). Positive psychology interventions in people aged 50–79 years: long-term effects of placebo-controlled online interventions on well-being and depression. *Ageing & Mental Health*, 18(8), pp.997-1005.

Ryan, P and Coughlan, B (2011) *Ageing and Older Adult Mental Health: Issues and Implications for Practice* Hove. Routledge. (Cost: £28.99).