

The Influence Of Ageism On Mental Health

Literature review

LAB University of Applied Sciences
Bachelor of Health Care, Nursing
2021
My Dung Pham
Emmanuela Njenjah

Abstract

Author(s) Pham My Dung Njenjah Emmanuela	Publication type Thesis, UAS Number of pages 37	Completion year 2021
Title of the thesis The Influence of Ageism on Mental Health Literature Review.		
Degree programme in Nursing.		
Abstract <p>Over the years, ageism has been an essential social issue and can equally be viewed from the structural as well as individual level. At the structural level, society encourages hate for older persons while at the individual level, people have negative beliefs on other people based on culture. This thesis aims to demonstrate the main effects of ageism on elderly people's mental health. Based on the key findings, nurses can empathize and adjust their behaviours to deliver comprehensive healthcare treatments to old people.</p> <p>A literature review was a prime method to research both theoretical framework and empirical part in this thesis. With this measure, the critical secondary data and information about the effects of ageism on mental health and plausible solutions of nurses to support the aging population from various credible existing publications and scientific articles were reviewed, collected, consolidated, and summarized. Then, a qualitative research method, particularly a content analysis, was mainly used to analyse these theoretical data. The final main results demonstrated how significantly older people's mental health was damaged and broadened nurses' career horizons.</p> <p>The key findings of this thesis are relatively important to witness the anguish of old people when they confront ageism and indicate the important roles of nurses to assist the elderly to provide them with the necessary care to overcome mental health challenges towards improving their quality of life.</p>		
Keywords Healthcare provider (nurses), effect of ageism on mental health, ageism and discrimination, provision of a better healthcare, ageism in nursing.		

TABLE OF CONTENTS

1	<i>Introduction</i>	4
2	<i>Research aims, purpose and question</i>	5
3	<i>Framework</i>	6
3.1	Aging	6
3.2	Ageism	6
3.3	Age Discrimination.....	7
3.4	Aging and mental health	8
4	<i>Methodology</i>	9
4.1	Literature review	9
4.2	Inductive approach	10
4.3	Data collection.....	10
4.4	Data analysis.....	11
4.5	Data search and collection	13
5	<i>Results</i>	19
5.1	Ageism and impact on elderly people	19
5.2	How nurses can provide good healthcare to the aging population	20
6	<i>Conclusion</i>	27
7	<i>Discussion</i>	27
7.1	Discussion of result	27
7.2	General ethical considerations.....	27
7.3	Validity and reliability	28
7.4	Suggestions for further studies	29
	<i>References</i>	30
	<i>Appendices</i>	34

1 Introduction

Population aging is one of the most important social and public health policies for most countries. The increasing percentage of older population is followed by negative attitudes towards them, as shown by ageism. This discrimination of the elderly can be seen from their exclusion from social life and some healthcare services (Levy et al. 2016.)

Ageism is a stereotype, prejudice, or discrimination towards people based on age. It is an international concern with important health implications. A substantial group of research shows that ageism towards older adults is highly prevalent across countries and the effect of this problem is expected to grow with global population aging (Burnes et al. 2019.)

Individual ageism includes the impact of culture-based negative age stereotypes and negative self-perceptions of aging on the health of older persons. “Structural ageism” refers to the explicit or implicit policies, practices, or procedures of societal institutions that discriminate against older persons. It can also involve age-based actions of individuals who are part of these institutions, such as the nurses of a hospital (Chang et al. 2020.)

In addition, findings demonstrate that negative attitudes toward aging pose a significant risk to their health and well-being in the later years. Negative attitudes toward aging people contribute to mortality risk, poor functional health, and slower recovery from illness. Negative perceptions of aging also predict poor mental health (Burnes et al. 2019.)

The purpose of this thesis is to demonstrate, which is a rising emphasis on the physical and mental health needs of older persons in order to promote good aging. Also, to ensure older people’s human rights are protected and cannot be ignored by nurses. It shows how ageism has seeped into many institutions and sectors of society, most especially carried out by nurses in workplaces. (HelpAge International 2021)

2 Research aims, purpose and question

The thesis aim is to demonstrate the main plausible effects of ageism that can bring to the elderly people's mental health and to identify how nurses can adjust their behaviors and improve knowledgeable skills to support those old people to overcome certain health problems due to the effects of ageism.

The purpose of this thesis is to demonstrate, which is a rising emphasis on the physical and mental health needs of older persons in order to promote good aging. Also, to ensure older people's human rights are protected and cannot be ignored by nurses. It shows how ageism has seeped into many institutions and sectors of society, most especially carried out by nurses in workplaces. (HelpAge International 2021)

Based on this thesis, there may be many valuable lessons reflecting practical situations in the real-world experience and those can be officially widespread to assist the elderly people to get integrated into society and avoid isolation. There are two main research questions in this thesis.

1: What is ageism and what is its impact on the elderly's mental health?

2: How can nurses provide better healthcare to the aging population?

3 Framework

3.1 Aging

Aging is known as the first key concept. It relates to the sense that age comes with time. As time passes by, people become older. In addition, age correlates with both physiological and physical abilities. To be precise, when age increases, people tend to get a higher mortal possibility and a lower productive rate. Thus, due to this limit, people are easily discriminated by younger generations and this might lead to depression and a fall in their general wellbeing. (Flatt et al. 2012.)

3.2 Ageism

Ageism can be defined as discrimination towards people due to their age. Ageism has manifested in at least three forms and includes negative attitudes towards older people, old age and aging process, unfair treatment of older people, implementation policies and practices that have negative stereotypes on older people (WHO 2020.)

Ageism can also affect all individuals who enter older age. It is also age discrimination against people based on their age. Therefore, it harms their health. For older people, it becomes an everyday challenge, for instance, restrictions on social services (WHO 2020.)

In addition, ageism may cause various unnecessary negative stereotypes which may deliver the bad images of old people to the society and change the old ones' perceptions about their important roles in the community towards negative directions. To be precise, negative viewpoints about elderly people are mainly derived from ageism and with an increase in modern media development, these are rapidly widespread via well-known media platforms such as television programs or social media sites. Thus, wrong assumptions and negative messages can be delivered and affect old people as old viewers can think in a wrong way about their social positions or younger generations can have a negative look at the old ones' roles. (Fullen 2018, 104-114.)

In addition, ageism is considered as a huge barrier to prevent old people from comprehensive healthcare services. To be specific, ageism can lead to quite various negative changes in attitudes and behaviors of healthcare providers. As a result, old people are less likely to receive good, fair, and dedicated care treatments from those healthcare providers. In addition, due to

unsupportive attitudes from responsible healthcare staff, the elderly people are also not well supported to access comprehensive healthcare systems whenever their needs are quite high but with many concerns about financial matters. Importantly, ageism is also known as the main reason for causing inequality in healthcare systems while the old people cannot receive the same comprehensive healthcare options as young generations can. (Wyman et al. 2018, 497-502.)

3.3 Age Discrimination

According to Harris et al. (2018), the elderly people are not seen as potential workers as they are believed to have less effective working performances than the young generations can have. Subsequently, ageism is also considered as a significant obstacle for the elderly workers to engage in many valuable training programs for working skills.

