



Geriatric Mental Health & COVID-19

Prof. Nahathai Wongpakaran, MD, FRCPsychT

Geriatric Psychiatry Unit,

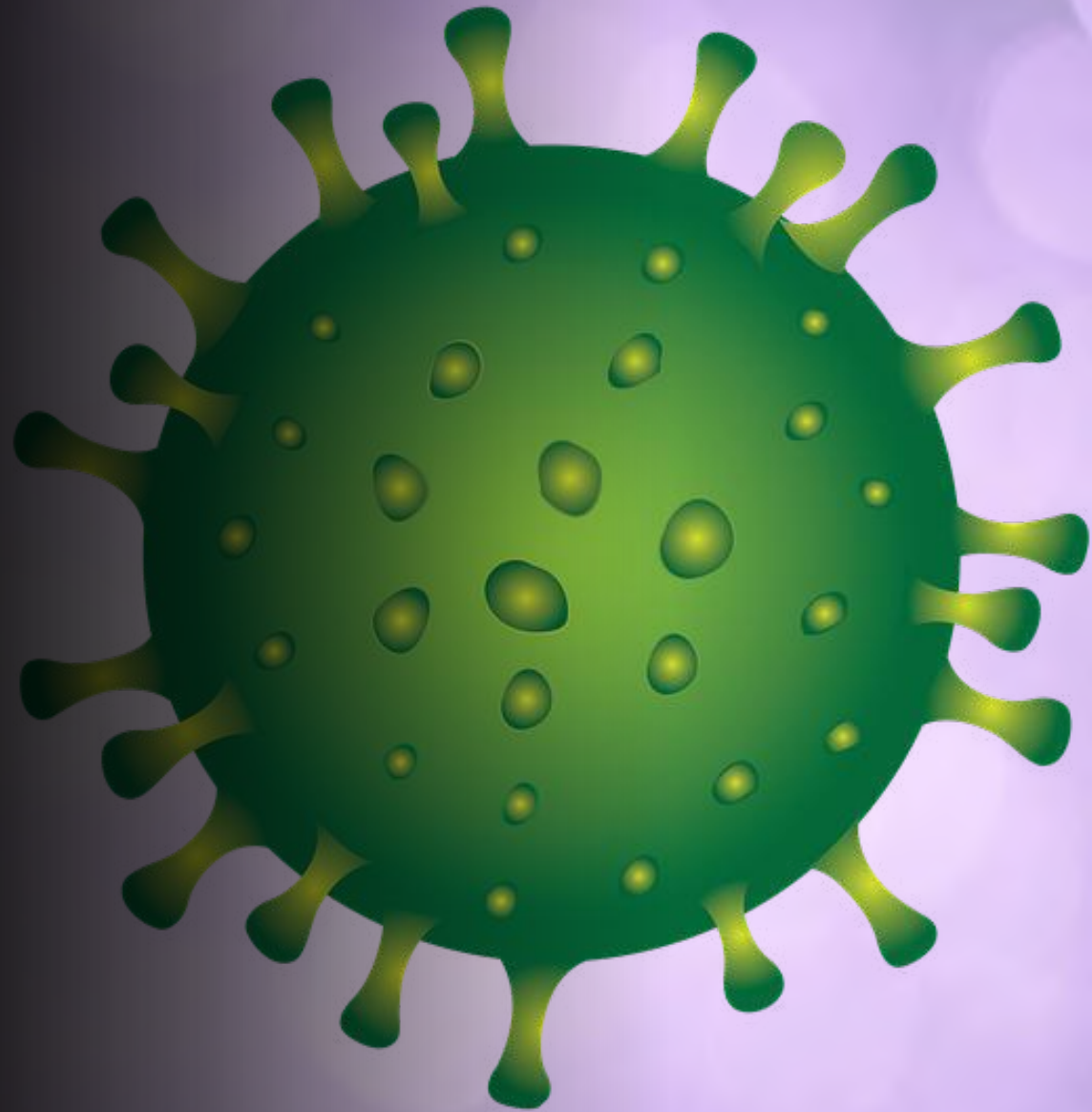
Department of Psychiatry, Faculty of Medicine, CMU

5 May 2021

Outline

- Coping with COVID-19 stress and fear
 - New scales: COVID-19 Fear, COVID-19 Stigma
 - COVID-READY Guide
- Social isolation
- Distance mental health care

