

**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)?

_____ To increase serotonin and norepinephrine lvls allowing for more neurotransmitters at the synapse and increasing the receptors available.

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

_____ Any suicidal thoughts/behavior _____

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

_____ Initial improvement in 10-14 days and full effect may take 4-8wks _____

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.

__ Side Effects: anticholinergic s/s such as blurry vision, constipation, tachycardia, dry mouth, and urinary retention. Can also cause orthostatic hypotension, weight gain and sedation.

To monitor cardiac status and to start low on dose and increase gradually, encourage to go for walks and drink frequent water. _____

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

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

_____ Must restrict their intake of Tyramine to prevent so to avoid aged cheese, processed meats, pickled foods, alcohol (beer). And take VS. _____