

**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)?

Treat depression by enhancing mood, enhance neurotransmitters like serotonin and norepinephrine.

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

Suicidal Ideation

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

Initial improvement 10-14 days full effect could take 4-8 weeks.

4. Give an example of a tricyclic antidepressant: Amitriptyline

Give an example of an MAOI: Isocarboxazid

Give an example of an SSRI: Fluoxetine

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

Anticholinergic side effects: dysuria, blurred vision, constipated, dry mouth

Orthostatic hypotension, weight gain, sedation

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

- Initial: Irritable, anxiety, flushing, sweating, fever

-Followed by: High fever, seizure, coma, death

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

Restrict ingestion of tyramine: smoked meat, fish, aged cheese, wine.