

**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 improving mood

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?

1-2 weeks

4. Give an example of a tricyclic antidepressant: Amitriptyline

Give an example of an MAOI: Phenelzine

Give an example of an SSRI: Sertraline

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

Side effects: Orthostatic hypertension, anticholinergic effects

Nursing implications: Increase fluid intake, change positions slowly, dangling at the side of the bed before standing

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, flushing, irritability, and fever

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

Avoid foods with tyramine