

The Evil Roommate

Psychosis Case

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Presentation

- Mr. P is an 87 year old male
- Multiple medical problems
- Concerned his roommate is trying to kill him
- Upset, worried, refusing to eat because the food is “poisoned”
- More confusion is not present

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Ongoing Health Problems

- Lung disease
- Heart disease
- High blood pressure
- Constipation
- Depressed mood
- Dementia
- Enlarged prostate
- Back pain

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More Recent Health Problems

- Falls
 - Fall recorded 3 days ago
 - Unwitnessed
 - Found on his bathroom floor
 - No obvious injury
- More back pain
 - Predated fall
 - More as needed medication required

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Medications

- Singulair
- Metoprolol and Enalapril
- Colace
- Zoloft (sertraline)
- Namenda (memantine)
- Flomax
- Ultram and Tylenol (acetaminophen)

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Assessment

- Normal vital signs
- Laboratory tests all normal
- Oxygen saturation level normal
- Has been having regular bowel movements
- No recent mood changes
- Pain is noted to be more frequent over the last 2 weeks

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Nursing Management

- CNAs endorse distress
- Removed from areas psychosis more likely to occur
- Maintain distance between roommate and resident
- Keep very active, even on the evening shift
- Ask about particulars of the story to make sure the concern is not partially valid

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Nursing Management

- Allow him to eat near the nursing station or have family serve him food
- Monitor caloric intake and weight
- Make sure his hearing is not worsened or amplification devices/aides are used properly

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Medical Management

- Medical conditions reviewed for likelihood of psychosis:
 - Depression
 - Delirium
 - Worsened medical condition
 - Heart disease, lung disease
 - Medications
 - Ultram, Namenda
 - Dementia
 - Head trauma from fall

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Final Determination

- Likely from the dementia
 - Initiated Seroquel 12.5mg at night
 - Discussed indication, side effects and course with DPOA and nursing staff
 - Nonpharmacologic interventions added to care plan
 - Specific intervention information for a care plan derived from the experience of nurses and CNAs
 - Reassessed on a routine basis

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Outcome

- Delusions about roommate dwindle
 - No further worries about being harmed
 - Returns to room without much ado after one week
 - Loses 4 pounds, but regains same
 - It does prove beneficial to have them eat at different tables in the dining area
 - No significant cognitive down turn noted
 - Seroquel employed for one month, then used as needed for several months before being discontinued