

## 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 of the bodies norepinephrine intake along with dopamine and serotonin**

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?

**10-14 days, up to 4-8 weeks**

4. Name an example of a tricyclic antidepressant \_\_\_\_\_ **Imipramine** \_\_\_\_\_.

Name an example of an MAOI \_\_\_\_\_ **Phenelzine** \_\_\_\_\_.

Name an example of an SSRI \_\_\_\_\_ **Sertraline** \_\_\_\_\_.

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

**Urine retention, constipation, tachycardia, hypotension**

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: \_\_\_\_\_ **headache, nausea,**

**tachycardia, hypertension** \_\_\_\_\_. What must be done to prevent these symptoms

from occurring? (Your answer must include some examples.) **Avoid foods high in tyramine (aged cheese, red wine, smoked fish).**

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? **To decrease anxiety, ensure sleep, and help keep a good mood**

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, blurred vision, N/V, Diarrhea**

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

**Adequate fluid intake, monitor plasma lithium levels, monitor sodium levels**

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

**CNS depression**

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

**Lorazepam and Diazepam**

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

**Sedation, hypotension, confusion**

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

**Do not stop abruptly**

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

**Blockers of dopamine D2 receptors can result in psychotic signs and symptoms**

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

**Typical- Chlorpromazine, Fluphenazine**

**Atypical- Risperidone, Clozapine**

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

**Breast enlargement, irregular periods**

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** \_\_\_\_\_, \_\_\_\_\_ **sore throat** \_\_\_\_\_, and \_\_\_\_\_ **fever** \_\_\_\_\_.

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.

**Alterations in BP, Dysrhythmias, LOC into coma**

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

**Extreme spasms of tongue, neck, face, and back**

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

**Anticholinergics- Atropine, Diphenhydramine**

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

**Delirium Tremens**

## 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***

*Agitation, may aggravate depression, causes drowsiness*

***Antipsychotics (novel)***

*Dry mouth, weight gain, constipation*

***Antipsychotics (phenothiazines and haloperidol)***

*Tachycardia, dizziness, sedation*

***MAO Inhibitors***

*Confusion, photosensitivity, flu symptoms*

***SSNRIs***

*Insomnia, nausea, tremors*

***SSRIs***

*Dizziness, nausea, lethargic*

***Tricyclic antidepressants***

**Sexual dysfunction, blurred vision, urinary retention**

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

**Traditional- strong d2 receptor blockade  
s/e- dizziness**

**Atypical-  
action- receptor antagonism of 5HT  
s/e- ejaculatory difficulty,**

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

**Tricyclic- Inhibit reuptake of serotonin (5HT), inhibit reuptake of norepinephrine (NE), block NE (alpha  
1) receptor, block ACh receptor**

**s/e- sedation, weight gain, dry mouth, constipation**

**SSRI- inhibit reuptake of serotonin**

**s/e- headache, nausea, agitation**