

**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)?

Alters the balance of neurotransmitters

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

Suicidal thoughts or ideations, adverse drug reactions and side effects.

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

2-4 weeks

4. Give an example of a tricyclic antidepressant: Amitriptyline

Give an example of an MAOI: Phenelzine

Give an example of an SSRI: Fluoxetine

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

drowsiness, dry mouth, blurred vision, constipation, urinary retention, orthostatic hypotension, weight gain. Monitor for these side effects, especially orthostatic hypotension. Educate on sedation, and activities that require alertness, monitor fluid intake and output, encourage fiber to prevent constipation.

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

Headache, elevated pulse and blood pressure, nausea, vomiting, diaphoresis, chest pain, decreased urine output, change in level of consciousness

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

Low Tyramine diet