

Depression Post Stroke– Physiotherapy

Key Terms/Guiding Flowchart

Terms to Describe Mood (For Charting)

Guilty
Hopeless
Anxious
Tired/restless
Tearful
Withdrawn
Angry
Despondent
Fatigued
Sullen

Observe Your Client

Signs and Symptoms of Depression
Alarm Statements (ex. This is useless--I don't want to do this anymore.)



Initiate Discussion on Mood

You look _____ (s&s), is something going on?
What do you mean when you say (alarm statement)?
How have you been feeling since rehabilitation started?
If the PHQ-9 has been completed, check which items were positive. You reported _____, is something going on?



Patient Response

Receptive to Talking

E.g. I can't deal with not being able to walk anymore.



In what ways has this been a problem for you?
What worries you the most?
What are the reasons you see for participating in rehab?
What encourages you to change?



Vague

E.g. I don't know. There's a lot going on.



Tell me more.
And?
I would like to listen.
Do you mean..?
It seems like..., am I right?



Not Receptive to Talking

E.g. I don't want to talk.



Okay, maybe now is not the best time. I am here if you want to talk to me.



*Document the conversation (including precipitating events, quotes, etc.), monitor and inform next staff member at change-of-shift, flag in physician's problem sheet, and discuss issue in rounds.
Note the date that you expect the next staff member to re-evaluate. (e.g. In two days)*

Signs and Symptoms of Depression

- Poor appetite and weight loss (or weight gain)
- Sleep disturbances
- Decreased sexual drive
- Irritability
- Unexplained headaches and stomachaches
- Withdrawal from interpersonal contact
- Feelings of guilt or self-blame
- Diminished interest or pleasure in most or all activities
- Recurrent thoughts of death or suicidal ideations
- Apathy
- Reckless behaviour
- Anger
- Decrease in self-care/hygiene

Resources for Family

Educational Videos <http://www.mdabc.net/education-videos>

Crisis Centre Seniors' Distress Line www.crisiscentre.bc.ca

Heart and Stroke Foundation: directory for stroke-related services (including social and peer support)
<https://www.heartandstroke.ca/stroke/recovery-and-support>

Resources for Staff (for further education)

Educational Videos – Mood Disorders Association of BC: <http://www.mdabc.net/education-videos>

Fact Sheets about Seniors and Depression <https://www.heretohelp.bc.ca/infosheet/seniors-and-depression-series>

Learning Hub: Motivational Interviewing

Canadian Mental Health Association BC <https://cmha.ca/>

References

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