



## DEPRESSION

### Learning Objectives:

Using knowledge about emotional health for older adults, the students will be able to:

1. Recognize that depression is not a normal part of aging.
2. Use and interpret the Geriatric Depression Scale (GDS) Short Form
3. Compare and contrast standardized depression assessment instruments.
4. Describe the causes, assessment, treatment and nursing interventions for nursing home residents that have late-life depression.

### Student Preparation:

1. Geriatric Depression Scale (GDS)-short form (available at [www.consultgerirn.org/resources](http://www.consultgerirn.org/resources))
2. GDS Short Form (Video) (available at [www.consultgerirn.org/resources](http://www.consultgerirn.org/resources))
3. Greenburg, S. (2007). The Geriatric Depression Scale: Short form. *AJN*, 107(10), 60-69.
4. *Nursing Standard of Practice Protocol: Depression*. (Kurlowicz, L. & Harvath, T.) (available at [www.consultgerirn.org/topics/depression/want\\_to\\_know\\_more](http://www.consultgerirn.org/topics/depression/want_to_know_more))
5. Butcher, H., & McGonigal-Kenney, M. (2005). Depression and dispiritedness in later life. *AJN*, 105 (12), 52-62.

### Student Activities:

1. Complete a depression assessment on two residents utilizing the GDS short form and determine if either resident is at risk for depression or is depressed.
2. Compare and contrast the GDS Short Form to the PHQ-9 that is part of the Minimum Data Set (MDS). Do the results of the GDS and the PHQ-9 differ for the two residents? If there are differences, provide two possible explanations.
3. Interview the social worker and one other health care professional to determine strategies that are used in the nursing home to treat and manage residents' depression.



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<http://www.nursing.umn.edu/Hartford/ClinicalTeachinginNursingHomes/ClinicalTeachingResources/index.htm>