



## **5 MINUTE TRAINING BITE: DEPRESSION**

### **WHAT IS DEPRESSION:**

Depression is a mental health disorder characterised by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life. This means that a person with depression may not be able to attend to normal activities that they were once able to do, such as showering, calling friends or going to activities that brought them joy.

### **WHAT IS THE CAUSE OF DEPRESSION:**

There's no single cause of depression. It can occur for a variety of reasons and it has many different triggers. For some people, an upsetting or stressful life event, such as bereavement, divorce, illness, redundancy and job or money worries, can be the cause.

DISCUSSION: Given the above causes of depression do you believe that your residents are at risk of developing Depression and why?

### **SYMPTOMS OF DEPRESSION:**

Ask staff if they can identify a symptom of depression before sharing the symptoms below.

**Mood:** anxiety, apathy, general discontent, guilt, hopelessness, loss of interest, loss of interest or pleasure in activities, mood swings, or sadness

**Behavioural:** agitation, excessive crying, irritability, restlessness, or social isolation

**Sleep:** early awakening, excess sleepiness, insomnia, or restless sleep

**Whole body:** excessive hunger, fatigue, or loss of appetite

**Cognitive:** lack of concentration, slowness in activity, or thoughts of suicide

**Weight:** weight gain or weight loss

**Also common:** poor appetite or repeatedly going over thoughts

Ask carers what they can do to assist residents who may be experiencing symptoms of Depression and discuss.

Answers we are looking for:

- Assist with cares but encourage to do what they can for themselves- empower
- Listen
- Encourage
- Be respectful of residents choices

- Maintain privacy
- Notify RN and GP
- Encourage exercise, take for a walk in the sunshine
- Maintain diet and hydration
- Encourage to activities or activities staff provide 1:1 activities such as writing, humour, art or prayer