



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Mental Health Services for Older Persons: (MHSOP)

An evaluation of a liaison-integration service of those over 65 years in the acute hospital setting.

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CHO
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City & County

BACKGROUND

- The percentage of Dublin's over 65 year olds living in Beaumont Hospitals catchment area is projected to increase to **44%** in 2026. Older people occupy **2/3 of acute hospital beds** – in an 850 bedded hospital (Beaumont) approx. 560 beds are occupied by older people. Approximately **60% of these 560 will suffer from mental illness** – approx. 336 older persons (RCPsych 2005, NCPOP 2018).
- An ANP in liaison-integration service was developed to provide swift mental health care to this growing population.

2022 REFERRALS: 434 (N)

TOTAL DELIRIUM: 44%

31% also had a dementia

DEMENTIA:

Probable 12%

TOTAL DEMENTIA: 38%

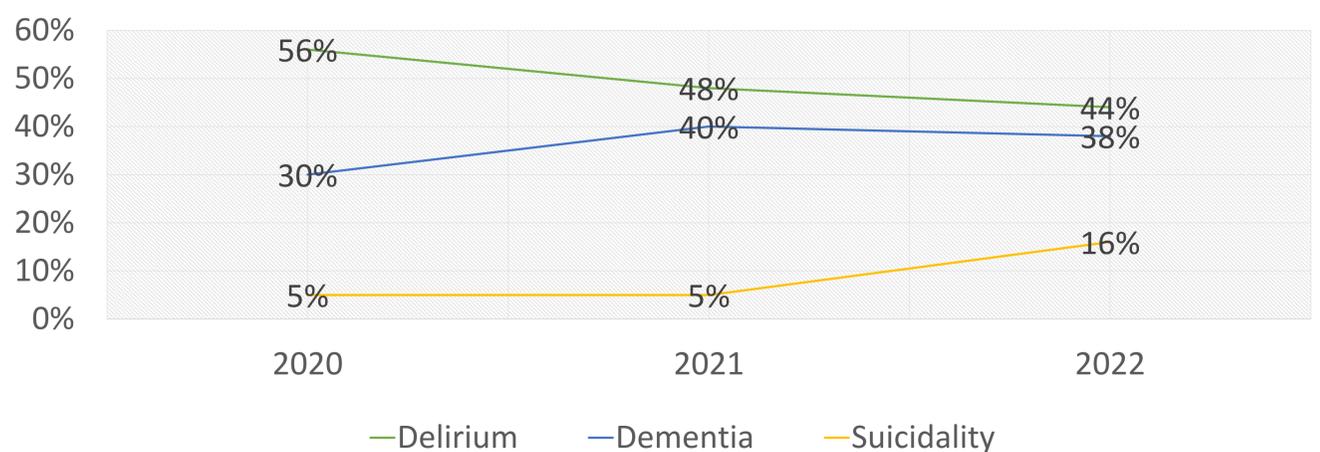
SUICIDALITY:

Suicide attempts 6%

Suicidal ideation 10%

TOTAL SUICIDALITY: 16%

Main referral trends over 3 years



Discussion of statistics

- **Delirium** referrals have continued to decline over a 3 year period: 56% in 2020, 48% in 2021, and 44% in 2022. ANP started as a CNS part time in liaison in late 2019, and became full time ANP in February 2021.
- **Dementia** referrals have remained at around 40% in 2021/2022. They were lower in 2020 at around 30%.
- **Suicidality** (suicidal thoughts and self harm/attempts) has exponentially increased, more than **trebling over 3 years**, with a significant rise in suicide attempts in males: $z = +3.21$ $p < 0.001$ in 2022, and an increase of associated alcohol use in 45% of those in 2022.

Response to changing trends

- ANP follow up in hospital increased by 60% in 2022, and post discharge from 11% in 2021 to 21% in 2022.
- Increase of ANP follow up recommendations in areas of: cognitive work up, geriatrician onward referral, alcohol services, social work, palliative care, and wellbeing OPD clinics.
- ANP provides primary care with discharge summaries and collaborates with community services where needed.

Delirium

- Ongoing formal and informal delirium education within the hospital.
- Review of delirium protocol that now includes investigation and non-pharmacological management of delirium.
- Medication management changed for older patient cohort: Start low and go slow.
- Ensure delirium and its treatment is highlighted on the discharge summary.

Dementia

- ANP linked in with ADON from National Dementia Office (NDO) and developed:
 - Local working group on dementia pathways and education,
 - Inter-hospital peer group
- Referral pathways to geriatricians.
- To commence Clinical Guideline 21 education on medication management of Dementia with Behavioural and Psychological Symptoms (BPSD) of dementia.

Suicidality

- Commenced a CHO integrated working group to examine evidence based suicide/self-harm prevention strategies in the older population.
- Group aims to increase integrated care and support in this age cohort.
- Group consists of: National Office for Suicide Prevention (NOSP), ICPOP, MHSOP, Primary Care.
- Developing a 'Wellbeing Booklet' for CHO9.
- ANP took part in national research regarding suicidality in older adults: www.SHOAR.ie