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)?

   -By blocking the reuptake of neurotransmitters, specifically serotonin and norepinephrin

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

   -Seizures

3. As the nurse, when would you expect the client to begin showing signs of symptomatic relief after the initiation of antidepressant therapy?

   - Several weeks, up to 2 weeks for improvement, and up to 4 weeks for desired effects.

4. Name an example of a tricyclic antidepressant. -amitriptyline

   Name an example of an MAOI. - phenelzine

   Name an example of an SSRI. - fluoxetine

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

   - Sexual dysfunction, sedation, weight gain, postural hypotension, tachycardia
   - Monitor for changes in BP, HR, weight or mood changes.

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: -Elevated BP, headache, increased HR. What must be done to prevent these symptoms from occurring? (Your answer must include some examples.)

- Avoid tyramine rich foods such as aged cheese, beer, wine, cured meats, pickled foods, fish.
- Avoid narcotic pain relivers such as morphine and other antihypertensives.

7. Lithium carbonate is commonly prescribed for – bipolar disorder. 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 decrease anxiety, improve mood, or promote sleep.

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
   - Nausea, anorexia, muscle weakness, twitching, tremors.

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

   -monitoring blood levels, monitor use of other medications including herbals, encourage to maintain fluid intake of 2-3 liters per day,

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

    -depress subcortical levels of the CNS, particularly the limbic system and reticular formation. Inhibit excitation in the brain.

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

    -Benzodiazepines : Diazepam, Alprazolam

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

    - Drowsiness, confusion, orthostatic hypotension

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

    - Don't stop taking abruptly.

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

    - Block dopamine, acth, histamine and norepinephrine receptors in 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.

    -Phenothiazines: Chlorpromazine, fluphenazine

    - Newer atypical: risperidone, clozapine

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

    - Breast enlargement, menstrual irregularity.

17. Agranulocytosis is a potentially very serious side effect of antipsychotic therapy. The nurse and client should be on the alert for symptoms of cough,fever, and 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, irregular heartbeat, tachycardia, altered mental status, high or low BP, muscle stiffness.

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

    - Involuntary movments

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

    - Anticholinergics: Benzotropine, Diphenydramine

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

    - Withdrawl
    -

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

- ***Orthostatic hypotension***
- ***Paradoxical excitement***
- ***drowsiness***

Antipsychotics (novel)

- ***Extrapyramidal symptoms***
- ***Tardive dyskinesia***
- ***Neurologic effects***

Antipsychotics (phenothiazines and haloperidol)

-Abnormal body movement
-drowsiness
- opposite effect

MAO Inhibitors

- ***Do not stop abruptly.***
- ***Avoid food high in tyramine***
- ***Neuroleptic malignant syndrome***

SSNRIs

Excessive sweating
Dry mouth
Constipation

SSRIs

Vision changes
Suicidal behavior
Increased agitation

Tricyclic antidepressants

-sedation
-photo sensitivity
-increased risk for suicide

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

- **Traditional-Blocks postsynaptic dopamine receptors in the basal ganglia, hypothalamus, limbic system, brain stem and medulla.**
- **Atypical- weaker dopamine receptor antagonist than conventional antipsychotics, but more potent.**

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

   -Tricyclic- reduces depression, relieves severe pain, prevents panic attacks,

   -ssri- Decreases depression, controls anxiety, and obsession