According to Harris et al. (2018), discriminations or negative thoughts from younger counterparts are the main reasons that the elderly workers are less willing to join the training programs. Importantly, discrimination is also the key leading to many early resignation and retirement decisions from the elderly workers. Harris et al. (2018) also provide some evidence that the old workers who are frequently discriminated have the tendency to think negatively over their working capabilities, conditions and make the decision to quit their jobs earlier when it does not come to retirement time.

One form of discrimination includes limiting their employment opportunities and career progression which may result in age-biased healthcare decision notice in mental health and general healthcare settings. Ageism is being experienced when people believe to have been treated unfairly because of their age (Levy et al. 2016.)

This can result in discriminating stress and poorer mental health outcomes. Stigmatization of the older population can result in a range of negative experiences, such as stress and potential mental health challenges, such as depression and anxiety. Despite all this, much less research has been carried out on the experience of ageism and mental health (Levy et al. 2016.)

When it comes to age, people have a different notion concerning it. This varies based on a personal point of view and from what part there are thinking. Because of this, people might attribute different numbers to age (Levy et al. 2016.)

3.4 Aging and mental health

When mentioning mental health, it is important to know that mental health is known as an important element for humans and refers to the well-being status of humans when they possess individual realization to acknowledge their abilities to do something or confront real-world problems surrounding them. In addition, mental health can be defined as an emotion of felicity that clarifies the ability of people who can recognize their proficiency to be effective workers and actively supportive citizens in their community. (Galderisi et al. 2015.)

According to American Psychological Association (2012), ageism is known as a notable cause that leads to quite countable symptoms and signs of chronic depression. Obviously, this kind of depression impacts heavily elderly patients' health and can damage significantly the physical and mental systems of the elderly patients.

Regarding the impacts on the physical systems, when elderly people have a wide range of cardiovascular or certain severe disorders, depression can limit curing processes and extend the existence of these kinds of hazardous diseases. Therefore, it is quite hard for those patients to get positive results during the rehabilitation process. In terms of the impacts on the mental systems, depression brings huge damage to mental health and causes various negative mental symptoms, for instance, dementia, insomnia, or schizophrenia. (American Psychological Association 2012.)

Apart from these notable impacts, depression can change elderly people's daily routines. To be precise, eating habits can be influenced and digestive systems are then heavily damaged. Therefore, intake levels constantly change, and elderly people may lose their appetite and get lower abilities to absorb the key nutrition sources. In addition, personal physical fitness methods and working routines are greatly damaged, thereby leading to much ineffectiveness for the elderly peoples' lives. (American Psychological Association 2012.)

4 Methodology

4.1 Literature review

A literature review gives more information about the research topic. It is a summary of what has already been done in a certain field that is most relevant to the research topic at hand (Polit et al. 2020, 82-85). It entails identifying a topic or questions which are then answered through a systematic and organized search, analysis, and integration of relevant published and unpublished research and other evidence.

The goal of a literature review is to figure out what is already known and what is unknown about the topic (Polit et al. 2020, 82-85). Before beginning the actual search, it is necessary to have a fundamental understanding of the issue because failing to do so will make it impossible to create the research question, discover search words, and make logical decisions about what to include and exclude from the research. The literature review assists the researcher in concentrating on the study question. A well conducted literature review will analyze the research and other evidence that has been uncovered (Polit et al. 2020, 82-85).

From another point of view, the literature review is considered an essential method for many dissertation conceptions. It refers to a measure that topics and subjects are preliminarily defined in the study and other assessments of literature sources are subsequently progressed to support those topics and subjects. There are several key main objectives of the literature review that needed consideration. (Royal Literary Fund 2021.)

First and foremost, the literature review must analyze and document the whole literature sources which are vital to chosen studies. Secondly, for the literature review, data and information are reliable, accurate, and appropriate and then summarized for the chosen studies. Finally, the literature review aims at consolidating and analyzing suitable information, and to these effects, it is necessary that differences and gaps of knowledge in data sources need identifying, restrictions from theoretical sources must be demonstrated, and perspectives of subjects are also worth demonstrated for the future further research. (Royal Literary Fund 2021.)

4.2 Inductive approach

The inductive methodology is known as perhaps the best method of investigating subjective datum. In particular, for some research purposes. The purposes for utilizing an inductive approach are to condense broad and shifted crude content information into a brief, rundown organize. Also, to set up clear joins between the inquire about goals and the outline discoveries inferred from the crude information and. However, the aims are to create of show or hypothesis approximately the basic structure of encounters or processes which are apparent within the crude information. (Thomas 2003.)

4.3 Data collection

The Lab University of Applied Science database, search base, Google scholar provided articles and journals for this study, including CINAHL. EBSCO e-journals, Academic Search Elite EBSCO e-journals, and PubMed. The writers also used Google scholar and the world health organization appropriate keywords such as Ageism AND Mental Health to get relevant results. The search was further narrowed by selecting article language, publication year, age group, full text. As a result, inclusion and exclusion criteria were used in the selection of articles and journals. The inclusion and exclusion criteria was crucial since it allowed the authors to choose appropriate materials that would answer the study question, boosting the results' credibility and reliability. (Polit et al. 2020.)

In this thesis, delimitations are important to demonstrate what to include and not to include. There are some notable inclusive criteria and exclusive criteria as below.

	Inclusive criteria	Exclusive criteria
Language	English	Other languages
Text and Availability of text	Free and full text	Paid and incomplete text
Publication date	2011-2021	Later than 2021 and earlier than 2011
Availability of references	References included	References excluded

Table 1: Inclusion and exclusion criteria to set boundaries for searching

Several keywords were chosen at random at the start of the search, for example, ageism, age discrimination, and the impact of ageism on mental health, with an age limit of 65 plus years and up. The publications utilized in this study ranged from 2011 to 2021 and were chosen based on their usefulness in answering the research topic. After gathering the articles, the writers went over the titles and selected those that best answered the theme. The writers mainly access the full text instead of reading only the abstract to determine if they answer the research question.

4.4 Data analysis

Data analysis is being carried out by the researcher after collecting data, organizing, putting, and ensuring that the research data collected makes sense. Due to the complication of data analysis, researchers need to interpret information correctly to avoid missing or mixing information search in collected data. The objective is to obtain information that answers and research questions deal with the research topic. The data analysis method used is the qualitative data analysis method. It is a complex research method which permits the searcher to be creative, conceptual sensitive, and sheer hard work. (Polit et al. 2020, 534.)

According to Busetto et al. (2020), a qualitative research method has wider points of view. Specifically, this method is known as a powerful tool for many researchers to conduct study analyses and refers to a technique that collects, analyzes, and summarizes a wide range of non-numerical data and information. There are various methods to achieve these kinds of data

and information, especially by one-to-one interviews or group interviews. Normally, types of data and information are primary and in form of words, scripts, or several circumstances, videos or images.

