

Course Information Sheet

Mental Health: Anxiety Disorders

Course Code	AOC17064-B-R-NZ	Course Series	Mental Health
Learning Pathway	Developing		
Course Description	<p>Anxiety can be experienced in many ways and can often interrupt a person’s daily living routines. This course will identify different types of common anxiety disorders and explore how to support someone who lives with this condition.</p> <p>Psychologist Claire Rostron explains the biological basis of several different anxiety disorders that you may encounter whilst caring for people in a residential care setting.</p> <p>Individuals living with a diagnosed anxiety disorder share their insights – including potential triggers, how their anxiety might present physically, co-morbidity, effective treatment, as well as misconceptions that people may have about these disorders.</p> <p>Time is taken to explore why a person coming into care may feel some level of anxiety and how to identify this. Ways you can support them to regain their self-confidence and independence, and when to seek extra support, are discussed.</p>		
Subjects covered include	<p>Generalised Anxiety Disorder – Post Traumatic Stress Disorder – Social Anxiety – Phobias – Obsessive Compulsive Disorder – Panic Attacks – Panic Disorder – Depression – Signs and Symptoms – Support Strategies</p>		
Target Audience	All Staff		
Learning Outcomes	<p>After viewing this course, participants should be able to:</p> <ul style="list-style-type: none"> • Describe common anxiety disorders and their signs and symptoms • Explain how to support a person living with an anxiety disorder whilst in a care environment 		

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Did You Know?

- Everyone feels anxious from time to time
 - Anxiety is more than just feeling stressed or worried
 - While anxiety and depression are different conditions, it is not uncommon for them to occur at the same time
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Subject Matter Expert

Dr. Roderick McKay is an old age psychiatrist, current Chair of the Faculty of Psychiatry of Old Age, Royal Australian and New Zealand College of Psychiatrists and a conjoint Senior Lecturer with the University of New South Wales. Dr. McKay has worked for many years with specialist mental health services for older people in outer metropolitan Sydney, seeing older people in hospital and in their homes, including residential aged care.

Key Definitions

Generalised Anxiety Disorder (GAD)	When a person feels anxious most of the time and can be characterised by excessive or unrealistic anxiety about things such as work, relationships, finance, and health.
Obsessive Compulsive Disorder (OCD)	When a person has recurring thoughts and repetitive behaviours that they cannot control.
Panic Disorder	Characterised by the frequent worry or frequent experiences of a panic attack.
Phobia	An extreme fear of something or a situation.
Post-Traumatic Stress Disorder (PTSD)	When a person experiences unwanted, physical, emotional, and behavioural symptoms, that are triggered by a traumatic event.
Social Anxiety	An intense fear of being judged, criticised, embarrassed, or humiliated, even in everyday situations.

Resources to Support Your Learning

[Anxiety Trust NZ](#)

[Health Navigator NZ](#)

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Active Learning Hours

This course and the accompanying assessment may require up to three hours of active learning. It is the learner's responsibility to calculate how many hours of active learning have taken place. The course viewed must be relevant to the care worker or nurse's context of practice for it to be considered continuing professional development. Certificates are available from your coordinator.

DISCLAIMER:

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