

**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)?

When using an antidepressant medication the desired effect is to inhibit and block reuptake of norepinephrine, dopamine, and serotonin

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

Suicidal ideations, seizures, sexual dysfunction, and some antidepressants can cause hypotension, abnormal HR, dysrhythmias, CNS depression symptoms, serotonin syndrome, increased confusion, increased energy level

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

Clients should begin showing signs of symptomatic relief by 2 weeks of starting the medication however, most antidepressants can take 4-8 weeks to reach full therapeutic effect.

4. Give an example of a tricyclic antidepressant: Amitriptyline, Nortriptyline

Give an example of an MAOI: Marplan (isocarboxazid) Nardil (phenelzine)

Give an example of an SSRI: Fluoxetine, Sertraline, Citalopram

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

Common side effects include anticholinergic effects (dry mouth, urinary retention, blurred vision, constipation, tachycardia), orthostatic hypotension, sedation, weight gain

6. Hypertensive crisis is the most potentially life-threatening adverse effect of MAOIs. Symptoms for which the nurse must be on the alert include: Initially, Irritability, anxiety, flushing, sweating, fever, followed by high fever, seizures, coma, death

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

To prevent these symptoms from occurring include restrict intake of tyramine such as beer, aged cheeses, and avocados