Content analysis is used not only to identify the existences of those definitions, concepts, and models in the data sources but also to interpret, quantify, and evaluate connections relationships among them within the data sources. Importantly, there are several key analysis methods used for the assessment of the content analysis. (Columbia University Mailman School of Public Health 2019.)

First one is known as conceptual analysis, and it plays a vital role in identifying and assessing the existence times of those concepts, models, and definitions within the data sources in both implicit and explicit manner. To support the identification and assessment, non-numerical scripts are categorized into a wide range of different sets, for instance, word sequences or phrases. Then, the second method is considered as a relational analysis, which is responsible for finding out the existences of certain concepts, models, and definitions within the non-numerical scripts. Importantly, this kind of analysis is mainly used to identify and interpret the connections and links among those identified ones. (Columbia University Mailman School of Public Health 2019.)

4.5 Data search and collection

In this thesis, themes were identified and classified in accordance with their relevance to the research topic. Among the main themes highlighted in this research was a general understanding of ageism in nursing. Alongside the theme on ageism, sub-themes were created that further go into details about ageism involving nurses' ageism and discrimination, ageism in nursing, impact of ageism on mental health, how to provide better care to the older population and depression.

Search database	Search terms	Limitations	Results	Relevant articles for the topic
EBSCO: Academic Search Elite	Ageism and discrimination or prejudice or stereotype .	Published date from 2019 to 2021 Linked full text & References available Language: English Journal of Professional nursing, Nurse Education Today, Journal of Interprofessional nursing... Age 65 +years	48	2

<p>EBSCO: Academic Search Elite</p>	<p>Ageism in nursing</p>	<p>Published date from 2011 to 2020</p> <p>Linked full text & References available</p> <p>Language: English</p> <p>Journal of Professional nursing, Age 65+years</p>	<p>34</p>	<p>4</p>
<p>EBSCO: Academic Search Elite</p>	<p>Impact of ageism on mental</p>	<p>Published date from 2016 to 2021</p> <p>Linked full text & References available</p> <p>Language: English</p> <p>Journal of Professional nursing, Age 65 +years</p>	<p>99</p>	<p>4</p>
<p>EBSCO: CINAHL</p>	<p>Ageism and discrimination</p>	<p>Published date from 2016 to 2021</p>	<p>58</p>	<p>4</p>

	or prejudice or stereotype	Linked full text References available Language: English Academic Journal and Nursing journal Age 65+		
EBSCO: CINAHL	Ageism in nursing	Published date from 2016 to 2021 Linked full text References available Language: English Academic Journal and Nursing journal Age 65+	20	2
EBSCO: CINAHL	Impact of ageism on mental	Published date from 2016 to 2021 Linked full text References available	32	2

		Language: English Academic Journal and Nursing journal Age 65+		
PUBMED	Ageism in nursing	Published date from 2016 to 2020 Linked full text & References available Language: English Nursing journals & Clinical Journals Age: 65+ years	42	4

Table 2: Information retrieval table (EBSCO-CINALH, Academic Search Elite EBSCO e-journals, and PubMed).

Based on table 2, there were several main keywords to be used to find appropriate publications and articles in the EBSCO: Academic Search Elite, EBSCO: CINAHL, and PubMed databases. To be precise, “Ageism and discrimination or prejudice or stereotype” was known as the first keyword to be mentioned. When searching, this keyword provided 48 results with 2 relevant results in the EBSCO: Academic Search Elite database and 58 results with 4 relevant results in the EBSCO: CINAHL database. The second keyword was “Ageism in nursing” and in the

EBSCO: Academic Search Elite, EBSCO: CINAHL, and PubMed databases, there were around 34 results with 4 relevant articles, 20 results with 2 relevant articles, 42 results with 4 relevant articles, respectively. Then, the third keyword was “Impact of ageism on mental health” and it provided 99 results with 4 relevant results and 32 results with 2 relevant results in the EBSCO: Academic Search Elite and EBSCO: CINAHL databases. Eventually, the last two keywords: “Impact of ageism on mental” and “Ageism in nursing”, were searched in the PubMed and EBSCO: CINAHL databases. The writers used about 25 article including books from library in other to answer the research question.

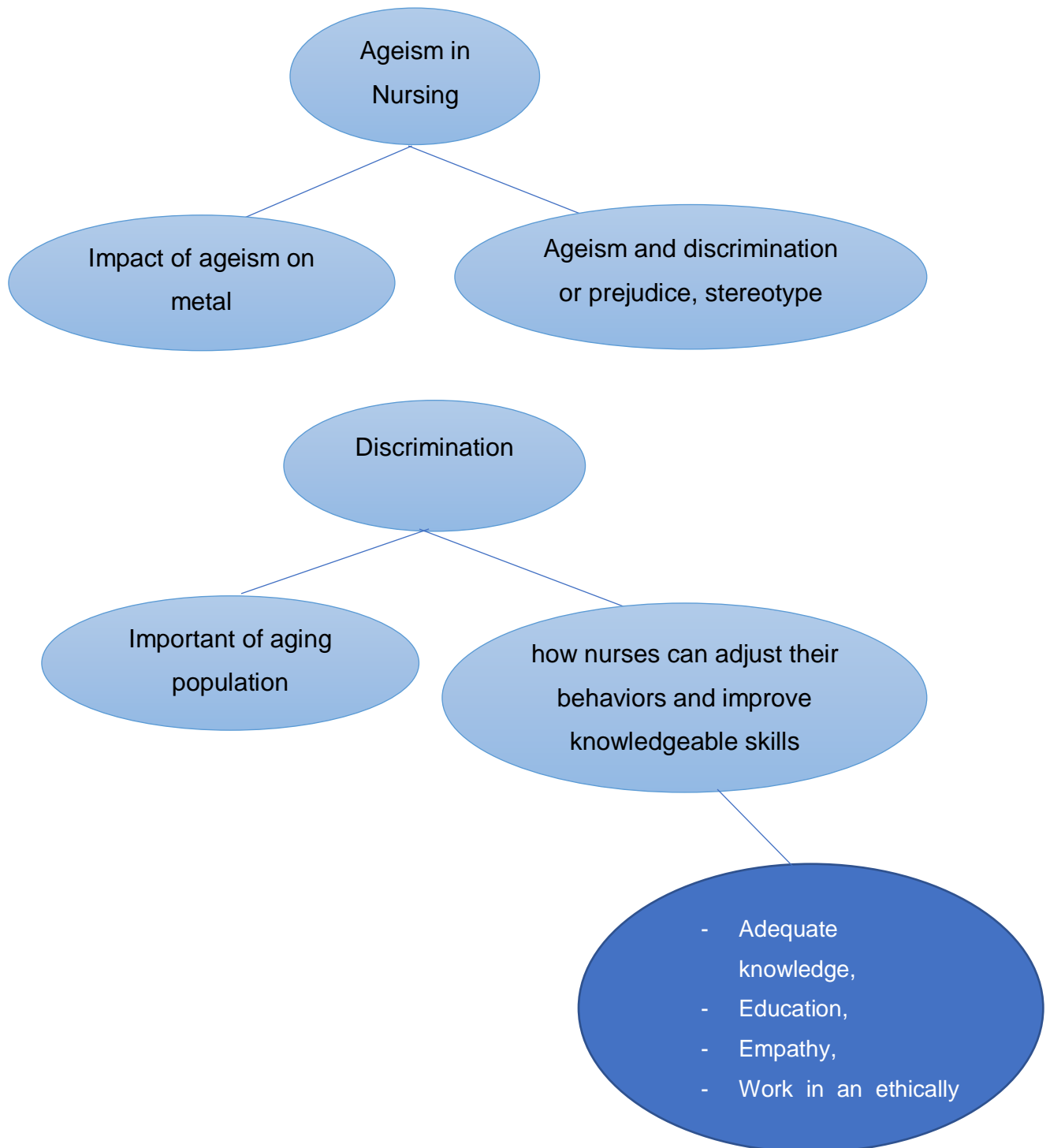


Figure 1. The summary of main themes and sub-themes that came up with the data analysis for research results