Coping with COVID-19 Fear and anxiety











Study Protocol Clinical Trial

Medicine®

OPEN

Mental health circumstances among health care workers and general public under the pandemic situation of COVID-19 (HOME-COVID-19)

Surapon Nochaiwong, PharmD^{a,b,*} , Chidchanok Ruengorn, PhD^{a,b} , Ratanaporn Awiphan, PhD^{a,b}, Yongyuth Ruanta, MSc^{a,b}, Waraporn Boonchieng, PhD^c, Sirisak Nanta, PhD^{b,d}, Woravut Kowatcharakul, MD^e, Wanida Pumpaisalchai, PhD^f, Penkarn Kanjanarat, PhD^{a,b} , Pajaree Mongkhon, PhD^{b,g} , Kednapa Thavorn, PhD^{b,h,i,j} , Brian Hutton, PhD^{h,i,j} , Nahathai Wongpakaran, MD^k , Tinakon Wongpakaran, MD^k , for the Health Outcomes and Mental Health Care Evaluation Survey Research Group (HOME-Survey)

ส่วนที่ 1 ข้อต่อไปนี้จะเป็นสิ่งที่ทำให้ท่านกลัว หรือ ไม่สบายใจ

กรุณาเลือก ☒ ข้อที่ตรงกับความรู้สึกของท่านมากที่สุด

หากพบว่า	กลัวมากที่สุด	กลัวมาก	กลัวพอสมควร	กลัวนิดหน่อย	ไม่กลัวเลย
1. ผลการตรวจเลือดของท่านพบเชื้อ โควิด	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. ท่านสัมผัสกับผู้ติดเชื้อ	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. ท่านได้พูดคุยกับผู้ติดเชื้อ	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. ท่านอาศัยอยู่ในบริเวณเดียวกับผู้ติดเชื้อ	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. ท่านไม่ได้สวมใส่หน้ากากหรือเครื่องป้องกันในขณะนั้น	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. ท่านสัมผัสมือก่อนรับประทานอาหาร	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. ท่านอยู่ใกล้ชิดกับคนอื่น ๆ ที่ไม่รู้จัก เช่น ใน ลิฟต์ รถโดยสาร ร้านค้า	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. ท่านต้องได้รับเลือด	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. ท่านต้องไปบริจาคเลือด	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ส่วนที่ 2 ความรู้สึกของท่าน โดยภาพรวมต่อการระบาดของเชื้อโควิด ส่งผลต่อเรื่องต่อไปนี้หรือไม่

ความรู้สึก	มากที่สุด	มาก	ปานกลาง	น้อย	น้อยที่สุดหรือไม่เลย
1. เกิดความรู้สึกเครียด วิตกกังวล กระวนกระวาย	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. ขาดสมาธิในการทำงาน	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. นอนไม่หลับ รับประทานอาหารได้น้อยลง ไม่มีเรี่ยวแรง	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. เกิดความรู้สึกสิ้นหวัง	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. ใช้ชีวิตประจำวันได้จำกัดลง	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. เกิดความรู้สึกหมดหนทาง	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. เกิดอาการทางกาย เช่น ปวดศีรษะ มวนท้อง ท้องผูก ท้องเสีย	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. ความสามารถในด้านต่าง ๆ ลดลง	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Fear of COVID-19 and impact on QoL Scale

www.wongpakaran.com

Nochaiwong et al. Medicine (Baltimore). 2020.

Developed by Prof. Tinakon Wongpakaran, Mar 2020.

How COVID-READY guidelines help healthcare providers evaluate psychological coping strategies among older adults: Thai perspectives

- <https://www.ipa-online.org/publications/ipa-bulletin/featured-articles/covid-19-bulletin-articles/how-covid-ready-guidelines-help-evaluate-coping-strategies>

IPA Bulletin

INTERNATIONAL PSYCHOGERIATRIC ASSOCIATION • BETTER MENTAL HEALTH FOR OLDER PEOPLE

VOLUME 37, NO. 2 • JUNE 2020

HOW COVID-READY GUIDELINES HELP HEALTHCARE PROVIDERS EVALUATE PSYCHOLOGICAL COPING STRATEGIES AMONG OLDER ADULTS: THAI PERSPECTIVES

Nahathai Wongpakaran, MD, FRCPsychT, Tinakon Wongpakaran, MD, FRCPsychT, Nattapong Tangjitboonsanga, MD, Kewalee Kaewkittikul, MD, Issaren Nantasen, MD

