

CAPAGE

Promoting academic and professional excellence in health care
to meet the challenges of aging in Sri Lanka

MENTAL HEALTH Tutorial



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Tutorial

Duration: 45–60 minutes

Mode: Small group case-based discussion

Case 1

Mr. Silva, 78, lives with his daughter. Over the last 6 months, he has become forgetful, repeats questions, and now forgets family members' names. He becomes angry during bathing, wanders at night, and once left the gas on.

Discussion Questions:

- What mental health condition might explain this behavior?
- What are key risks to patient and caregiver safety?
- What would be the approach to assess and manage this situation?
- What roles can different professionals (nurse, doctor, therapist, counsellor) play?

Case 2

Mrs. Anula, 74, lost her husband a year ago. Her daughter reports she barely eats, isolates herself, and claims to hear her husband telling her she is being punished. She cries often and expresses guilt.

Discussion Questions:

- What mental health condition(s) could explain her experience?
- What additional assessments would you recommend?
- How would you approach building trust and communication with her?
- What interprofessional actions should follow (e.g., referral, family support)?

Case 3

Mr. Jayasuriya, 80, was admitted for pneumonia. On the third day, he becomes confused, tries to remove his IV lines, calls out to his late wife, and doesn't recognize staff.

Discussion Questions:

- What is the most likely mental health condition here?
- How does it differ from dementia?
- What are immediate priorities in care?
- How can teamwork across disciplines (nurses, doctors, rehab staff, psychologists) support him?