

Module 19

MENTAL HEALTH

Objectives

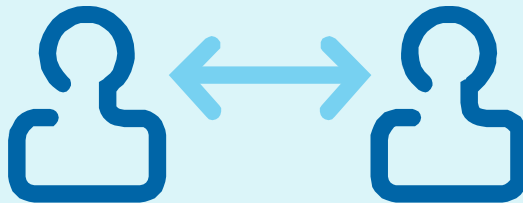
- At the end of the module, the nurse aide will be able to:
 1. Identify the signs and symptoms of mental illness
 2. Understand possible treatment options for mental illness
 3. Know the home care aide's role in helping patients manage symptoms and illness

Module 19-A

SIGNS AND SYMPTOMS OF MENTAL ILLNESS

Mental Health

- As a home care aide, you will work with patients with many different physical ailments and conditions.
- One's physical issues cannot be separated from one's psychological issues.



Mental Health

- **Handout #1 – Key Terms and Definitions**



Mental Health

- Depression
- Anxiety



Mental Health

- **Activity 1 – Common Phobias**



Mental Health

- Schizophrenia
- Bipolar



Mental Health

- Substance abuse
- Eating disorders
- Personality disorders



Module 19-B

POSSIBLE TREATMENT OPTIONS

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- Therapy options



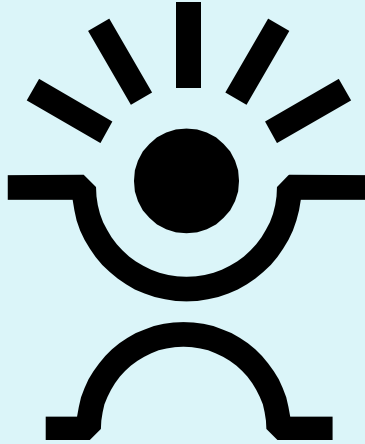
Mental Health

- Medications



Mental Health

- Combining treatments

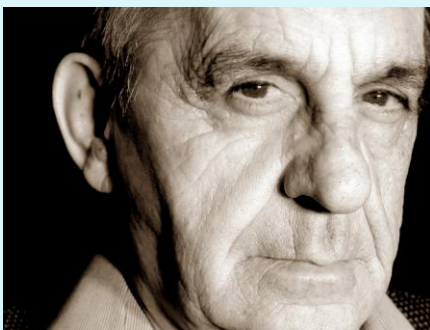


Module 19-C

THE HOME CARE AIDE'S ROLE IN HELPING PATIENTS MANAGE SYMPTOMS AND ILLNESS

Mental Health

- The home care aide is there to help meet the patient's needs
- This includes mental health needs



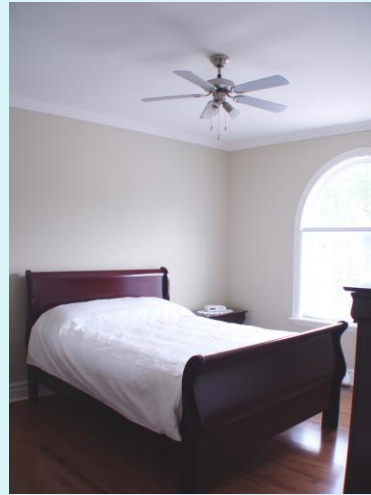
Mental Health

- **Handout #2 – Defense Mechanisms**



Mental Health

- More ways the home care aide can help



- Even though mental illness affects millions of people from every background and age group, it is still very misunderstood and highly stigmatized in our society. As always, please remember to never judge your patients or treat them differently due to their illness or condition.