

## Psychopharmacology: Geriatrics (CE)

<b>Instructor:</b> Dr. Bitá Sharifzadeh, OPQ # 10884-07  <b>Email:</b> psy.elite@dbn.life	<b>Class Instruction:</b>  Online at the student's own pace.  CEC #: RA06099-24
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### Course Syllabus

#### **Problem & Need**

As the generation of baby boomers age, the population of elderly individuals in society continues to increase. With this in mind, the demand for skilled therapists to work with the geriatric population is now at an all time high. This population has specific needs and requires a broader understanding on both an existential and scientific level.

Students will become acquainted with the primary symptoms that encompass several disorders frequently seen in geriatric clients, including mood disorders, anxiety disorders, delirium, dementia, schizophrenia and substance-use disorders. Etiologies and risk factors will be discussed as well as the differential diagnoses that one must be aware of when assessing an elderly client. Finally, students will learn the primary psychotropic medications used in the treatment of these disorders and possible side effects that mental health clinicians must be aware of when working with elderly clients.

#### **Course Clientele:**

Psychotherapists and Psychologists wishing to gain an in-depth knowledge of a variety of mental health disorders and the use of psychotropic medication in their treatment, specifically as it pertains to the elderly population

#### **Length of Activity and Course Format:**

The course is a total of 2.5 hours and will be available online on [DBN Elite](#). The course must be completed within 6 months of purchasing it.

#### **Course Objectives**

Upon the successful completion of this course, students will be able to...

1. Identify the mental health disorders commonly observed in geriatric clients, such as delirium, dementia, schizophrenia, mood disorders, anxiety disorders, and substance use disorders.
2. Define the circumstances and considerations unique to the treatment of mental health in the elderly population.
3. Identify the primary psychotropic medications used to treat mental health disorders in the elderly population.

## **Course Evaluation**

The course is pass/fail, no numeric grade will be provided, however, a passing grade is 75%.

-*Final Exam* (100%): The course evaluation will be a cumulative exam that consists of 35 multiple-choice and true or false questions designed to assess your knowledge of psychopharmacology. The final exam will be available to you once you have completed the lecture. A passing grade is 75% or 27 correct questions.

## **Course Schedule**

<i>Topics Covered</i>	<i>Required Reading(s)</i>
Physiological changes in the elderly and pharmacology	Blazer et al.: pages 17-82
Delirium <ul style="list-style-type: none"> <li>- Risk factors</li> <li>- Differential diagnosis</li> <li>- Treatment</li> </ul>	Blazer et al.: pages 83-98 American Psychiatric Association: pages 596-601
Dementia <ul style="list-style-type: none"> <li>- Risk factors</li> <li>- Differential diagnosis</li> <li>- Treatment</li> </ul>	Blazer et al.: pages 99-123 American Psychiatric Association: pages 591-643
Schizophrenia and paranoid disorders <ul style="list-style-type: none"> <li>- Risk factors</li> <li>- Differential diagnosis</li> <li>- Treatment</li> </ul>	Blazer et al.: pages 159-173 American Psychiatric Association: pages 87-122
Mood disorders	Blazer et al.: pages 125-157

<ul style="list-style-type: none"> <li>- Risk factors</li> <li>- Differential diagnosis</li> <li>- Treatment</li> </ul> <p>Anxiety disorders</p> <ul style="list-style-type: none"> <li>- Risk factors</li> <li>- Differential diagnosis</li> <li>- Treatment</li> </ul> <p>Substance use disorders</p> <ul style="list-style-type: none"> <li>- Risk factors</li> <li>- Differential diagnosis</li> <li>- Treatment</li> </ul> <p>Sleep disorders</p> <ul style="list-style-type: none"> <li>- Risk factors</li> <li>- Differential diagnosis</li> <li>- Treatment</li> </ul>	<p>American Psychiatric: pages 123-188</p> <p>Blazer et al.: pages 175-192 American Psychiatric Association: pages 189-233</p> <p>Blazer et al.: pages 211-234 American Psychiatric Association: pages 481-589 Simoni-Wastila &amp; Yang: 380-394</p> <p>Blazer et al.: pages 193-210 American Psychiatric Association: pages 378-383, 410-413, 362-368</p>
<p><b><i>Segment 6: Pre-recorded Q&amp;A Exercise</i></b></p>	<p>This exercise is to be done as in-class work and should take students up to 5 hours to complete.</p>

## **Suggested Readings**

***Resources for the class are available on [DBN Lib](#). The references link to the resources themselves or to their purchase pages if they are unavailable for free.***

American Psychiatric Association, (2017) *Diagnostic and statistical manual of mental disorders:*

*DSM-5*. Arlington, VA

Blazer, D.G., Thakur, M.E., Steffens, D.C., (2014) *Clinical Manual of Geriatric Psychiatry*. Arlington, VA: American Psychiatric Association.

Bullock, R., Curran, S. (2018) *Practical old age psychopharmacology*. London, England: CRC Press

Hooley, J. M., Butcher, J., Knock, M., & Mineka, S. (2016). *Abnormal psychology*. Essex, England: Pearson Education Limited.

Simoni-Wastila, L., Yang, H.K. (2006). Psychoactive Drug Abuse in Older Adults, *The American Journal of Geriatric Pharmacotherapy*, 4, (4), pages 280-294.  
<https://doi.org/10.1016/j.amjopharm.2006.10.002>

Sunderland, T., Zubenko, G.S., (2010). Geriatric Psychopharmacology: Why Does Age Matter?. *Harvard Review of Psychiatry*, 7, (6), pages 311-333. DOI: 10.3109/hrp.7.6.311