

5. Ill people often have trouble sleeping, experience a change in appetite, reduce their level of activity, and have thoughts of death. How can you tell the difference between old age with illness and depression?

6. List five of the most common signs of depression in the older adult.

CASE STUDY PROGRESS

You use the SAD PERSONS scale to assess J.B.'s potential for suicide and find that he is at a 4 on the 10-point scale. J.B. tells you that he has just had general thoughts of suicide, but has not really thought about how he would do it. You recall that there are two types of suicide methods based on lethality: higher-risk or hard methods, and lower-risk or soft methods.

7. Which of these would be considered soft methods of suicide? Select all that apply.
 - a. Using a gun
 - b. Slashing one's wrist
 - c. Hanging
 - d. Poisoning with carbon monoxide
 - e. Ingesting pills
 - f. Inhaling natural gas

8. What immediate interventions would you carry out for J.B.?

PART 3 PSYCHIATRIC AND ALTERNATIVE THERAPIES CASES

13. What important information needs to be conveyed to J.B.'s daughter about the first few weeks of therapy with the SSRI?

CASE STUDY OUTCOME

J.B. is discharged to home with a psychiatric home health nurse scheduled to visit him twice a week for 4 weeks. J.B.'s daughter also plans to check in on him daily and makes an effort to include him in more family activities. He also is considering a move to an assisted living facility.