

**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)?

_____ It increases level of concentration of serotonin or norepinephrine _____

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

_____ The nurse should be alert for suicidal behavior or worsening depression. _____

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

_____ When the mood is elevated and usually will take 2-4 weeks to see improvement _____

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

Give an example of an MAOI: _____ Phenzelzine _____

Give an example of an SSRI: _____ fluxetine/paroxetine _____

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

Side effects include some anticholinergic effects, orthostatic hypotension, sedation, and weight gain. Nursing implications include monitor for cardiac dysrhythmia, seizures, and blood pressure.

6. _____ Hypertensive Crisis _____ is the most potentially life-threatening adverse effect of MAOIs. Symptoms for which the nurse must be on the alert include: _____ irritability, anxiety, flushing, sweating, fever, seizures coma, _____

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

_____ Prevent eating tyramine foods (fermented food, aged food, some beverages, beer avocado, and lime. _____