

**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 increase neurotransmitters in the brain which help regulate mood and reduce symptoms.  
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2. For what must a nurse be on the alert with a client who is receiving antidepressant medication?

\_\_\_\_ Suicidal ideation, side effect, medication adherence, serotonin syndrome. \_\_\_\_\_

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

\_ Usually, 2-4 weeks but in some cases it could be 6-8 weeks. \_\_\_

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.

\_\_\_\_ Sedation, dry mouth, blurred vision, constipation, urinary retention, orthostatic hypotension, weight gain, cardiac arrhythmias. \_\_\_\_\_

6. \_\_\_\_\_ Hypertensive crisis \_\_\_\_\_ is the most potentially life-threatening adverse effect of MAOIs. Symptoms for which the nurse must be on the alert include: \_\_ Severe occipital headache, palpitations, nausea/vomiting, chest pain, sweating, fever, hypertension, stiff neck. \_\_

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

\_\_\_\_ Avoid foods high in tyramine!!!! \_\_\_\_\_