5 Results

5.1 Ageism and impact on elderly people

Age discrimination can also have negative consequences on older people's lives, such as limiting employment chances and career advancement. It could also lead to age-biased healthcare decisions in various settings, including mental health such as depression, stress, anxiety, and general healthcare. (Lyons et al. 2017.) Ageism can thereby discourage older people from freely going to work or recreational activities. It can also contribute to the social isolation of the old generation, which limits their opportunity to make a positive contribution to society (Donizetti et al. 2019.)

Ageism equally affects their health. It results in the detrimental treatment of old persons, harmful age discrimination (beliefs about older people in general), and negative self-perceptions (a belief held by older persons about their aging). These three, therefore, affect health by significantly influencing the health of elderly persons through psychological, behavioral, and physiological pathways (Chang et al. 2020). Also, negative views toward aging can increase the risk of death, poor functional health, and a shorter recovery from illness. Negative attitudes around aging are also linked to poor mental health. (Burnes et al. 2019.)

Mental health problems are the main reasons leading to many other serious physical illnesses, for instance, diabetes, pulmonary diseases, or cardiovascular disorders. When confronting various mental health matters, the patients, especially the older people, must get through many psychiatric medications and treatment solutions (Blythe et al. 2012, 193-200.)

Hence, these lead to many notable changes in physical health systems. For instance, the patients can gain greater weight, or their sugar level may rise significantly. On a long-term basis, owing to these notable symptoms, it is difficult for them to do exercises or undergo regular physical training to enhance their physical health. (Blythe et al. 2012, 193-200.)

Ageist attitudes can lead to numerous consequences for older patients when it comes to functional and cognitive decline, leading to the more limited provision of medical information, not providing them with specific treatment options, and excluding them from clinical trials. (Burnes et al. 2019.)

Ageist attitudes have also been found among mental health practitioners and trainees wherein they assume that symptoms such as depression are typical among the aged, resulting in restricting access to treatments. Thus, age stereotyping and prejudice among nurses can affect the quality and quantity of care older people receive, leading to adverse health outcomes. (Burnes et al. 2019.)

Lastly, regarding daily life, Harris et al. (2018) also indicate that ageism is considered as a notable barrier for old people to maintain working conditions and work effectively at their workplace. To be precise, it is reported that a huge number of employers quite hesitate to recruit subordinates of high ages or when there are certain recruiting programs. Then, ageism can also discourage elderly people from freely going to work or recreational activities. It can also contribute to the social isolation of the old generation which in turn limits their opportunity to make a positive contribution to society. On a long-term basis, isolation can also lead to quite many considerable mental health problems. (Donizzetti 2019.)

5.2 How nurses can provide good healthcare to the aging population

A wide spectrum of public and private sector nurses must work together to achieve social change. Beyond the core community, a larger alliance will be formed to achieve the critical mass required to effect positive improvements in the way nurses think, feel, and behave about aging. Supporting the distribution of campaign messaging and enforcing specific measures would be key actions. This is one of the foundations raised by the World Health Organization. (Officer & de la Fuente-Núñez 2018)

Education can be used as an intervention means, where instructions are designed to reduce ageism. Also, intergenerational contact involves both the youth and older people and finally, combine intervention involves both approaches (Burnes et al. 2019.) In addition, means of information dissemination are quite diverse and nursing education is one of the most effective measures to deliver the most appropriate and credible information about psychiatric problems to nurses. Thus, a syllabus for nursing education is required to be greatly tailored with adequate learning and knowledge deliveries. To do this effectively, the roles of public authorities and healthcare centres are highly important. With a high knowledge spread, nurses can cultivate sufficient knowledge to confront complicated mental health cases and adjust their attitudes and behaviours in a positive way towards supporting those elderly people with severe psychiatric problems. (Gandhi 2019.)

Nurses need to have a good relationship with elderly patient in order to achieve the goals of care plan. It is very important for them to have a good connection because nurses spend much time with patients than other members of healthcare team. Therefore, they need to be trained on how to build great interaction with elderly. (Gholamzadeh et al. 2018.)

Nurses equally need to be empathetic when dealing with elderly person in hospital. This is because empathy is an important element of a person-centered care and a core ability in helping relationships. As such person-centered care enhances the quality of care and outcomes of patients. Elderly satisfaction would improve when they are shown empathy. Empathy is therefore defined as a cognitive trait enhancing the understanding of patient experiences, problems and views as well as the ability to transmit this knowledge and the desire to help. (Gholamzadeh et al. 2018.)

Recently, to promote and enhance the healthcare services on a long-term basis towards supporting the elderly patients' quality of life, there should be many more patient-centric solutions and strategies devised by the teams of healthcare professionals. Indeed, the elderly patients should be considered as the main concentration and healthcare treatments delivered to them, apart from professionals' prescriptions, must rely heavily on the elderly patients' conditions and personal interests, thereby ethically providing a good healthcare quality. As a result, the healthcare professionals, it is necessary to find out the most feasible healthcare options to treat the patients well, responsibly, and ethically. (Wu et al. 2020, 5.)

First, as responsible nurses, it is vital for them to constantly support and provide as many powerful instruments and conditions as possible to allow the elderly patients to live and maintain their favourite living conditions without certain extreme inferences from other people. Secondly, listening carefully to the patients' ideas and perspectives is also considered a suitable and good method to improve the quality of healthcare services for elderly patients. By this action, the nurses can know exactly the expectations and requirements of the elderly patients in some circumstances and find ways to satisfy their needs to enhance their health conditions. Thirdly, when making certain decisions for the healthcare treatments, apart from the health conditions, it is also greatly necessary for the nurses to recognize and inspect the elderly patients' daily routines, behaviours, and lifestyles. If they are unhealthy and harmful, the nurses also need to respect, consider, and treat the patients appropriately. Based on these, along with personal expectations and requirements, comprehensive healthcare treatment solutions can be found and made to satisfy both healthcare settings and the patients' needs.

Fourthly, from time to time, the expectations and demands are constantly changing and not stable. It means that, sometimes, elderly patients tend to maintain their normal lifestyles and daily routines with a high concentration on high-quality living conditions. Therefore, elderly patients may also request healthcare services with the greatest quality. As professional nurses, the nurses need to seek the most plausible offset solutions for the elderly patients. (Wu et al. 2020, 4-5.)