Department of Psychiatry, Faculty of Medicine, Chiang Mai University, Chiang Mai; Thailand

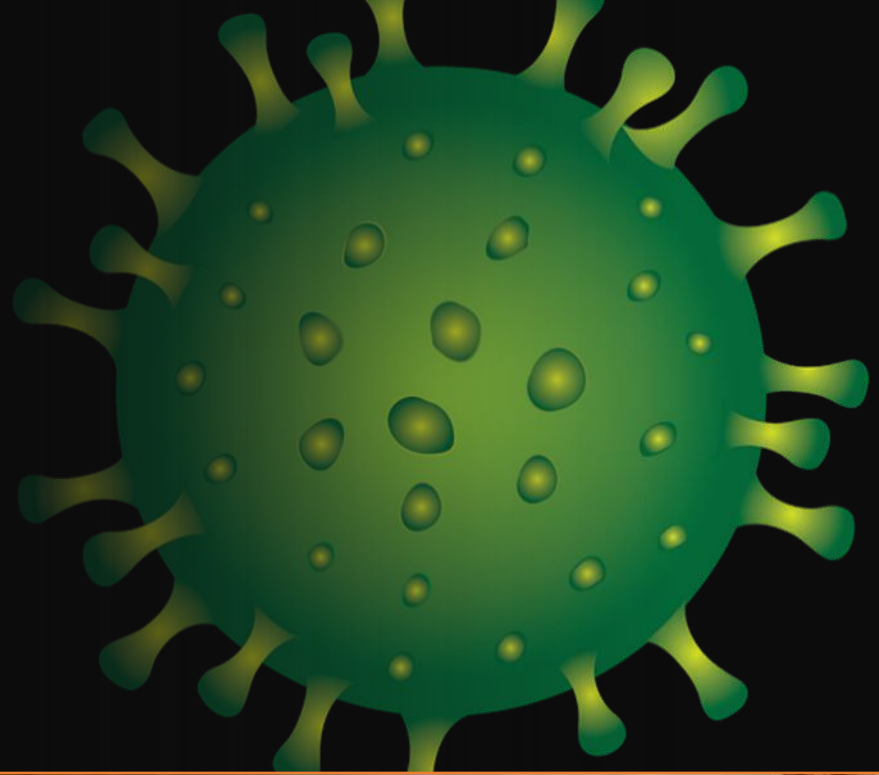
Key highlights:

- COVID-READY presents guidelines for professionals regarding coping strategies for COVID-19 anxiety and fear among older Thai adults.
- COVID-READY was developed based-on Thai culture, societal views and Buddhist values.
- COVID-READY covers four tasks, i.e., I. evaluating anxiety and fear related to COVID-19, II. discussing knowledge about COVID-19, III. building up psychological immunity and IV. strengthening psychospiritual preparedness, including supporting and encouraging regular meditation practice, recollections of loving-kindness and equanimity and contemplating noble truths such as impermanence and death.
- COVID-READY makes it easier for physicians to assess and provide appropriate interventions to patients. It also provides multifaceted psychological information serving as a resource for physicians while reflecting in this emerging disease.

