Psychogeriatric Service and Training

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Psychogeriatric Services in UK

• Generally accepted that old age psychiatry originated in UK
• Before second World War, no interest in old people’s physical or mental health issues
• Most conditions assumed to be “senile”, degenerative, not treatable
• By 1940s, many older people with mental disorders in various hospitals in England
Psychogeriatric services in UK

1948 -- NHS established, including specialty of geriatrics

Geriatric service development

1950s to 1960s -- studies by Martin Roth et al –

  inpatients with affective disorder had much better prognosis
  than those with dementia

Roth, Kay, Blessed and Tomlinson – studied epidemiology and
  clinical aspects of psychiatric illness in old age and the post-
  mortem brain

Clinical studies by Felix Post

=> impetus to development of old age psychiatry
Psychogeriatric services in UK

- 1950s to 1960s availability of antipsychotics, antidepressants and ECT provided new optimism
- Some community mental health service e.g. Macmillan & Shaw (1965) showed advantage of community interventions in people with squalor
- Late 1960s to 1970s -- local services of developments in old age Psychiatry with a number of pioneers – Tom Arie, Brice Pitt, etc
Psychogeriatric services in UK

1973   Old Age Group founded in Royal College of Psychiatrists
1977   First psychogeriatrician professor
1978   Old Age Group became Specialist Section in Royal College of Psychiatrists
1989   Recognized as Specialty in NHS
Psychogeriatric services in UK

Principles underlying provision of comprehensive old age psychiatry services in UK

• Flexibility
• Responsiveness
• Availability
• Unhierarchical use of staff
• Domiciliary assessment
• Collaboration with other services and agencies
Psychogeriatric services around the world

The UK model influences many parts of the world, including Australia, Canada and some Asian countries

- Arie Courses
- Arie model – very close collaboration between PG and geriatric services
Hong Kong

• Population of 7 million
• 13% people aged 65 or above
Psychogeriatric (PG) services in Hong Kong

- 1st PG unit in CUHK in 1991
- 7 PG teams established from 1993 to 1997
- Multidisciplinary team – Doctors, Nurses, OT, PT, CP, MSW
- Community based model, well-defined catchment area
- Led by a consultant
- Model adapted from UK model
- Close working relationship with NGOs
PG Services in Hong Kong

• Full range of services – Inpatient, outpatient, day hospital, Outreach service to Homes, Domiciliary visits, consultation liaison service, carer group

• New programs – Elderly suicide prevention service (ESPP)

  Psychogeriatric Outreach service: most subvented Homes, increasing coverage of private Homes
PG Services in Hong Kong

- DX: Dementia, Depression, Psychosis (late-onset or graduates), others
- Assessment and management
  - Joint assessment in memory clinics
- Inpatient (mainly short stay), limited respite service, most continued care and respite service provided by NGOs
- Carer support
- Training to NGOs, GPs and frontline workers (ESPP and PG outreach program)
Clinical Management of dementia

- Assessment
- Carer support
- Behavioural treatment
- Functional training
- Counselling
- Drug treatment
  - Cholinesterase inhibitors
  - Memantine
  - Others
- Environmental design and modification
- Reminiscence, Reality Orientation, Snoezelen, etc.
- End of Life care
Home-like Environment
Exit Control
Sensory Stimulation

- Appropriate sensory stimulation – sensory garden, sensory corridor
A multi-sensory stimulation therapy which aims to stimulate the primary sense of sight, touch, hearing & smell, through the use of lighting effects, tactile surfaces, meditative music & the odour of relaxing essential oils.
Cognitive Interventions

🌟 Reality orientation (RO)
Cognitive Training

- Memory strategies & memory aids
- Best if use with additional cues & incorporate into daily life
Mahjong
Physical activities
Functional training
Reminiscence
Aromatherapy
Carer Support
PG service in Hong Kong

• Development of PG Service co-ordinated by PG Working Group consisting of psychogeriatricians of the 7 teams – also responsible for QA, clinical protocols, new programs and Advocacy
• PG now a recognized subspecialty under HK College of Psychiatrists
• HKPG Association established in 1998, affiliate member of International Psychogeriatric Association
Best practice model

Consensus Statement in the Organization of Care in Psychiatry of the Elderly – approved by WHO and WPA, 1997