Nevertheless, the nurses still also find some situations difficult and challenging to provide healthcare programs to elderly patients due to the lack of awareness. In many cases, the elderly patients do recognize the severeness of their illnesses or disorders and thus, do not take full responsibility for following carefully the instructions to cure at an initial. When everything becomes severe and considerable, they suddenly recognize, and request instance supports from the professionals. (Wu et al. 2020, 5.)

Apparently, it is quite hard for the nurses to assist the patients to overcome difficult health situations if there are insufficient responsibilities from the patients. Therefore, family members or authorized guardians play a vital role in supporting the nurses in the whole treatment process and taking care of the elderly patients when there is no nurses' presence. Nonetheless, the involvements of those family members or guardians are also challenging as they may impact heavily on nursing interventions and influence the decisions made by both the elderly patients and nurses. Hence, treatment procedures and stages may be impeded and hindered. Due to this reason, the nurses need to offset the roles of the family members and guardians and avoid high interference from them when the elderly patients can make their own decisions for choosing the most appropriate treatment solutions. (Wu et al. 2020, 4-5.)

Subsequently, for the nurses to provide good healthcare services to elderly patients, the key matters pertaining to the organizational frameworks of the healthcare institutions are worth considering. In fact, teamwork is important for the nurses as there are many required tasks in many stages in the treatment process and effective collaboration among the nurses is going to make treatment easier and smooth. (Wu et al. 2020, 5.)

Nonetheless, there are also various obstacles hindering teamwork in a healthcare environment. In more details, a lack of nurses in healthcare organizations and differences in objectives, assigned tasks, and ways to comply with organizational regulations are the main hidden reasons. In addition, leadership is also an imperative term in the healthcare environment to

consider. When there is a good collaboration between a management board and subordinates, there are great achievements. (Wu et al. 2020, 5.)

Hence, it is important for leaders to maintain good collaboration with their subordinates based on common goals. Nonetheless, in several specific cases, there are some possible conflicts as in the treatment process, directions from nursing managers are relatively opposite to the expectations of the elderly patients and thus, it is quite difficult for the nurses to make the decisions for the treatment solutions. (Wu et al. 2020, 5.)

As mentioned above, the decisions should be patient-centric and thus, as the nursing managers, they should have a certain empathy with their subordinates and be more broad-minded with others' perspectives. Importantly, the leaders should also be open-minded to manage changes and avoid much crisis as possible towards providing the most comprehensive healthcare services to the elderly patients. (Wu et al. 2020, 5.)

Importantly, to provide the greatest healthcare services to the elderly patients, the nurses must have strong competencies and adequate health knowledge to deal with many existing health issues. From time to time, everything changes constantly, and to work successfully as the professional nurses, it is highly essential for them to keep learning and updating themselves with up-to-date techniques, knowledge, and expertise in a healthcare area. (Wu et al. 2020, 6.)

Nurses are therefore able to confront complicated emergency problems and mitigate them professionally. Apart from professional knowledge, the nurses also need to improve themselves with new knowledge and skills in various areas and aspects, for instance, communication or leadership skills. Usually, to cultivate much new knowledge, the nurses can search from a wide range of academic sources, for instance, books or articles, do many extracurricular activities, and participate in numerous official lessons organized by certain academic institutions. (Wu et al. 2020, 6.)

Additionally, it is also a great way for them to learn practical experiences from their counterparts, senior nurses, and other professionals with high competencies. Hence, with this method, they can increase their know-how and real-world experiences to perform their tasks flawlessly in the healthcare services while satisfying the needs of the elderly patients. (Wu et al. 2020, 6.)

Also, nurses being able to control their emotions is essential when playing their roles as the healthcare professionals. As a nurse, they need to be broad-minded, caring, and thoughtful in

many cases to support the patients in the treatment process. However, they still need to be decisive and stay strong to maintain strong views as the healthcare professionals and avoid aggressive inferences from the elderly patients and their guardians. (Wu et al. 2020, 6.)

Subsequently, for severe mental diseases, for instance, dementia, depression, or delirium, the patients may be heavily damaged in their daily lives due to their affected symptoms. As the nurses, to provide the most effective treatment solutions, services, and environment towards mitigating mental problems, especially to the elderly patients, there are quite many things to take into considerations. Precisely, it is necessary for the nurses to observe carefully the elderly patients' mental conditions in both verbal and non-verbal ways. (Keenan et al. 2011, 50-53.)

Based on these, the nurses can assess and intervene in a prompt manner once there are acute accidents occurring. Subsequently, when devising comprehensive plans for the mental treatments for several notable mental illnesses, particularly dementia, the nurses should also take family members or relatives into considerations. It is important for the nurses to encourage the elderly patients' family members or relatives to get involved in a holistic healthcare process as familiar people can know exactly the needs of them and appropriate things for their health conditions. (Keenan et al. 2011, 50-53.)

Hence, with the involvement, the nurses can offer the patients with the friendliest atmosphere and treat the mental illnesses effectively. As such the nurses are going to pay high attention to the medical history records of the elderly patients. With these, the nurses can prepare comprehensive treatments and supports for the patients in collaboration with their guardians who are familiar with their health situations. (Keenan et al. 2011, 50-53.)

Furthermore, nurses should be good friends who can capture the needs of the elderly and expectations in a prompt manner. Then, in several cases, the patients who get dementia can have high anxiety and nervousness before the surgeries. Thus, as the nurses, it is highly necessary to provide psychological supports in a postoperative process. (Keenan et al. 2011, 50-53.)

Moreover, ethnic backgrounds are also profoundly important to take into considerations. To be specific, those patients with distinctive ethnic backgrounds who incur dementia may have their memories impaired. Thus, their memories about specific cultural features or language may weaken. As the nurses, it is ethical to assist those patients to overcome challenging situations and recover from the lack of memories about their ethnic features. (Keenan et al. 2011, 50-53.)

Communication is also the key for the nurses to communicate and understand the elderly patients' expectations in the effort to provide good mental healthcare services. Those patients incurring countable mental problems find it difficult to communicate properly with other people, by either verbal or non-verbal ways. When they cannot explain what they want, there are certain obstacles for them to express their expectations and reach comprehensive mental healthcare services to mitigate the mental problems. (Keenan et al. 2011, 50-53.)

Apparently, when using verbal language, it is quite hard for the elderly patients with the mental problems to understand long conversations and sentences. As the nurses, when communicating with those patients, using short and straightforward sentences and words is immensely vital to bridge a conversation gap. Subsequently, regarding non-verbal language, this seems to be a preferred language for the elderly patients with the mental health problems as it is easy for them to understand and answer. It is important for the nurses to ensure the highest correctness when using the non-verbal language and additional friendly body gestures such as hand movements or facial expressions are also necessary to be added into the conversation to increase closeness and friendliness. When treating the elderly patients by the non-verbal language, it is also important to use suitable gestures in the effort to encourage the patients to get involved in expected actions. When the nurses desire to offer one certain treatment solution, it is nice and ethical that they can communicate with the old patients with the mental health problems by the non-verbal language in an attractive way. Thus, the purpose is to encourage the patients to get involved in the treatment voluntarily but not in mandatory orders. (Keenan et al. 2011, 53-54.)