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- COVID READY covers four tasks, i.e.,
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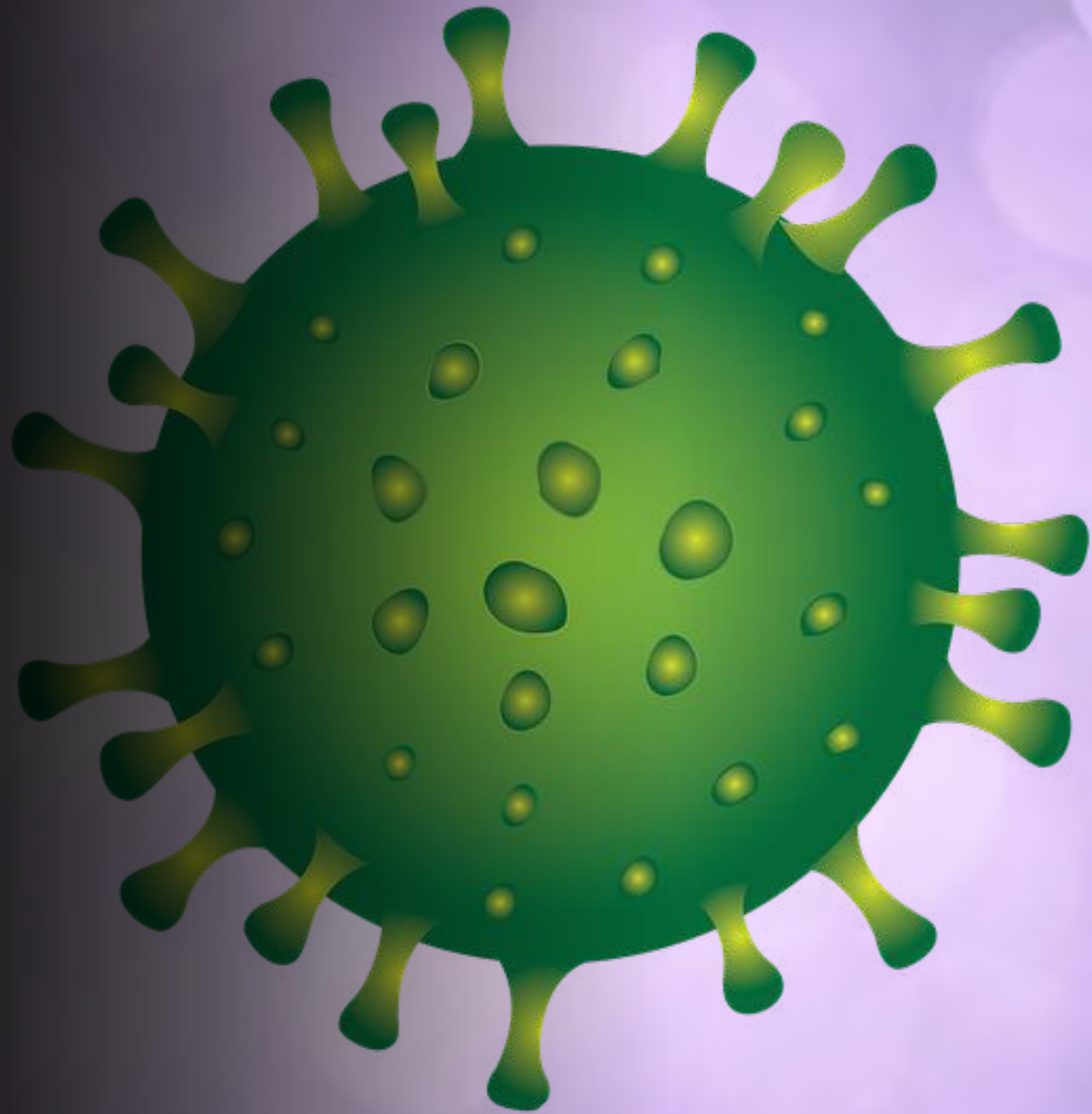


Key highlights:

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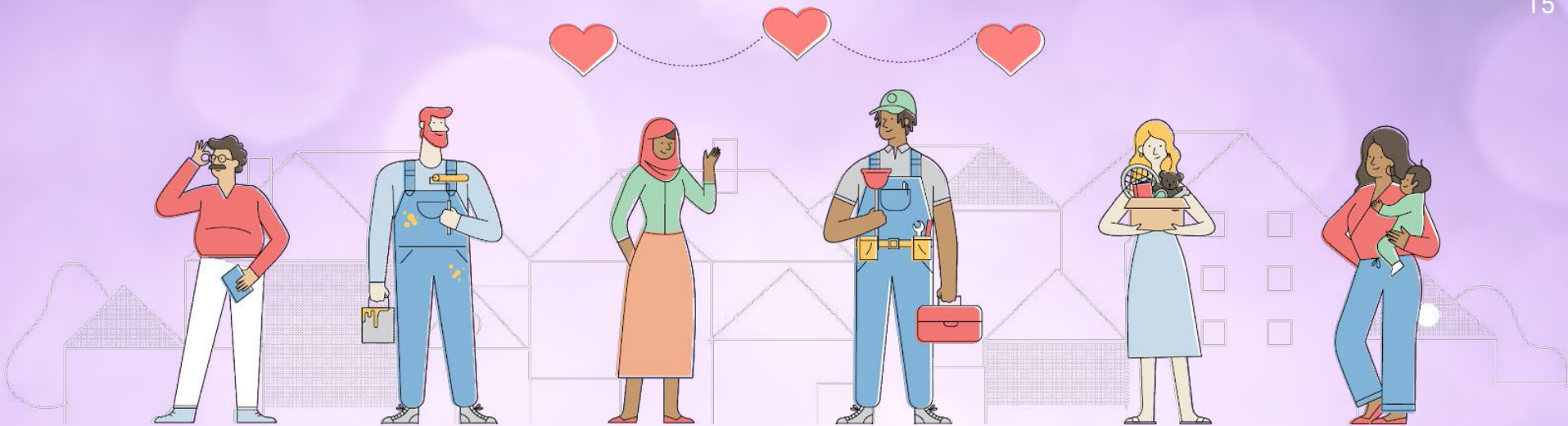
Social isolation





