

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)?

____Antidepressants achieve their desired effect by increasing the levels of neurotransmitters like serotonin and norepinephrine, by inhibiting their reuptake at the presynaptic neuron.

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

____A nurse should be on alert for suicidal ideation while on antidepressant therapy. _____

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

_____Initial improvement should be seen within 10-14 days of starting antidepressant therapy.

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.

____The common side effects of tricyclic antidepressants are anticholinergic effects, orthostatic hypotension, sedation, wt gain. Nursing implications include

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, and fever. _____

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

_____Patients must restrict their intake of tyramine such as aged cheese, processed meats, fermented/pickled foods, and beer. _____