For the nurses in the faculty of the mental health, there are various important tasks in the effort to assist the elderly patients to get the best healthcare services. To be precise, it is important for the mental health nurses to be able to engage in various physical health cases, for instance they should have the ability to diagnose and assess many problems when the elderly patients have problems with their physical health. For instance, the mental health nurses are believed to join in the assessments for the patients with diabetes or obesity based on current results of sugar rates. (Blythe et al. 2012, 193-200.)

In addition, these nurses are also expected to be able to assist the elderly patients to change their harmful lifestyle habits towards positive directions to avoid bad uncertainties. Nevertheless, it is quite hard for the mental health nurses to possess strong knowledge, techniques, know-how, and expertise to mitigate many tough problems pertaining to the

physical health in an effective manner as the physical health is not a specialization for these nurses. (Blythe et al. 2012, 193-200.)

As a result, for the mental health nurses with the lack of knowledge in the physical health, additional training programs focusing on risk management, physical-health knowledge, and accurate assessments for certain physical health problems are greatly supportive and helpful for the nurses to cultivate much new knowledge. It is found in many cases that the mental health nurses do not obey organizational regulations and guidelines strictly when dealing with both mental-health and physical-health matters. (Blythe et al. 2012, 193-200.)

Thus, commitments to strict compliance with rules and guidelines should be highly taken into considerations by the mental health nurses in the effort to provide the greatest healthcare services to the old people. Importantly, good and positive attitudes are also the key factors for the mental health nurses to assist the elderly patients to alleviate their bad health conditions. (Blythe et al. 2012, 193-200.)

6 Conclusion

According to the European social survey, ageism is the most common type of discrimination, resulting in an accumulated disadvantage over time. On the other hand, age evolves through time, and people's age group affiliation is likely to shift over time. (Ayalon et al. 2017.)

Ageism, defined as stereotyping, prejudice, or discrimination against people based on their age, is a global issue with serious health consequences. According to a large and growing body of data, ageism toward older persons is so common across countries, and the scale of the problem is likely to rise as the world population ages. As a result of the prevalence of ageist attitudes and stereotypes and the harmful effects of ageism on the health of the elderly and care quality, developing effective ageism therapies is a top concern. (Burnes et al. 2019.)

7 Discussion

7.1 Discussion of result

According to the thesis, ageism has a significant effect on the mental health of older people. This is because it prevents them from thinking and makes them conclude that they have a significant problem. However, nowadays, ageism is seen as a problem for the elderly and everyone, especially during the coronal period in many parts of Europe such as Italy, Spain, and England. Also, to combat this negative effect on the elderly, nurses need to be cooperative and be more professionals. Nurses equally need to be empathic and show love to the elderly. Also, they need to have educated and educational programs delivered to nurses. With these, nurses are providing with the key learnings about healthcare guidelines and practices to perform well.

7.2 General ethical considerations

To conduct ethical and trustworthy research, it needs to observe three critical principles: respect for persons, beneficence, and justice. This research is conducting following lab thesis report guidelines and instructions from the thesis supervisor. The writing process of the report respects the principle of responsibility as explained by fundamental ethical principles relevant to the conduct of research. To be ensured the accessibility of the data, the sources should be carefully documented. (LoBiondo-Wood & Haber 2021, 318 – 319.)

Especially when working with older people, ethics are known as one of the most critical issues to consider. Each older person has the right to make personal decisions to receive highly preferred healthcare supports and services. The nurses must support the older people in acknowledging the healthcare services and determining whether they should select specific healthcare options to enhance life quality. Nevertheless, there are still many notable external factors influencing older people's decisional capacity. To be specific, in many cases, whenever older people are in inpatient settings or confront several many mental disorders, their decisional capacity is relatively low. Thus, many wrong and harmful decisions can be made and lead to unfavorable scenarios. From an ethical perspective, the nurses should play a vital role in delivering sufficient information and making careful assessments for the older people's decision-making capacity towards assisting them to make good decisions for specific health solutions. (Tampi et al. 2018.)

Then, the roles of family members and guardians are still highly essential for supporting old members when they get significant illnesses, but high involvements may affect their decisional capacity. When the interests of older people are opposed to family members' expectations, tensions may escalate. From an ethical point of view, nursing roles are vital to assist both guardians and old members to understand the needs, expectations, and requirements towards agitation avoidance and joint harmonious commitments. (Menon et al. 2020.)

7.3 Validity and reliability

Validity is the ability for a researcher to positively prove the research topic's focus or question (LoBiondo-Wood & Haber 2021, 368). The research conducted in this study maintained validity by collecting information from sources of scientific origin, up-to-date information (ten years), and sources that specifically answered the research questions.

The collection, analysis, and summary of the collected primary data and information from a wide range of credible publication sources from prestigious publishers, validity can be ensured in the study to provide a clear view of ageism seriousness and the key learnings for the nurses to deliver better and more responsible treatments to the elderly patients. (LoBiondo-Wood & Haber 2021, 368.)

Reliability has to do with the extent to which results are consistent, accurately. precision, stability, equivalence, and homogeneity. (LoBiondo-Wood & Haber 2021, 373) The research

authors applied a qualitative content analysis technique to provide the same result if the research has carried out the second time.

The qualitative research method mainly collects, consolidates, and analyses the secondary data from trustworthy and credible academic publications, particularly on PubMed and Ebsco. It means that these kinds of data and information are high-quality and valid, and obviously, the study is reliable. Nonetheless, they are not relatively consistent since their contents are valid in a certain period and cannot accurately reflect the situations, experiences, outcomes, and purposes. Therefore, the reliability of the study is profoundly weak. The authors considered the need for professional data collection, analyzing process, and the importance of correct interpretation of collected data for accurate reporting. Keywords derived from the research topic were used in the research.

When applying the qualitative research method to the study, especially when using interviews to collect the data and information, it is essential to transcribe accurately to papers or scripts to achieve the most incredible reliability. Reliability measurements are pretty complicated when applying a quantitative research method as the outcomes can be accurately repeated easily. (Columbia University Mailman School of Public Health 2019.) In addition, to get the most outstanding results for reliability towards the most feasible error minimization, it is necessary to save and record the whole process of data collection, conversion from one type to another type, and summary in a comprehensive manner.

7.4 Suggestions for further studies

In this study, there are various key findings demonstrated to deliver many viewpoints of ageism and its impacts on elderly patients, particularly their mental health. In the near future, this study can be seen as the key cornerstone for further researches in the same area segment. In other words, ageism topics can be further developed to analyze the notable effects of ageism on various generation objects and how ageism can cause many dangerous illnesses, for instance, cardiovascular disorders, pulmonary diseases, or neurological illnesses. In addition, this study also underscores the important roles of the elderly patients and the following studies can be conducted to demonstrate how effectively those old people can contribute and bring values to society.