Social isolation and its impact on mental health

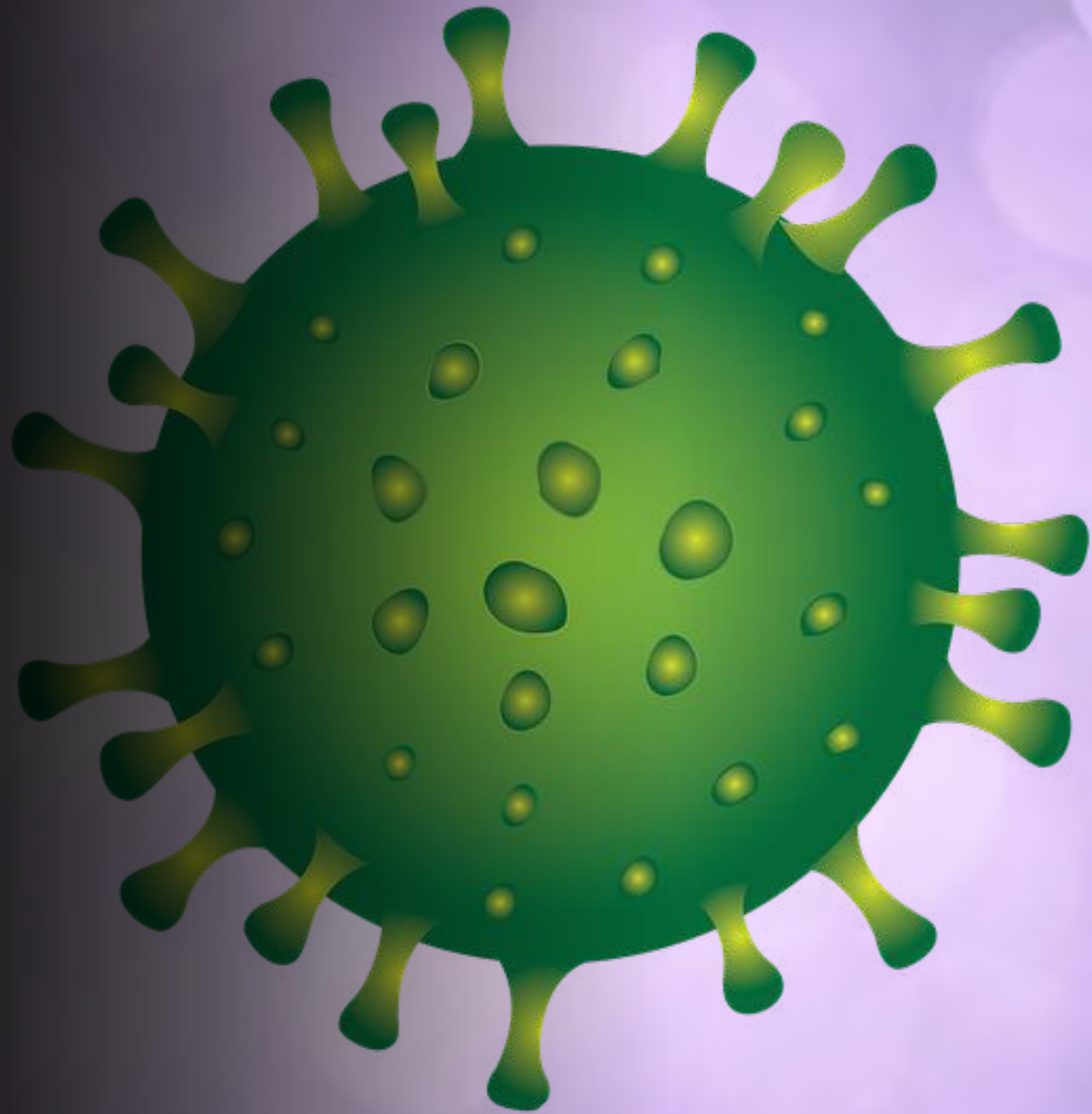
- Social isolation and loneliness are associated with all-cause mortality in older people
- Human connection is essential
- Nothing can compare to 'touch', the most effective intervention to activate positive biological marker of connection
- Digital health tools can be promoted and considered



