

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 23rd**.

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.

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?**
Antidepressants, especially SSRIs and TCAs

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

3. **What is the difference between cyclothymic disorder and bipolar disorder?**
Cyclothymic disorder is a milder, chronic mood disorder involving subthreshold mood swings. Bipolar disorder involves more distinct and severe episodes of mania, hypomania, and depression.

4. **Why should a person on lithium therapy have blood levels drawn regularly?**
 - Narrow therapeutic index
 - Prevent lithium toxicity
 - Assess kidney function and hydration status
 - Evaluate medication compliance and therapeutic effectiveness

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?**
Therapeutic range of lithium carbonate is 0.6 to 1.2 mEq/L
Signs and symptoms-nausea, vomiting, diarrhea, coarse hand tremors, muscle weakness, fatigue, dizziness, confusion, poor coordination, polyuria, excessive thirst.

6. **Describe some nursing implications for the client on lithium therapy.**
 - Monitor lithium levels
 - Assess kidney and thyroid function
 - Encourage adequate hydration and consistent salt intake
 - Monitor signs and symptoms of toxicity
 - Educate about medication compliance
 - Promote regular follow-up and lab work
 - Safety precautions

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 injury related to manic behavior	Priority Problem 2: Impaired thought processes related to manic or psychotic
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	symptoms
Nursing intervention: <ul style="list-style-type: none">• Maintain a safe environment• Provide structured and calm activities• Monitor vital signs and hydration status	Nursing intervention: <ul style="list-style-type: none">• Use clear, concise communication• Provide reality orientation• Encourage adherence to prescribed medication regimen