Depression In Nursing Homes

New Mexico
Supercomputing Challenge
Final Report
April 2, 2014

Team #123
Red Mountain Middle School

Team Members:

Sammy Homsi

Teacher:

Mrs. Miller

Table of Contents:

Executive Summary

The reason for doing this experiment is to shine the light on the elderly in the nursing home and to emphasize on the social interactions between them and their family's as one of the reasons to decrease their depression. It is important for the elderly in the nursing home to feel love, because they have been neglected. It is also necessary for the younger generation to be able to witness and participate in our nursing home activities.

The purpose of this experiment is to find out if the number of visitations that elderly residents in a nursing home receive influences the resident's level of depression. The hypothesis states that the number of visitations that elderly residents in a nursing home receive increases the resident's level of depression will decrease.

The three nursing homes that the elderly residents surveyed were the Deming, Lordsburg, and Silver City Nursing Homes. There were a total of 47 elderly residents surveyed. Visitations were divided into two groups. Group 1 was the nursing home residents that received no visits, and Group 2 was residents receiving two visits or more a week from families, friends, cousins, brothers, sisters, and aunts. A Resident Mood Interview Form was used to evaluate the resident's level of depression using a point system. The more points scored the more depressed the elderly residents were.

The results from this experiment show that the nursing home residents who had two visits or more a week scored 3.5% using the depression scale which put them in a minimum depression. The nursing home residents who had fewer than 2 visits or no visits scored 14.6 % using the depression scale which put them in a moderate depression. The result did support the hypothesis statement that the elderly residents in the nursing home receiving frequent visits level of depression score was less than those that did not receive frequent visitations.

I would like to form a group of concerned students to help and get involved in visiting residents. After six months, I would like to measure the resident's depression using the same forms to see if our interaction with the residents made an impact and helped eliminate depression and improve their daily lives.

Introduction:

Almost 50% of the people live in the nursing home and are suffering from depression compared to the 6% in general adult population. The factors that drive the percentage higher are:

1. Physical limitation / sickness
2. Mental / cognition impairment
3. No pets
4. No friends and family visitation
5. A lot of medication
6. Not eating well
7. Boredom
8. Old age/ thinking about death

Rational:

The Purpose of this experiment is to shine the light on the elderly in the nursing home and to emphasize on the social interactions between them and their family's as one of the reasons to decrease their depression.

It is important for the elderly in the nursing home to feel love, because they have been neglected. It is also necessary for the younger generation to be able to witness and participate in our nursing home activities.

Purpose:

The purpose of this experiment is to find out if the numbers of visitations that elderly residents in a nursing home receive influence the resident's level of depression. The hypothesis

states that the number of visitations that elderly residents in a nursing home receive increases the resident's level of depression will decrease.

Background Information

The independent variable in this experiment or the things being changed is the frequency of visitations. The dependent variable in this experiment is or what is being measured is the severity of depression measurement using the depression scale. The constants or everything that was kept the same was the:

- o Amount and Questions Asked
- o Depression Survey Form
- o All test subjects are residents in a Nursing Home
- o Asked questions to test subjects that lived in the Nursing Home more than three months
- o Did not ask for the gender, age, or race of test subject

Test Subjects Excluded from Research Survey:
1. Nursing Home Residents with severe physical illness
2. Nursing Home Residents with severe dementia
3. Nursing Home Residents staying less than 3 years (short term rehabilitation)
4. Nursing Home Residents with severe movement (can't walk very well or short term movement)
5. Nursing Home Residents with severe appetite
6. Nursing Home Residents with severe sight
7. Nursing Home Resident with severe touch
8. Nursing Home Residents with severe smell

Description

Mimbres Internal Medicine Medical providers were contacted and notified asking permission to complete this experiment. All research was approved before any test subject was surveyed. The three nursing homes that the elderly residents surveyed were:

- Deming Nursing Home- 15 residents
- Lordsburg Nursing Home- 17 residents
- Silver City Nursing Home- 15 residents

There were a total of 47 elderly residents surveyed for this experiment.

Visitations were divided into two groups:

- Group 1- Nursing Home Residents with no visits / few visits, maximum- / visit a week from families / friends.
- Group 2- Nursing home Residents with 2 visits and more a week from families, friends, cousins, brothers, sisters, and aunts.

Resident Mood Interview Form was used to evaluate the resident's level of depression using a point system. The more points scored the more depressed they are:

Points: **Level of Depression:**
- 1-4   minimal depression
- 5-9   mild depression
- 10-14   moderate depression
- 15-19   moderately severe depression
- 20-30   severe depression

- Group 1= 23 residents with one a week / no visits
- Group 2 = 23 residents with two or more visits

Results

    The results from this experiment show that the nursing home residents who had two visits or more a week scored 3.5% using the depression scale which put them in a minimum depression. The nursing home residents who had fewer than 2 visits or no visits scored 14.6 % using the depression scale which put them in a moderate depression. The result did support the hypothesis statement that the elderly residents in the nursing home receiving frequent visits level of depression score was less than those that did not receive frequent visitations.

    Some of the of the observations that I made at the nursing home was that all the elderly people in the nursing home wanted to talk about their kids, daughters, cousins, grandkids, and aunts, and most of all mom and dad. When the elderly person gets sick or not feeling well they also start feeling more depressed. Elderly people in the nursing home feel depressed because

there is no one there from their family that they are able to see every day. Most of the people I interviewed wished if they lived with their husband or wives or where still able to stay on their own in their own houses.