↑ Physical distancing
and
Social connecting



Distance mental health care



Using Telehealth in Long-Term Care Facility: an Experience from Thailand

by Nahathai Wongpakaran, MD, FRCPsychT, Issaren Nantasen, MD, Narawit Krungvong, MD, Tinakon Wongpakaran, MD, FRCPsychT, Yupapan Siri-ai, BSc, MEd, Pairada Varnado, BSc, MSc
Department of Psychiatry, Faculty of Medicine, Chiang Mai University; Thailand

Key highlights:

- Telehealth services for residents in long-term care facility can prevent the spread of COVID-19.
- Telehealth can mitigate social isolation when face-to-face health delivery is restricted.
- Telehealth can maintain mental health education and services provided by multidisciplinary teams both among individuals and in groups.
- Telehealth offers much better time cost saving and should be promoted in mental health services to long-term care residents in remote areas.



In conclusion, telehealth services at LTC home provide knowledge and experience. Benefits, limitations, and difficulties have been investigated, yielding improved telehealth services. This type of service may help establish guidelines and create a model for future practice in geriatric telemental health settings in Thailand.

Click here to watch a short video: <https://vimeo.com/446609461>



From left: Prof. Nahathai, Prof. Tinakon, Dr. Issaren & Dr. Narawit

Prof. Nahathai and Prof. Tinakon are geriatric psychiatrists.

Dr. Issaren and Dr. Narawit are psychiatry residents.

Ms. Yupapan is an occupational therapist, and Ms. Pairada is a clinical psychologist.

IPABulletin



INTERNATIONAL PSYCHOGERIATRIC ASSOCIATION • BETTER MENTAL HEALTH FOR OLDER PEOPLE

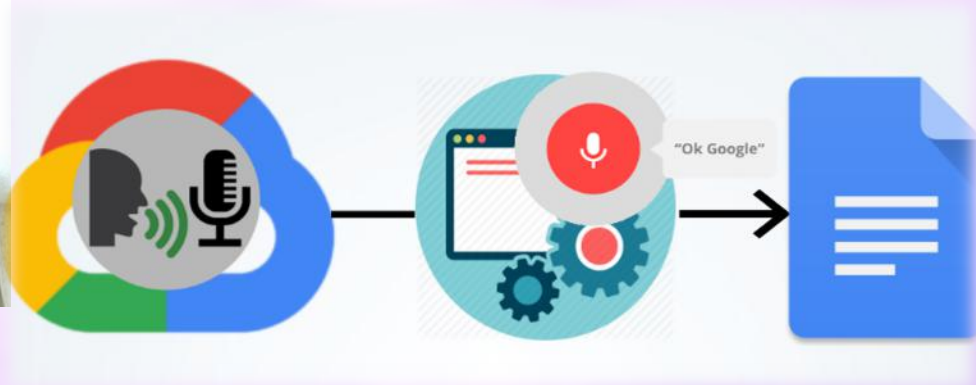
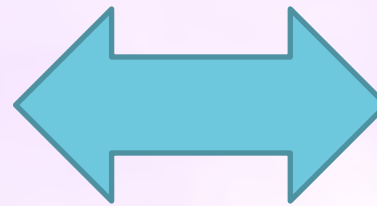
Special Issue:

Telehealth & Mental Healthcare of Older Adults

August 2020

Online psychotherapy with elderly with hearing impairment using speech recognition aids

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Suicide prevention for older people during COVID-19

(i) Population approaches (1° prevention)

- ❖ coping with anxiety and stress
- ❖ stay mentally healthy

(ii) Continuity of access to mental health care (2° & 3° prevention)

- ❖ actively followed-up
- ❖ telehealth

(iii) Targeting loneliness and disconnection

- ❖ proactive connection: Tele-Help/Tele-Check, support and monitoring
- ❖ Family/friends, charities, voluntary organization, healthcare professionals

