

Learning Activity 4.1.

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)?

Blocking norepinephrine, dopamine and serotonin

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

The nurse must be 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?

10 days for signs to relief to start to show, for full effect 4-8 weeks

4. Name an example of a tricyclic antidepressant __Amitriptyline

Name an example of an MAOI__ Selegiline

Name an example of an SSRI_ trazodone

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

Dry mouth, urinary retention, constipation

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, hypertension and headaches. What must be done to prevent these symptoms from occurring? (Your answer must include some examples.) Avoid

tyramine foods: aged cheese and meats, beer, wine

7. Lithium carbonate is commonly prescribed for Bipolar disorders. Many times when these individuals are started on lithium therapy, the physician also orders an antipsychotic medication. Why might he or she do so? The doctor might do this for mood stabilization and to decrease agitation

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.

0.6-1.2 mEq/L . Lithium toxicity is anything above 1.5, symptoms can be agitation, tremors, delirium and nausea and vomiting

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

Education patient about telling their HCP about any medication they are taking (OTC, herbal and caffeine use). Have lithium levels checked. Maintain fluids of 2,000-3,000ml

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

Anxiolytics depress subcortical levels of the CNS, also part of the limbic system and reticular formation.

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

Benzodiazepines and buspirone

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

Mild sedation, confusion, dizziness, dependence with long term use

13. What must the client on long-term anxiolytic therapy be instructed in order to prevent a potentially life-threatening situation?

Have Narcan at all times, do not take medication with alcohol or narcotics, do not take when driving,

14. What is thought to be the mechanism of action that produces the desired effect with antipsychotic medications?

They work by blocking postsynaptic dopamine receptors within the brain.

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

Typical- haloperidol, pimozide

Atypical- aripiprazole, clozapine

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

Men can have decreased libido and gynecomastia. Female can have amenorrhea and 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 low WBC count (fever, malaise, sore throat)

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.

High fever decreased mental status, coma, abnormal blood pressure.

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

Dystonias (muscle spasms) tardive dyskinesias (involuntary movement of the lips and jaw, tremors)

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

Antiparkinsonian agents,

21. Describe a potentially life-threatening situation that could occur in the client who abruptly withdraws from long-term use of CNS stimulants.

Depression, suicidal ideation

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

- Dependence, confusion, mental impairment

Antipsychotics (novel)

- Extrapyramidal effects, lower seizure threshold, agranulocytosis

Antipsychotics (phenothiazines and haloperidol)

- hyperglycemia, anticholinergic effects (dry mouth, urine retention, constipation) sedation

MAO Inhibitors

- hypertensive crisis, sexual dysfunction and seizures

SSNRIs

- insomnia, xerostomia, constipation

SSRIs

- agitation, nausea, headache

Tricyclic antidepressants

- Sexual dysfunction, hypotension, sedation

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

Hyperglycemia, diabetes, weight gain

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

Anticholinergic effects, sexual dysfunction, weight gain