Conclusion

The results from this experiment did support the hypothesis statement that the elderly residents in the nursing home receiving frequent visits level of depression score was less than those that did not receive frequent visitations.

The reason there is so much depression in the nursing home is because almost 50% of the people live in the nursing home and are suffering from depression compared to the 6% in general adult population. The factor that drives the percentage higher, so there are is a big difference between 6% and 50%. So if you can imagine there is a few people in the nursing home rather than people who can't move or can't eat or stuff that is bad thing for elderly people.

1. Physical limitation / sickness
2. Mental / cognition impairment
3. No pets
4. No friends and family visitation
5. A lot of medication
6. Not eating well
7. Boredom
8. Old age/ thinking about death

Recommendations

I would like to form a group of concerned students to help and get involved in visiting residents. After six months, I would like to measure the resident's depression using the same forms to see if the interaction with the residents made an impact and helped eliminate depression and improve their daily lives.

Acknowledgements:

Mrs. Miller- Aid and Technical Information

Bibliography

Baldwin, B., & Jackson, R. (1993). Detecting depression in elderly mentally ill patients: the use of the geriatric depression scale compared with medical and nursing observations. *Age and Ageing*, *22*(5), 349+. Retrieved from http://go.galegroup.com/ps/i.do?id=GALE%7CA14217423&v=2.1&u=demi86381&it=r&p=GPS&sw=w&asid=8c4a702d04d124b617e4c48f10ce8a39

Blazer, D. G. (2006, October). Spirituality, depression, and the elderly. *Southern Medical Journal*, *99*(10), 1178+. Retrieved from http://go.galegroup.com/ps/i.do?id=GALE%7CA155098603&v=2.1&u=demi86381&it=r&p=GPS&sw=w&asid=44039918d6ea692f2f194426f3440fb2

CARE OF THE ELDERLY: Awareness key in managing depression in later life. (2008, April 25). *The Practitioner*, 32. Retrieved from http://go.galegroup.com/ps/i.do?id=GALE%7CA178340672&v=2.1&u=demi86381&it=r&p=GPS&sw=w&asid=f2563b08c7f70e9b91dd14dfe1949ce8

Newman, E. S. (1987, November-December). To be old and sad: understanding depression in the elderly. *Nursing Homes Long Term Care Management*, *36*(6), 36. Retrieved from http://go.galegroup.com/ps/i.do?id=GALE%7CA6161869&v=2.1&u=demi86381&it=r&p=GPS&sw=w&asid=351e264a08f703cc07415a1366eacac5

R., P., S.S., M., & J.V., C. (2013). Geriatric depression scale: a tool to assess depression in elderly. *International Journal of Medical Science and Public Health*, *2*(1), 31+. Retrieved from

http://go.galegroup.com/ps/i.do?id=GALE%7CA353645547&v=2.1&u=demi86381&it=r

&p=GPS&sw=w&asid=a0bef292794dc0e269a72472a2d7358

Appendix

Data Table: Group 1

Age:	Gender:	Months in the Nursing Home :	Number of Visitations Received in the Nursing Home:	Depression Score in the Nursing Home:
82	Female	6 months	Once a week	12
79	Male	30 months	No visitors	16
82	Male	15 months	Once / 2weeks	16
77	Female	24 months	No visitors	15
90	Female	12 months	1 biweekly	16
72	Female	4 months	1a month	15
88	Male	8 months	No visitors	20
81	Female	36 months	1 biweekly	13
80	Female	20 months	1 a month	14
79	Female	16 months	No visitors	24
84	Female	24 months	No visitors	18
81	Male	5 months	No visitors	8
75	Female	4 months	No visitors	2
77	Female	12 months	No visitors	11
86	Male	13 months	No visitors	14
87	Female	60 months	1 biweekly	12
82	Male	24 months	No visitors /few	9
77	Female	48 months	Few visitors	16
82	Female	36 months	1 a month	14
80	Male	25 months	No visitors	17
75	Female	9 months	1 biweekly	13
81	Male	17 months	No visitors	17
85	Female	21 months	No visitors	24
				Average= 14.6%

Data Table: Group 2

Age:	Gender:	Months in Nursing Home :	Number of Visitations Received in the Nursing Home:	Depression score in the nursing Home:
75	Male	9 months	3 times a week	3
80	Female	48 months	4 times a week	6
89	Female	12 months	4 times a week	4
90	Female	24 months	7 visits a week	7
84	Male	15 months	4 times a week	6
85	Male	24 months	1 time daily	4
79	Female	14 months	3 visits a week	3
83	Female	13 months	3 times a week	1
78	Female	24 months	7 daily visits	16
77	Female	18 months	7 daily visits	1
80	Female	16 months	Visits daily	11
82	Female	18 months	Visits daily	1
81	Female	11 months	Visits daily	2
79	Female	12 months	3 times a week	7
84	Female	16 months	3 times a week	2
86	Female	30 months	Visits daily	6
87	Female	9 months	Visits daily	2
85	Female	25 months	Visits daily	0
84	Female	13 months	3 times a week	4
78	Male	15 months	2 visits a week	1
80	Female	22 months	2 times a week	1
87	Female	28 months	Visits daily	5
81	Male	21 months	Visits daily	1
				Average= 3.5%