

**Mental Health Nursing
Class Preparation
Antidepressant Therapy**

Directions: Please fill in the blanks and answer the questions in the spaces provided.

1. What is the mechanism by which antidepressant medications achieve their desired effect (regardless of the different physiological processes by which this action is accomplished)?

**-SSRI Selectively blocks the reuptake serotonin.
-Tricyclic Increase norepinephrine and serotonin
-SNRI Blocks the reuptake of serotonin and norepinephrine
-MAOIs prevent breakdown of norepinephrine, serotonin, dopamine**

2. For what must a nurse be on the alert with a client who is receiving antidepressant medication?

-Close observation for worsening depression or suicidal thoughts.

3. When should a nurse expect a client to begin showing signs of symptomatic relief after the initiation of antidepressant therapy?

-Depending upon medication they can anticipate relief from 1-4 weeks (initially 10-14 days followed by full affect in 4-8 weeks)

4. Give an example of a tricyclic antidepressant:

**-Amitriptyline (Elavil)
-Nortriptyline
-Doxepin**

Give an example of an MAOI:

**-Phenelzine (Nardil)
-Tranlycypromine (Parnate)
-Selegiline (EMSAM)**

Give an example of an SSRI:

**-Fluoxetine (Prozac)
-Paroxetine (Paxil)
-Sertraline (Zoloft)**

5. Describe some common side effects and nursing implications for tricyclic antidepressants.

-common side effects could include Produce anticholinergic effects, orthostatic hypotension, sedation, and weight gain. Interventions could include don't abruptly move positions when getting up, don't operate machinery, and educate on healthy eating habits.

6. **A Hypertensive Crisis** is the most potentially life-threatening adverse effect of MAOIs. Symptoms for which the nurse must be on the alert include:

- **Toxic side effects including irritability, anxiety, flushing, sweating, fever, seizures, coma, and death.**

7. What must be done to prevent these symptoms from occurring?

-**Avoid foods with tyramine, treat the symptoms, discontinue the medication, and after 2 weeks you can take other drugs.**