

**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 increase the availability of neurotransmitters such as serotonin, norepinephrine and dopamine in the brain which enhances mood regulation and relieving depressive symptoms.

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

Risk of suicide in early stages due to an increase in energy levels

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

A client should begin showing signs of symptomatic relief about 2-4 weeks after initiation.

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.

Anticholinergic effects such as blurry vision, dry mouth, urinary retention, constipation, dehydration weight gain, and orthostatic hypotension.

Nurses should encourage fluids, monitor for falls, candy for dry mouth, and high-fiber diet

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

Palpitations, chest pain, nausea/vomiting, severe HA

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

Educate on medication and dietary restrictions. The patient should avoid food containing tyramine such as aged cheese, wine, cured meats. Patients should also avoid concurrent use with pseudoephedrine.