



Providing specialty
mental health care
in Eastern Ontario



Services de santé
Royal Ottawa
Health Care Group

Seniors' Mental Health: Knowledge exchange

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Objectives

- **Review some of the challenges and opportunities re: increasing the knowledge of Canadians about mental health issues facing seniors**
- **Reflect on my experience with dissemination of CCSMH clinical practice guidelines on depression**
- **Identify opportunities that may be of particular relevance to participants.**

Conflict of interest?

- **Chair of Seniors Advisory committee for the Mental Health Commission of Canada: plan to try to influence activities that will improve knowledge exchange and empower seniors and their families to influence researchers, educators and clinicians to increasingly respond to their mental health needs.**
- **Co-chair, with Diane Buchanan, for CCSMH guidelines on Depression...**
- **Speaker's fees, grants from various sources over years: industry, gov. and learning institutions...**

Changes & challenges

- **More and more Canadians are affected by mental health problems:**
 - Being ill themselves as they live longer
 - Being closely related to someone who has a mental illness or being a care giver to someone with chronic mental disorder.
- **No one is immune:**
 - **Personal experience over the years...**
 - Aging parents
 - Spontaneous case of depression in brother
 - Finding out more about the family history...



Seniors with MH problems

- **25% of those over age 65 have at least one mental health problem: most are chronic (dementia, psychosis, anxiety) or recurrent (Depression) and/or puts person at high risk for medical complications (e.g. delirium).**
- **Most of us have to increase our knowledge about these disorders either for personal or professional reasons...**

Learners/teachers

- **Persons affected by mental health problems: patients, family members, care givers**
- **Care providers: professionals still in training and those who need to maintain/increase their competencies**
- **Teachers, educators, researchers...**
- **All need to learn from the others...**

Challenges

- **“Target audience” is vast and diverse with different learning preferences**
- **Time (if you are caring for someone or if you are a busy professional...)**
- **Level of comfort with various learning tools (internet, books, human interaction, reflection, skill practice under supervision...)**
- **Need to think of creating many different opportunities.....**
- **Then hard to evaluate which of these methods/opportunities has been effective.**

Opportunities

- **There is a lot of us needing to access/increase and impart knowledge.**
- **There have been interesting developments in the last several years: development of different teaching/learning methods and rapid increase in accessibility through various technological developments.**
- **Mental Health Commission's priority for National knowledge Exchange**

Opportunities

- **Collective experience and expertise with different learning methods**
- **Collective “reach” of learners**

Interacting with learners

- **Classroom teaching**
- **Clinical supervision**
- **Providing case-based educational consultations (pt, families, colleague)**
- **Providing access to targeted information (brochure, guidelines, website)**
- **Providing opportunities for group learning (rounds, conferences)**
- **Learning from the learner: questions, challenges... when answers are not easy to provide**

Dissemination of guidelines

- **Paper copies**
- **Website access**
- **Conferences, rounds...**
- **Classroom teaching: included references in written materials, talked about it during interaction**
- **Encouraging team members to use**

Dissemination of guidelines

- **Providing educational consultations:**
 - What has referring source done well and in accordance to guidelines...
 - Ref. of why we now recommend checking electrolytes when we initiate treatment with an antidepressant
 - Setting up conditions for success in the use of information contained in guidelines
 - Educating patient and families...
- **Referring to a section relevant to the learning need (tool) rather than the whole document which may be too long to read/incorporate**

Dissemination of guidelines

- **Dissemination to our “immediate” community of practice.**
- **Dissemination to larger communities of practice: fellow clinicians, educators through provincial and national organizations**
- **Dissemination through web-based activities: ex. Guidelines on depression when posting on dementiaeducation.ca site.**

Your contributions

- **As a teacher**
- **As a member of an organization**
- **As a clinician**
- **As a learner**



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Advice for MHCC

- **Build on existing knowledge exchange activities that target seniors mental health issues**
- **Develop in areas that would reach as much of the target audiences as possible**
- **Remember the human interaction needed for learning and the fact that we do not learn effectively from just one method (I can read about a medication but won't learn until I apply its use and learn from response to the application). Not “just a website”.**

Advice for MHCC

- **Your advice?**
- **Opportunities?**
- **Your successes?**

Areas of priorities

- **What should be our priorities?**
- **Further thoughts welcome at marie-france.rivard@rohcg.on.ca**

Discussion

- **Anything that surprised you?**
- **Anything that is different from your experience to date?**
- **Anything important that I missed?**
- **Anything you were hoping I would address and did not?**