

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)?

They mainly increase serotonin to produce an antidepressant effect.

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

The nurse must be on the alert for an increased risk of suicide

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

Expect symptomatic relief in around 2 weeks

4. Give an example of a tricyclic antidepressant: Amitriptylene (Elavil)

Give an example of an MAOI: Phenelzine (Nardil)

Give an example of an SSRI: Fluoxetine (Prozac)

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

Anticholinergic effects, orthostatic hypotension, sedation, and weight gain. Nursing implications include educating about overdose lethality, contraindication to pregnancy, do not mix with MAOI, benzodiazepines, or oral contraception

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

Anxiety, sweating, fever, seizures, and severe hypertension.

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

Avoid pseudoephedrine and foods with tyramine such as aged cheese, cured, smoked, processed meats, pickled/fermented foods, soybeans, snow peas, fava beans, dried fruits, overripe bananas/avocados, and alcoholic beverages (beer).