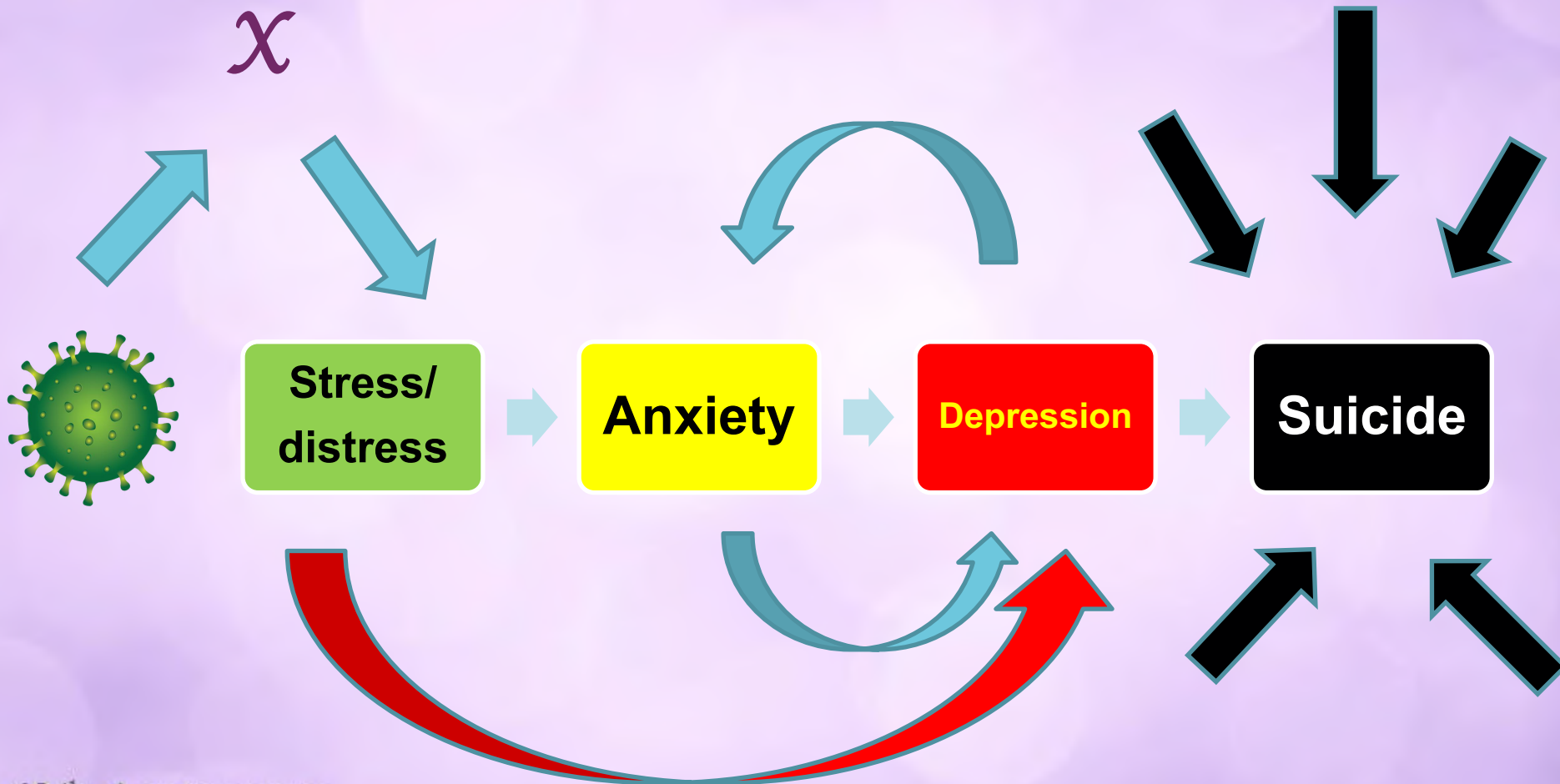
(iv) Mitigating the adverse effects of quarantine

- ❖ sufficient food, household essentials and medicine
- ❖ home-based activities

Summary

Banjongrewadee M et al. BMC Psychiatry. 2020.
Oon-arom A et al. Int Psychogeriatr. 2020.
Wongpakaran N et al. Neuropsychiatr Dis Treat. 2016.
Wongpakaran N et al. Perspect Psychiatr Care. 2019.

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Summary

- Coping with COVID-19 stress and fear incorporates multidimensional approach i.e., biological, psychological, social and spiritual
- Initiatives related to mental health care during COVID-19 spike have been tremendously developed and applied