

## Medical Podcasts In English For Non-Native Speakers

### S2 E2 CGA: Mental Health.

#### Mental health:

##### 1. Cognitive decline:

This is when the changes in cognition are more than those you would expect for the age of the patient. Cognition can be assessed using tools such as the:

- 3 objects recall
- Minimental test or,
- Clock drawing

It is important to think about whether your patient has amnestic or nonamnestic cognition changes as the amnestic form can be an indicator that your patient will develop Alzheimer disease.

##### 2. Delirium

Delirium is an acute confusional state, usually with a fluctuating course. It consists of alterations in consciousness, cognitive function and perception. It is important to remember the existence of hypoactive delirium, where the patient will not show motor agitation but will instead be withdrawn and quiet. Hypodelirium is often overlooked, but it accounts for up to 50% of delirium. It is underdiagnosed and very scary both for the patient and their carer.

**PINCHES ME** is a useful mnemonic for the review of possible causes for delirium:

- P – Pain
- I – Infection
- N – Nutrition
- C – Constipation
- H – Hydration
- E - Endocrine + Electrolyte
- S – Stroke
- M - medication and Alcohol
- E – Environmental

##### 3. Dementia

Dementia is a progressive and irreversible impairment of mental function. As well as diagnosing dementia interacting with the patient with dementia can be difficult in a time-constrained setting of a clinic appointment or emergency room. When communicating with patients, it is important to optimise the situation and make sure they have their glasses and hearing aids if they need them. Remembering that 90% of all communication is non-verbal

can help you think how you will try to get your message across. And of course, referring to a CGA will make sure you have all parts of the puzzle.

#### 4. Depression

Here you can use the 4 questions in the Geriatric Depression Scale (GDS-4)

- Are you basically satisfied with your life? No = 1 point
- Do you feel that your life is empty? Yes = 1 point
- Are you afraid that something bad is going to happen to you? Yes = 1 point
- Do you feel happy most of the time? No = 1 point.

More than 2 points mean that depression is highly possible and should be investigated further either by yourself or by making a referral.

Conclusion:

As you can see, the mental health aspect of the CGA picks up on important factors which may mean that patients don't take their medication properly. Medication issues account for up to 30% of hospital visits in older patients. Knowing the potential reasons as to why patients can't take their medications as you prescribe them can help you choose a realistic treatment plan that will work.

## S2 E2 CGA : Mental Health.

- 1) *Learn the PINCHES ME mnemonic. Print it up for your workspace and share with others.*
- 2) *Hypodelirium: Write down 5 symptoms.*
- 3) *Use the GDS-4 scale on 3 patients.*
- 4) *Find 2 local patient support groups which you can refer your patients to.*