

## **Bipolar Activity**

### **Psychiatric Nursing 2025**

Chapter Objectives:

1. Identify predisposing factors in the development of bipolar disorder. (1, 2, 4)\*
2. Identify symptomatology associated with bipolar disorder. (1, 2)\*
3. Formulate priority problems and interventions for a patient with bipolar disorder. (1, 2, 3)\*
4. Describe appropriate interventions for a patient with bipolar disorder. (1, 2, 3, 4, 5)\*
5. Identify various types of bipolar disorders. (1, 2)\*

\*Course objectives

Directions:

Please complete the following activity and turn it into the appropriate dropbox on Edvance360. This assignment is due at 0800 on **Monday June 23<sup>rd</sup>**.

This assignment starts with a case study about Noreen. Please read the case study then classify each behavior that is mentioned on the following page. The final part of the assignment is to answer the seven questions on the last page.

This assignment is worth 1 hour of online content. In order to receive full credit for this assignment, it must be completed in its entirety by the due date/time assigned. Any assignment not completed in its entirety will result in missed theory time and must be made up.

### **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.

## 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.

\_\_B\_\_ 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?

Antidepressants have been known to trigger manic episodes

2. What is the speech pattern of a person experiencing a manic episode?  
-They are more talkative than normal or have pressure to keep talking. Flight of ideas or subjective experience that thoughts are racing

3. What is the difference between cyclothymic disorder and bipolar disorder?  
-Cyclothymic disorder is a chronic mood disturbance of at least 2 years duration, involving numerous periods of elevated mood (hypomanic symptoms) that do not meet the criteria for a hypomanic episode and numerous periods of depressed mood of insufficient severity or duration to meet the criteria for major depressive episodes. Bipolar disorder involves mood swings from profound depression to extreme euphoria (mania) with intervening periods of normalcy.

4. Why should a person on lithium therapy have blood levels drawn regularly?  
Its therapeutic range (0.6-1.2 mEq/L) can have toxic side effects and is potentially fatal if exceeded more than the recommended amount. You also have to make sure you maintain an adequate amount of sodium and drink 6 to 8 large glasses of water each day.

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 is 0.6-1.2mEq/L. The initial signs and symptoms of lithium toxicity are an increase in blood levels >0.8 with an increased risk for renal toxicity. Signs include vomiting and diarrhea >1.2. >1.5 nausea, vomiting, diarrhea, and CNS effects. Increasing disorientation can occur and possible coma and cardiovascular collapse

6. Describe some nursing implications for the client on lithium therapy.  
-Monitoring serum levels regularly, assessing for signs of toxicity, instructing patients to report all medication, herbals, and caffeine use to physician or NP to evaluate for drug interaction. Encourage fluid intake of 2,000-3,000 mL/day, blood levels should be drawn 12 hours after the last dose.

7. What are TWO priority problems for this patient? What are THREE nursing interventions for each of those priority problems?

|                                                                                                        |                                                                                                         |
|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| Priority Problem 1: Risk for lithium toxicity                                                          | Priority Problem 2: Risk for fluid volume deficit                                                       |
| Nursing intervention: <ul style="list-style-type: none"><li>• Monitor serum levels routinely</li></ul> | Nursing intervention: <ul style="list-style-type: none"><li>• Encourage 2,000,-3,000 mL daily</li></ul> |

|                                                                                                                                                                      |                                                                                                                                                                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• <b>Instruct pt to maintain regular sodium intake</b></li><li>• <b>Educate on the early s/s of lithium toxicity</b></li></ul> | <ul style="list-style-type: none"><li>• <b>Monitor input/output and daily weights</b></li><li>• <b>Assess for dehydration (dry mucous membranes, hypotension)</b></li></ul> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|