References

Ayalon, L. & Tesch-Römer, C. 2017. Taking a closer look at ageism: Self-and other-directed ageist attitudes and discrimination. Retrieved on July 2, 2021. Available at <https://doi.org/10.1007/s10433-016-0409-9>

American Psychological Association. 2012. Aging and depression. Retrieved on 23 April 2021. Available at <https://www.apa.org/topics/aging-depression>

Bayer, A. 2020. Global reach of ageism on older persons' health: A systematic review. Retrieved on 18 March 2021. Available at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6961830/>

Burnes, D., Sheppard, C., Henderson, R. C. Jr., Wassel, M., Cope, R., Barber, C. & Pillemer, K. 2019. Interventions to Reduce Ageism Against Older Adults. Retrieved on March 4, 2021. Available at <https://doi.org/10.2105/ajph.2019.305123>

Blythe, J. & White, J. 2012. Role of the mental health nurse towards physical health care in serious mental illness: An integrative review of 10 years of UK literature. *The United States: PubMed* 21 (3), pp. 193-201. Retrieved on July 26, 2021. Available at <https://doi.org/10.1111/j.1447-0349.2011.00792.x>

Burnes, D., Sheppard, C., Henderson, R. C. Jr., Wassel, M., Cope, R., Barber, C. & Pillemer, K. 2019. Interventions to Reduce Ageism Against Older Adults: A Systematic Review and Meta-Analysis. *EPUB* 109 (8), pp. e8 - e9. Retrieved on 20 July, 2021. Available at <https://doi.org/10.2105/AJPH.2019.305123>

Busetto, L., Wick, W. & Gumbinger, C. 2020. How to use and assess qualitative research methods. *Neurological Research and Practice* 2 (14). Retrieved on 19 July 2021. Available at <https://doi.org/10.1186/s42466-020-00059-z>

Chang, S. E., Kanno, S., Levy, R. B., Wang, Y. S., Lee, E. J. & Levy, S. 2020. Global reach of ageism on older persons' health: A systematic review. *Plos One* 15 (1). Retrieved on July 5, 2021. Available at <https://doi.org/10.1371/journal.pone.0220857>

Columbia University Mailman School of Public Health. 2019. Content Analysis. Retrieved on 5 April 2021. Available at <https://www.publichealth.columbia.edu/research/population-health-methods/content->

analysis#:~:text=Content%20analysis%20is%20a%20research,words%2C%20themes%2C%20or%20concepts

Donizzetti, R. A. 2019. Ageism in an Aging Society: The Role of Knowledge, Anxiety about Aging, and Stereotypes in Young People and Adults. Retrieved on 18 March, 2021. Available at <https://doi.org/10.3390/ijerph16081329>

Evans, S. C. 2018. Chapter 16 Ageism and Dementia. In Ayalon, L. & Tesch-Römer, C. (Eds.) 2018. *Contemporary Perspectives on Ageism*. Basingstoke, the United Kingdom: Springer Nature, pp. 264-268.

Flatt, T., Rose, M. R., Graves, J. L., Greer, L. F., Martínez, D. E., Matos, M., Mueller, L. D., Shmookler Reis, R. J. & Shahrestani, P. 2012. A new definition of aging?. Retrieved on 26 July 2021. Available at <https://www.frontiersin.org/articles/10.3389/fgene.2012.00148/full>

Fullen, M. C. 2018. Ageism and the Counseling Profession: Causes, Consequences, and Methods for Counteraction. *The Professional Counselor* 8 (2), pp. 104-114. Retrieved on 26 July 2021. Available at <https://doi.org/10.15241/mcf.8.2.104>

Gholamzadeh, S., Khastavaneh, M., Khademian, Z & Ghadakpour, S. 2018. The effects of empathy skills training on nursing students' empathy and attitudes toward elderly people. Retrieved on 1 April , 2021. Available at <https://doi.org/10.1186/s12909-018-1297-9>

Gandhi, S., Poreddi, V., Govindan, R., Jothimani, G., Anjanappa, S., Sadhu, M., Narayanasamy, P., Manjunath, N., Naveenkumar, C. & Badamath, S. 2019. Knowledge and perceptions of Indian primary care nurses towards mental illness. *Invest Educ Enferm* 37 (1), p. e06. Retrieved on July 2021. Available at <https://doi.org/10.17533/udea.iee.v37n1a06>

Galderisi, S., Heinz, A., Kastrup, M., Beezhold, J. & Sartorius, N. 2015. Toward a new definition of mental health. *World Psychiatry* 14 (3), pp. 231-233. Retrieved on 27 July 2021. Available at <https://doi.org/10.1002/wps.20231>

Harris, K., Krygsman, S., Waschenko, J. & Rudman, D. L. 2018. Ageism and the Older Worker: A Scoping Review. *Oxford, the United Kingdom: The Gerontologist* 58 (2), pp. e1-e14. Retrieved on 10 July 2021. Available at <https://doi.org/10.1093/geront/gnw194>

Keenan, B., Jenkins, C., Harries, M., Fawcett, K., Magill, L., Atkins, S. & Miller, J. 2011. Promoting mental health in older people admitted to hospitals. *Nursing Standard* ,Vol 25(20), p.46. Retrieved on 10 May 2021. Available at <https://doi.org/10.7748/ns2011.01.25.20.46.c8276>

Lyons, A., Alba, B., Heywood, W., Fileborn, B., Minichiello, V., Barrett, C., Hinchliff, S., Malta, S. & Dow, B. 2017. Experiences of ageism and the mental health of older adults. Retrieved on 1 July, 2021. Available at <https://doi.org/10.1080/13607863.2017.1364347>

LoBiondo-Wood, G. & Haber, J., 2021. *Nursing Research E-Book: Methods and Critical Appraisal for Evidence-Based Practice*. Retrieved on 18 May, 2021. Available at LUT Academic Library.

Levy, S. R. & Macdonald, J. L. 2016. Progress on understanding ageism. *Journal of Social Issues* 72 (1), pp. 5-25. Retrieved on 5 July 2021. Retrieved on 5 July 2021. Available at <https://doi.org/10.1111/josi.12153>

Menon, S., Entwistle, V. A., Campbell, A. V. & van Delden, J. J. M. 2020. Some Unresolved Ethical Challenges in Healthcare Decision-Making: Navigating Family Involvement. Retrieved on 8 July 2021. Available at <https://doi.org/10.1007/s41649-020-00111-9>

HelpAge International. 2021. New Global Report puts timely spotlight on Ageism. Retrieved on July 22, 2021. Available at <https://www.helpage.org/newsroom/latest-news/new-global-report-puts-timely-spotlight-on-ageism/>

Officer, A. & de la Fuente-Núñez, V. 2018. A global campaign to combat ageism. Retrieved on 21 May, 2021. Available at <https://doi.org/10.2471/BLT.17.202424>

Polit, D. F. & Beck, C. T. 2020. *Nursing Research. Generating and Assessing Evidence for Nursing Practice*, 11th edition. The United States: Wolters Kluwer Health, pp. 82-534. Retrieved on 5 August, 2021. Available at Lut academy library.