Result of a Consensus Conference in Lausanne in 1997

Can be found on WPA website
Principles

CARITAS Principles
• Comprehensive
• Accessible
• Responsive
• Individualized
• Transdisciplinary
• Accountable
• Systemic
• **A comprehensive service** -- all aspects of the patient’s physical, psychological and social needs; patient-centred

• **An accessible** service -- user-friendly and readily available,

• **A responsive** service -- responds to problems promptly and appropriately
• An **individualized** service -- Planning of care must be tailor made and acceptable to the individual and family

• A **transdisciplinary** approach – transcends traditional professional boundaries
• An **accountable** service -- accepts responsibility for providing quality service

• A **systemic approach** -- integrates and coordinates all available services for comprehensive care
Components of Service

- Community mental health teams for older people
- Inpatient service
- Day hospitals
- Outpatient services
- Hospital respite care
- Continuing hospital care
- Liaison services
- Primary care collaboration
- Community and social support services
- Preventative programmes
Training of Medical Students

- 2 Medical Schools in Hong Kong
  - The University of Hong Kong
  - The Chinese University of Hong Kong (CUHK)

5 years of Medical School

1 year of Intern

Follow UK model
Training of Medical Students in CUHK

• Psychiatry in 4th year (around 140 students in 1 year)
• 9 weeks in duration
• Student rotate 4 times in 4th year between Psychiatry, Obstetrics & Gynaecology, Paediatrics and Community and Family Medicine about 35 students each clerkship
• Some teaching in year 1 to 3, integrated with other specialty e.g. Dementia taught in year 3
Pathologist, Psychiatrist and Geriatrician
Training of Medical Students

Old Age Psychiatry –
• Seminars on Old Age Psychiatry
• 1 week Clinical attachment to Psychogeriatric Team

Objectives:

a. To enable students to understand common psychiatric problems in older people
b. To appreciate the community approach in care of older patients
c. To understand the provision of services
d. To learn about communication skills with older people
Training of Medical Students

- Interview patients and present, and learn to formulate diagnosis
- Attend multidisciplinary ward round to learn about management
- Go to Old Age Homes with psychiatrists to learn about the community service provision
- Learn from Occupational therapists and Physiotherapists about programs and services provided to older patients
- Learn from multidisciplinary staff about the non-pharmacological intervention for older patients
Training for Specialists

Training provided by Hospital Authority, Examination by Hong Kong College of Psychiatrists

• After 1 year of intern,
  Enter Training posts under Hospital Authority

• At least 3 years of Junior Trainee training
  Passing Part 1 and 2 examination of the Hong Kong College of Psychiatrists
Training for Specialists

• 3 years of Senior Trainee
do a research project or write a review paper
Part 3 examination of the Hong Kong College of Psychiatrists
Thesis and Oral Examination

• Will become a Fellow of the Hong Kong College of Psychiatrists after passing part 3 Exam
Training for Specialists

• Several Subspecialties in Psychiatry for Training purpose
  Child Psychiatry, General Adult Psychiatry, Old Age Psychiatry, Rehabilitation Psychiatry, Community Psychiatry, Forensic Psychiatry, Consultation-Liasion Psychiatry, Substance Abuse, Psychotherapy, Mental Handicap

• No formalized curriculum yet for each subspeciality
Training for primary care doctors

• Not much training opportunities in Hong Kong
• Postgraduate Diploma Course in Mental Health
  Master Course in Mental Health
  Certificate Course in Mental Health
Organized by CUHK since 2010
Module on Old Age Psychiatry

Seminars

• Cognitive Assessment for the Elderly
• Functional Assessment for the Elderly
• Depression in the Elderly
• Suicidal behaviours in the Elderly
• Dementia and Mild Cognitive Impairment
Seminars

- Delirium
- Pharmacotherapy for old Age Psychiatric problems
- Non-pharmacological intervention in Old Age Psychiatry
- Mental Capacity and consent to treatment
- Guardianship and Ethical Issues
Seminars

• Service models and Preventive aspects in Psychogeriatrics
• Community service for the frail elderly and how to promote brain health
• Carer intervention in elderly mental health problems
+ Clinical Case conferences in Old Age Psychiatry
References:


• Draper B et al. Psychogeriatric service delivery – an international perspective. Oxford University Press 2005