

## **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?**

The most common medication that has been known to trigger manic episodes are SSRI's.

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

A patient who is experiencing a manic episode will have pressured speech. Their speech may also be incoherent and disorganized.

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

Cyclothymic disorder is a chronic mood disturbance over the course of 2 years with elevated mood that cannot be classified as hypomanic, and they have periods of depressed moods that do not meet the criteria for a major depressive episode. These people are never without symptoms for more than 2 months. This is different from bipolar disorder because bipolar includes mood swings of profound depression to extreme happiness known as mania. They have intermittent periods of normalcy bipolar and patients with cyclothymic disorder do not.

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

Patients who are on lithium should have their blood drawn regularly because it has a narrow therapeutic range. If this range is exceeded the patient will have lithium toxicity.

**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 include persistent nausea and vomiting, severe diarrhea, ataxia, blurred vision, and tinnitus.

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

Some nursing implications for a client on lithium therapy include watching the patient's sodium level. They should maintain adequate sodium intake and should drink 6 to 8 glasses of water a day. They should notify their doctor if they experience vomiting or diarrhea because they may have lithium toxicity. Another implication is drowsiness. The client should avoid driving until lithium levels are stabilized.

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

<b>Priority Problem 1: imbalanced nutrition less than body requirements.</b>	<b>Priority Problem 2: Risk for injury</b>
<b>Nursing intervention:</b> <ul style="list-style-type: none"><li>• Always have juice and snack available.</li><li>• Supplement diet with vitamins.</li><li>• Provide high calorie, high protein foods.</li></ul>	<b>Nursing intervention:</b> <ul style="list-style-type: none"><li>• Stay with a patient who is agitated</li><li>• Reduce environmental stimuli.</li><li>• Remove hazardous object from the environment.</li></ul>