Royal Literary Fund. 2021. What is a literature review?. Retrieved on 10 April, 2021. Available at <https://www.rlf.org.uk/resources/what-is-a-literature-review/>

Thomas, R. D. 2003. *A General Inductive Approach for Qualitative Data Analysis*. Retrieved on 13 September, 2021. Available at https://www.researchgate.net/publication/228620846_A_General_Inductive_Approach_for_Qualitative_Data_Analysis

Tampi, R. R., Young, J., Balachandran, S., Dasarathy, D. & Tampi, D. 2018. Ethical, Legal and Forensic Issues in Geriatric Psychiatry. Springer Nature. Retrieved on 14 July 2021. Available at <https://doi.org/10.1007/s11920-018-0865-3>

Wu, F., Drevenhorn, E. & Carlsson, G. 2020. Nurses' Experiences of Promoting Healthy Aging in the Municipality: A Qualitative Study. Basel, Switzerland: Healthcare 8, pp. 4-6. Retrieved on 11 July, 2021. Available at <https://doi.org/10.3390/healthcare8020131>

World Health Organization. 2021. Ageism is a global challenge: UN. Ageism leads to poorer health, social isolation, earlier deaths and cost economies billions: report calls for swift action to implement effective anti-ageism strategies. Retrieved on 3 April, 2021. Available at <https://www.who.int/news/item/18-03-2021-ageism-is-a-global-challenge-un>

Wyman, M. F., Shiovitz-Ezra, S. & Bengel, J. 2018. Ageism in the health care system: Providers, patients, and systems. In Contemporary perspectives on ageism (pp. 193-212). Springer, Cham.

Appendices

Appendix 1: Table of chosen literature

Authors	Titles	Year	Source	Key findings
Anna Rosa Donizetti	Ageism in an Aging Society: The Role of Knowledge, Anxiety about Aging, and Stereotypes in Young People and Adults.	2019	EBSCO: CINAHL	This article indicates the effects of negative stereotypes about aging on old people and these can cause various harmful damages to mental health. Additionally, negative stereotypes are also believed to prevent elderly people from successful working performances at a workplace.
Bernie Keenan, Catharine Jenkins, Louise Denner, Margaret Harries, Kay Fawcett, Sue Atkins, Juliet Miller	Promoting mental health in older people admitted to hospitals.	2011	PubMed	This article underscores the importance of nursing roles when supporting elderly people with serious mental disorders, for instance, dementia or depression. To be precise, it is mentioned in the article that nurses should make careful observation of elderly people's mental conditions and devise an on-time and comprehensive care plan when the old ones have certain problems. Additionally, the nurses should also pay high attention to the old group's personal features, characteristics, and demands when taking care of them. Good collaboration between nurses and family members is also highly encouraged.
Ehud Bodner, Yuval Palgi, and Mary F. Wyman	Contemporary Perspectives on Ageism	2018	EBSCO: Academic	Chapter 15 of this book explains several reasons why psychiatric professionals possess negative attitudes and behaviors against the old group. Additionally, this

	Chapter 15: Ageism in Mental Health Assessment and Treatment of Older Adults.		Search Elite	chapter also indicates specific cases of unfair healthcare options delivered to elderly people based on empirical findings. In order words, compared to young generations, elderly people are not offered with similar high-quality healthcare services.
E-Shien Chang, Sneha Kannoth, Samantha Levy, Shi-Yi Wang, John E. Lee, Becca R. Levy	Global reach of ageism on older persons' health: A systematic review.	2020	EBSCO: Academic Search Elite	This article indicates that mental conditions are significantly impacted by ageism. Obviously, ageism is known as the main reason to cause depression and increase the depression level of the old group.
Fan Wu, Eva Drevenhorn, and Gunilla Carlsson	Nurses' Experiences of Promoting Healthy Aging in the Municipality: A Qualitative Study.	2020	PubMed	This article indicates several notable methods that nurses can utilize to deliver comprehensive healthcare to the old group. For nurses, it is vital to possess adequate nursing knowledge and techniques and keep them up to date. Then, nurses should be able to deliver patient-centric and comprehensive healthcare treatment options to elderly people with psychiatric problems. Subsequently, it is necessary for nurses to offset family member interventions when the old people make decisions for treatment selections. Great teamwork and leadership are also important for nurses to take into considerations. Importantly, as a nurse, each person should be open-

				minded, caring, thoughtful, and decisive to confront various serious psychiatric cases.
Julie Ober Allen	Ageism as a Risk Factor for Chronic Disease.	2015	EBSCO: Academic Search Elite	This article demonstrates that ageism effects can cause quite many mental health problems for the old group because exposure to discriminated cases on a long-term basis can lead to various stress-related matters and mental damages, for instance, loss of memory or confidence. Overall, ageism is known as the main reason to endanger human longevity.
Kelly Harris, Sarah Krygsman, Jessica Waschenko, Debbie Laliberte Rudman	Ageism and the Older Worker: A Scoping Review.	2018	EBSCO: CINAHL	This article indicates that discriminated behaviors are known as the main reasons to influence the old group's working life. Due to these negative actions, the elderly workers quite hesitate to be active in a working atmosphere and tend to make many more resignation and retirement decisions.
Mary F. Wyman, Sharon Shiovitz-Ezra, Jürgen Bengel.	Contemporary Perspectives on Ageism Chapter 13: Ageism in the Health Care System: Providers, Patients, and Systems.	2018	EBSCO: Academic Search Elite	Chapter 13 of this book mentions briefly that ageism leads to various negative stereotypes in a healthcare environment. Due to these, psychiatric clinicians possess disrespectful and undedicated attitudes and behaviors against the old group. Therefore, it is quite difficult for old people to be offered with comprehensive healthcare systems.
Matthew Fullen	Ageism and the Counseling Profession: Causes, Consequences,	2018	EBSCO: CINAHL	In this article, ageism is known to cause many negative stereotypes, which are relatively harmful. These can be

	and Methods for Counteraction.			widespread via many means of media and bring quite many bad images of the old group to society and community.
Sakineh Gholamzadeh, Maryam Khastavaneh, Zahra Khademian, Soraya Ghadakpour	The effects of empathy skills training on nursing students' empathy and attitudes toward elderly people.	2018	PubMed	This article demonstrates the key knowledge, techniques, and know-how that nurses should possess and learn to obtain to prevent ageism effects.
Simon Chester Evans	Contemporary Perspectives on Ageism Chapter 16: Ageism and Dementia	2018	EBSCO: Academic Search Elite	Chapter 16 of this book demonstrates several cases that the old people with dementia cannot be delivered with several specific curative solutions and one of the biggest reasons stems from some negative prejudices against the old group's health conditions.
Sheri R. Levy, Jamie L. Macdonald	Progress on understanding ageism	2016	EBSCO: Academic Search Elite	This article provides the key learnings and understanding of ageism in many different perspectives. Based on these, there are many sides of ageism demonstrated to get insight into both positive and negative aspects of ageism.