

Case Study: Bipolar Mania

Noreen, age 32, had always been described as “moody.” Depending on what was happening in her life at the time, she could be very sad and depressed or very lighthearted and happy. During her “down” times she would feel tired, experience loss of appetite, and sleep a lot. During her “happy” times, she would party a lot, be very outgoing, and have a remarkable amount of energy. Noreen did well in college and graduated at age 26 with an MBA. Since that time, she has been employed in the administration department of a large corporation, in which she has had several promotions. Two weeks ago, management was to make the announcement of who would be fulfilling the position of vice president of corporate affairs. Noreen and a male colleague, Ted, were vying for the position. It was a choice position that Noreen desperately wanted. She became very depressed when the announcement was made that Ted had been chosen. She stayed at home, in bed, and slept a lot for several days. On about the fourth day, she got up, feeling exhilarated, and decided to go shopping. She spent over \$1,000 on clothing. She then decided to have a party for several hundred people, ordered the catering, and planned all the details. Tonight, was the party. Noreen wore a new, very expensive dress, drank a lot of champagne, was very jovial and seductive, and bragged to everyone who would listen that she would soon be getting a new job and that the people at her old organization would be sorry they had failed to promote her. She left the party with a man she hardly knew. At 3 a.m., she was picked up by the police under the grandstand at the local baseball stadium, wearing only her underclothes and high-heeled shoes and carrying a half-filled bottle of champagne. She was alone and speaking very loudly and rapidly. The police brought her to the emergency department, where she was admitted to the psychiatric unit with a diagnosis of Manic Episode.

***List two priority problems for Noreen and 3-4 nursing interventions per problem for this patient's plan of care.**

Noreen is definitely exhibiting some behaviors that would be considered risky behavior/disturbed thought process and impaired social interaction/isolation. Some nursing interventions that would be suggested for Noreen might be to reinforce and focus on reality. Explain that she has had several promotions in her career to celebrate and there will be more in her future. Teaching Noreen to intervene using thought-stopping techniques when irrational thoughts prevail. Noreen should firmly tell herself to "Stop!" or clap to make a loud noise that might shift her thought process back to desired thinking. Being able to use consensual validation and seeking clarification when communication reflects alteration in thinking. This should the patient to understand how they are being perceived by others. Some nursing interventions for impaired social interaction would provide positive reinforcements for socially acceptable behaviors. Help the patient to recognize that they must accept the consequences of their behavior and refrain from attributing them to others. Help patient to identify positive aspects of herself and recognize her accomplishments.

Symptoms of Bipolar Disorders

Next to each of the behaviors listed below, write the letter that identifies the disorder in which the behavior is most prevalent.

- a. Cyclothymic disorder b. Bipolar I disorder c. Bipolar II disorder
- d. Manic episode e. Delirious mania

__E_ 1. Clouding of consciousness occurs.

__A_ 2. Characterized by mood swings between hypomania and mild depression.

__D_ 3. Paranoid and grandiose delusions are common.

__D_ 4. Excessive interest in sexual activity.

__D_ 5. Accelerated, pressured speech.

__E_ 6. Frenzied motor activity, characterized by agitated, purposeless movements.

__C_ 7. Recurrent bouts of major depression with episodes of hypomania.

__B_ 8. Recurrent bouts of mania with episodes of depression.

Please read the chapter and answer the following questions:

1. What is the most common medication that has been known to trigger manic episodes?

The most common medication that has been known to trigger manic episodes would be steroids.

2. What is the speech pattern of a person experiencing a manic episode?

The speech pattern of a person experiencing a manic episode is rapid, pressured speech with abrupt changes from subject to subject.

3. What is the difference between cyclothymic disorder and bipolar disorder?

The difference between cyclothymic disorder and bipolar disorder is cyclothymic disorder is a milder form of bipolar disorder with mood cycles of hypomania and depressed mood of insufficient severity or duration to meet bipolar disorder.

4. Why should a person on lithium therapy have blood levels drawn regularly?

A person on lithium therapy should have blood levels drawn regularly because there is a narrow margin between the therapeutic and toxic levels of lithium. Since lithium toxicity is a life-threatening condition, it is imperative/critical to regularly monitor lithium levels.

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

The therapeutic range for lithium carbonate is 1 to 1.5 mEq/L for an acute stage. For maintenance therapeutic levels of lithium carbonate it is 0.6 to 1.2 mEq/L.

The initial signs and symptoms of lithium toxicity are blurred vision, persistent nausea and vomiting, ataxia, severe diarrhea, and tinnitus.

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

Some nursing implications for the client on lithium therapy are monitoring client's intake and output, giving lithium carbonate with food to minimize GI upset, make sure that the client drinks 2,500 to 3,000 mL of fluid per day, make sure that the client gets plenty of sodium in his/her diet, have blood drawn to determine lithium level before administering the next dose of lithium, and educating client on monitoring their diet to prevent weight gain.