

Learning Activity 4.1. Caitlyn Silas

Psychotropic Medication Quiz

1. What is the mechanism of action by which antidepressant medications achieve the desired effect (regardless of the different physiological processes by which this action is accomplished)?
[Inhibits or blocks norepinephrine, dopamine, and/or serotonin.](#)
2. For what must the nurse be on the alert with the client who is receiving antidepressant medication?
[The nurse needs to be on the alert for seizures.](#)
3. As the nurse, when would you expect the client to begin showing signs of symptomatic relief after the initiation of antidepressant therapy? [Up to 2 weeks to begin showing relief, and up to 4 weeks for full therapeutic benefits](#)
4. Name an example of a tricyclic antidepressant [Clomipramine \(Anafranil\)](#) ____.
Name an example of an MAOI [Isoniazid](#) ____.
Name an example of an SSRI [Escitalopram \(Lexapro\)](#) _____.
5. Describe some common side effects and nursing implications for tricyclic antidepressants.
[Side Effects: Blurred vision, orthostatic hypotension, tachycardia, arrhythmias](#)
[Implications: Change positions slowly, monitor BP and VS, usually improves in 3 weeks](#)
6. [Hypertensive Crisis](#) ____ is the most potentially life-threatening adverse effect of MAOIs. Symptoms for which the nurse and client must be on the alert include: [tachycardia, increased BP, headache, and nausea](#) _____. What must be done to prevent these symptoms from occurring? (Your answer must include some examples.) [Avoid foods high in tyramine such as Gouda cheese, yogurt, avocados, coffee, colas, and chocolate.](#)

7. Lithium carbonate is commonly prescribed for bipolar mania. Many times when these individuals are started on lithium therapy, the physician also orders an antipsychotic medication. Why might he or she do so? To help stabilize mood and decrease anxiety.

8. There is a narrow margin between the therapeutic and toxic serum levels of lithium carbonate. What is the therapeutic range? List the initial signs and symptoms of lithium toxicity.

Therapeutic range is 0.6-1.2 mEq ; Nausea, anorexia, diarrhea, muscle weakness, drowsiness, ataxia, tremors, delirium, seizures, cardiovascular collapse, death.

9. Describe some nursing implications for the client on lithium therapy.

Maintain fluid intake at 2,000-3,000 mL/day, avoid activities that cause excessive sweating, regular monitoring of lithium levels.

10. What is the mechanism of action for anxiolytics (with the exception of buspirone)?

Enhance inhibitory effects of GABA in the CNS.

11. What is the most commonly used group of anxiolytics? Give two examples.

Benzodiazepines ; clonazepam (Klonopin) & diazepam (Valium)

12. What are the most common side effects of anxiolytics?

Sedation, ataxia, decreased cognitive function

13. What must the client on long-term anxiolytic therapy be instructed in order to prevent a potentially life-threatening situation? Never stop abruptly

14. What is thought to be the mechanism of action that produces the desired effect with antipsychotic medications? Typical antipsychotics work by blocking postsynaptic dopamine receptors and atypical are a weaker dopamine receptor antagonist and also exhibit antagonism for cholinergic, histaminic, and adrenergic receptors.

15. Phenothiazines are an example of a “typical” antipsychotic group. Give two examples of phenothiazines and two examples of the newer “atypical” antipsychotics.

Phenothiazines: haloperidol, pimozide ; Atypical: Aripiprazole & asenapine

16. Describe potential adverse hormonal effects associated with antipsychotic therapy.

Male: decreased libido, retrograde ejaculation, gynecomastia

Female: Amenorrhea, galactorrhea

17. Agranulocytosis is a potentially very serious side effect of antipsychotic therapy. The nurse and client should be on the alert for symptoms of __Sore throat____, __fever__, and __malaise__.

18. Neuroleptic malignant syndrome (NMS) is a rare but potentially fatal side effect of antipsychotic drugs. List symptoms for which the nurse must be on the alert when assessing for NMS.

Fever, muscle rigidity, diaphoresis, and tachycardia.

19. Describe the symptoms of extrapyramidal side effects associated with antipsychotic therapy.

Akathisia, akinesia, dystonia, oculogyric crisis, pseudoparkinsonism, tardive dyskinesia.

20. What is the classification of medication that is commonly prescribed for drug-induced extrapyramidal reactions? Give two examples of these medications. Anticholinergics; benztropine and diphenhydramine

21. Describe a potentially life-threatening situation that could occur in the client who abruptly withdraws from long-term use of CNS stimulants. If a patient abruptly withdraws it could produce life threatening withdrawal syndrome, signs to watch out for are drowsiness, confusion, and lethargy.

This part is optional but encouraged!!

Homework Assignment Questions and Answers

Please read the chapter and answer the following questions:

1. Identify three priority safety concerns for each class of psychotropic medications.

Antianxiety Agents

Antipsychotics (novel)

Antipsychotics (phenothiazines and haloperidol)

MAO Inhibitors

SSNRIs

SSRIs

Tricyclic antidepressants

2. Differentiate primary actions and side effects for traditional versus atypical antipsychotics.

3. Differentiate primary actions and side effects for tricyclic versus SSRI antidepressants.