

## **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.

\_\_E\_\_ 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?**
  - Levodopa, corticosteroids, anabolic-androgenic steroids, and tricyclic antidepressants.
  
- 2. What is the speech pattern of a person experiencing a manic episode?**
  - From having accelerated thinking and racing thoughts there is a continuous flow of accelerated pressured speech. When the flight of ideas is so severe their speech will also be disorganized and incoherent. Making it hard to have conversations with others.
  
- 3. What is the difference between cyclothymic disorder and bipolar disorder?**
  - Cyclothymic disorder is a chronic mood disturbance that has lasted at least 2 years with only a 2 month or less gap in-between symptoms. It is characterized as having many episodes of hypomania, depressed mood, that is insufficient in severity to be considered as bipolar 1 or 2.
  - Bipolar is an individual who has or has had a full syndrome of manic or mixed symptoms, with episodes of depression. This can describe people who have had recurrent mood episodes.
  
- 4. Why should a person on lithium therapy have blood levels drawn regularly?**
  - Lithium has side effects that occur when the patient is no longer in the therapeutic range. The range is 0.6-1.2 mEq/L. When exceeded there are toxic side effects that are potentially fatal.
  
- 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 is 0.6-1.2 mEq/L. Early signs are nausea vomiting, slurred speech, muscle weakness, diarrhea, and thirst. Late signs are a coarse hand tremor, ataxia, GI upset, confusion, and incoordination.
  
- 6. Describe some nursing implications for the client on lithium therapy.**
  - Patient education on regular labs for therapeutic range, do not operate heavy machinery until your effects are presented, avoid caffeine, drink 2-3L of water per day.
  - Keep the patient hydrated 2-3L of water per day, the patient will have dry mouth and increased urine output, maintain sodium intake to 2-3g per day, assess for therapeutic blood level, give mannitol and Diamox if toxic levels are present.
  
- 7. What are TWO priority problems for this patient? What are THREE nursing interventions for each of those priority problems?**

<p><b>Priority Problem 1: Impaired judgment/risk for injury</b></p>	<p><b>Priority Problem 2: Altered thought processes/ ineffective coping</b></p>
<p><b>Nursing intervention:</b></p> <ul style="list-style-type: none"> <li>• Monitor the patient closely especially during times of restlessness and high activity to prevent injury to the patient and others. Also, for prompt interventions as needed.</li> </ul>	<p><b>Nursing intervention:</b></p> <ul style="list-style-type: none"> <li>• Use calm, simple, and direct communication, so the patient can process information more effectively.</li> <li>• Reorienting the patient to reality as needed, preventing escalation of</li> </ul>

<ul style="list-style-type: none"><li>• Set clear limits on behavior, to help manage impulsive decisions.</li><li>• Place the patient in a low stimulation safe environment, to prevent overstimulation to triggers that escalate manic behaviors.</li></ul>	<ul style="list-style-type: none"><li>• delusional/ grandiose thoughts.</li><li>• Administer mood stabilizing medications.</li></ul>
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