

RIVER PARK HOSPITAL SENIOR CARE SERVICES

River Park hospital offers a specialized area of treatment in Geriatric Psychiatry. The senior care program recognizes the unique needs of older adults through out the entirety of their lives. The emotional, psychological and physical needs of seniors are evaluated with a holistic and interdisciplinary approach. A dedicated team of professionals comprised of a Program Medical Director, Program Director, Clinical Coordinator, Psychiatrists, Psychologist, Psychiatric Nurses, Therapists, Case Managers, Recreational Therapist and trained Mental Health Technicians all provide medical, emotional and psychiatric care to meet the goal of the patient. Quality of life is an intensely personal and variable concept. Our goal with treatment is to return individuals to their optimal level of dependence and functioning.

Diagnosing and treatment of senior adults can be challenging. Older adults have a variety of changes in their life. The majority of seniors cope constructively with physical limitations, cognitive changes, and major life losses. Not all changes that occur with age are deleterious some actually may be desirable. The purpose of the Senior Care Program is to provide a comprehensive assessment and quality individualized treatment to seniors demonstrating behaviors commonly associated with Dementia and other mental health disorders. River Park Hospital's mission is to return patients to their highest level of mental health functioning.

POSSIBLE SYMPTOMS

Those eligible for inpatient services at River Park Hospital usually experience several of the following symptoms:

- Attempts or threat of suicide
- Alzheimer's Disease and other dementia's requiring behavioral stabilization
- Loss of interest in regular activities
- Changes in sleep patterns
- Confusion, disorientation, memory changes (not medically related)
- Loss of ability or interest in ADL's
- Abrupt changes in behavior'
- Isolation and withdrawal from friends and family
- Inability to concentrate, sudden decrease in intellectual functioning
- Express feelings of helplessness and/or hopelessness
- Visual and Auditory Hallucinations
- Impaired understanding of reality
- Abuse of Alcohol, drugs, or medications requiring detoxification
- Difficulty with impulse control
- Decreased energy level
- Appetite Changes
- Verbal and physical aggression
- Extended and extreme grief over a loss
- Anxiety and Depression

MEDICAL CONSIDERATIONS

Seniors with no prior psychiatric history or those with new onset symptoms should be assumed to have a medical cause for their symptoms until proven otherwise. Symptoms such as anxiety, depression, aggression, personality changes, delusions and hallucinations can all be caused or aggravated by medical disorders. Medical conditions that may mimic psychiatric symptoms need to be ruled out prior to admission for psychiatric treatment. Medical problems will be assessed on a case-by-case basis. Below is a list of medical conditions that may prevent admission including, but not limited to the following:

- Medical conditions requiring blood transfusions
- Recent head injury lacking workup
- Evolving CVA
- Recent MI requiring telemetry monitoring
- Uncontrolled Hypertensive monitoring
- Acute Drug Intoxication or overdose
- Acute Fracture requiring surgical repair
- Unexplained fever
- Severe Dehydration
- Hepatic Encephalopathy
- Acute Renal Failure
- Unstable vital signs not related to history of Chronic Condition
- Acute infection in immunocompromised patients
- Active Varicella infection
- GI Bleed
- End Stage Liver Disease
- End Stage Renal Disease
- Receiving continuous IV fluids
- Communicable diseases requiring continuous specialized care
- Specialized post operative care
- Seizure within last 48 hours
- Moderate to Severe Mental Retardation
- Delirium

Diagnosis and treatment of mental illness and its relationship to possible medical problems is a primary focus. Medical clearance will be our first objective and may include the need for the following information:

- History of presenting illness
- History of medical problems
- History of presenting illness
- Laboratory Finding (CBC, CMP, UA)
- Alcohol / drug screenings
- Ct of head- only with focal neurological findings, recent head trauma/Illness,
- sudden onset confusion or changes in mental status
- EKG
- Screening for medication toxicity, blood drug levels and/or adverse drug reactions
- Chest X-Ray
- DNR Status

TREATMENT PROCESSES

- Initial Psychiatric Evaluation
- Psychological Testing
 - Dementia Rating Scale
 - Dementia Staging using the Global Deterioration Scale
 - MMSE/Clock Testing
- Medical Management / Complete Laboratory Testing
- Case Management
- Treatment Team
- Psychosocial Assessment
- Recreation Assessment
- Nutritional Assessment
- Skin Assessment
- Pain Assessment
- Suicide Assessment
- Nursing Assessment
- Individualized Therapy
- Family Education

ADMISSION PROCESS

River Park Hospital offers free and confidential assessments, twenty four- hours a day/ seven days a week. Referrals are accepted from Physician Offices, Personal Care Homes, Hospitals, Nursing Homes and Assisted Living Facilities. A Senior Care Referral Service Coordinator can provide on sight evaluations in the privacy of Physician Offices and an individuals home (with escort of home health staff). Involuntary commitments are also accepted when a court order has been obtained.

Medicare and most insurance are accepted. River Park Hospital is not an identified adult Medicaid provider as a primary source of payment.

Medical Powers of Attorney's, Guardianships and Health Care Surrogates are accepted. If an individual is not able to make his/her own medical decisions and does not have a Guardian appointed, an incapacity statement must be completed and signed by two physicians to activate a Medical Power of Attorney (WV code 16-30-24), or to appoint a Health Care Surrogate (pursuant to WV Health Care Decisions Act WV code *16-30-8). Incapacity and Health Care Surrogate forms are available upon request.

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