

Module: Introduction to Research (BMHP5005)

Assessment 2: Viva Voce

Student Name: Kabirat Adegbite

Lecturer: Eleni Koutsogeorgou

Student Number: 2011967

Lliterature review

Impact of COVID-19 on older adult's mental health in the UK.

- Mental health is an emotional, psychological and social problem (U.S. Department of Health & Human Services, 2020)
- Over 50% of older adults in the UK are suffering from mental health (AGE UK, 2019).

Aim:

- To discover how older adult's mental health was affected during COVID-19.

Objectives:

- Through examining 3 different systematic literature review about how covid-19 might have contributed to the mental health of older Adults

Methods

Research Method: Systematic Literature Review

Keywords used for research: Older Adults, Covid-19, Mental Health, UK, mental health in older adults.

Databases used for research: PubMed, Google Scholar, UWTSD Library, ProQuest, Elsevier

Inclusion of criteria:

- United Kingdom data only
- Date of publication 2012-2022
- English language only
- Studies had to be from the UK focused on older adults
- Primary research from academic article journal

Exclusion criteria:

- Non-Uk Study
- Secondary research
- No less than ten years publication date

Literature Review

Author(s), Title, and year of publication	Aim of Study	Methods and sample size and characteristics	Summary of main findings
McKinlay, Fancourt and Burton. “A qualitative study about the mental health and wellbeing of older adults in the UK during the COVID-19 pandemic” 2021	The aim this study was to evaluate how older adults who live in the UK wellbeing was threatened and protected during the social distancing restrictions due to COVID-19.	20 adults aged 70 years or older with diverse backgrounds were recruited for an interview about how their life was before and during COVID-19.	The people who participated explain how COVID-19 was a threat to their wellbeing while some describe how they have been able to protect their mental health during the pandemic.
Bhome et al. “Impact of the COVID-19 pandemic on older adults’ mental health services: A mixed methods study” 2021	To explore the perspectives of staffs on the vital challenges and innovations to help advise the delivery of older adult’s mental health care during the wave of the pandemic.	158 participants working within health care professional discipline took part in a survey about the mental health care they provide to older adults during the pandemic.	Study looks at the view of COVID-19 impact on older adult mental health through staff’s perspectives . Also how they have been unable to cope with all the restriction measure due to them not receiving their usual type of supports.

Literature Review

Author(s), Title, and year of publication	Aim of Study	Methods and sample size and characteristics	Summary of main findings
Greig et al. “Loneliness in older adult mental health services during the COVID-19 pandemic and before: Associations with disability, functioning and pharmacotherapy” 2021	Th restriction placed in the first lockdown may have affected older adults through loneliness, the aim of this article is to examine loneliness in referrals to older adult mental health service during the first lockdown in the UK	1,991 referrals were identified through the mental health of older adults (MHOA) services.	The study shows that referrals of loneliness through MHOA services where the symptom was associated with mental illness due to poor functioning and antidepressant usage increase.

Results

- McKinlay, Fancourt and Burton. (2021) state most older adults found the social distancing restriction hard because the rate of the usual social support they received reduced.
- The implementation of the restriction measures were a challenge because the older adult patient had loss their usual supports (Bhome et al., 2021).
- During the lockdown loneliness was one the factors that caused a lot of referrals to the Mental Health of Older Adults (MHOA) services because it leads to mental illness (Greig et al., 2021)

Discussion

- There were qualitative and quantitative data analysed about the problem between older adult and from the perspective of healthcare professionals
- Different views from variety of participants about the topic was essential as it shows how critical or non critical the situation it.
- The results were not fully concluded due to the different view given
- **Limitation:** due to the studies being from UK only so there are no other comparison that could be used.
- All findings from participants had to be done cautiously
- All my findings are important in health and social as they need an adequate measure in place to care for older adults.

Conclusion

- Mental health support services during any form of pandemic should have a response team on stand by.
- The support system for the older adults during a pandemic should be re-strategize in other for them care for their patients
- Closer look/ care to be given to the people who have existing health conditions as their illness is prone to increase.
- Due to some older adult finding it difficult to understand the measures, they need to have a carer near by available to keep comforting them.
- Health and social care service need to ensure they have an intervention with all supporting services for older adult to see how to care for them so they do not have a mental breakdown.

References

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- Greig, F., Perera, G., Tsamakis, K., Stewart, R., Velayudhan, L. and Mueller, C. (2021). Loneliness in Older Adult Mental Health Services during the COVID-19 Pandemic and before: Associations with disability, Functioning and Pharmacotherapy. *International Journal of Geriatric Psychiatry*, 37(1).

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