

hoarding behaviour from becoming severe found that family-based interventions (harm reduction approach), education programs for collaborators, and group reminiscence therapy for elderly individuals with dementia are effective. It was also suggested that cooperation and hoarding education among non-medical providers are important.

**Conclusions:**

Community nurses' roles in treating hoarding should be based on support and health education through cooperative relationships with families, neighbours, and establishment of related organisations.

**Key messages:**

- In the COVID-19 pandemic and aftermath, it is important to learn various practical activities for mental health.
- Community nurses may be able to help prevent hoarding behaviour to reduce psychological stress among hoarders, their families, and neighbours, thus prevent further hoarding deterioration.

## **Community nurses' roles in hoarding prevention and management: literature review**

Yasuko Aso

Y Aso<sup>1</sup>

<sup>1</sup>Health Promotion, National Institute of Public Health, Saitama, Japan  
Contact: aso.y.aa@niph.go.jp

**Background:**

COVID-19's high infectivity and fatality rates have generated a plethora of mental health problems worldwide. Hoarders accumulate products such as masks and daily necessities due to anxiety and restrictions on going out, which further exacerbate their symptoms. Since community nurses often visit patients' homes, they can identify hoarding symptoms in the early stages and provide support. Community nurses' knowledge pertaining to the prevention and management of hoarding can provide insight for mental health professionals.

**Methods:**

The terms 'hoarding', 'prevention', and 'public health nurse/community nurse/home nurse' were searched on PubMed, ProQuest, Science Direct, CINAHL, Medline Complete, and six Japanese databases (Ichushi Web, NDOnline, CiNii, J-stage, J-DreamIII, Saishin-kango-sakuin web) in April 2021.

**Results:**

I selected 13 articles on community nurses' roles from the abstracts of 302 academic articles identified by the search results. The articles were categorised based on research objectives, research methods, and community nurses' roles. It was suggested that prevention requires supporting mothers, who are at risk for hoarding. Research on measures to prevent