

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?

Steroids are the most common medication that has been known to trigger manic episodes.

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

The speech pattern of a person experiencing a manic episode is erratic and hyperverbal. They have pressured speech, so communicating with these individuals can be a challenge. It can be disorganized and coherent with a flight of ideas, so the topics will change quickly.

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

In cyclothymic disorder, it is like a milder form of bipolar depression. The mood swings generate from mild depressive episodes to hypomanic episodes. These symptoms must last for at least 2 years in adults. The mood shifts are noticeable but not as dramatic as bipolar depression. Bipolar depression is classified as bipolar 1 disorder (at least 1 full manic episode, alternates between mania and major depression, most severe), and bipolar 2 (one hypomanic episode and one major depressive episode, there is no full mania & hypomania is less severe).

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

A person on lithium therapy should have their blood levels drawn regularly because lithium has a narrow therapeutic effect, it can also build in the blood and become toxic. The therapeutic range for lithium is 0.6-1.2, toxic levels over 1.5 can cause severe side effects (N/V, tremors, confusion, seizures, kidney damage, & death). It should also be drawn regularly to make sure it is in the therapeutic range because if it is too low, then it may not control mood swings or their mania.

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?

Lithium has a narrow therapeutic effect, it can also build in the blood and become toxic. The therapeutic range for lithium is 0.6-1.2 mEq/L, toxic levels over 1.5 mEq/L can cause severe side effects (N/V, tremors, confusion, seizures, kidney damage, & death).

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

Some nursing implications for the patient that is on lithium therapy is to monitor the lithium levels in their blood to make sure it is in a therapeutic range. Their kidney function should also be monitored with strict I&Os. Blood work should also test their thyroid levels because it can lead to hypothyroidism. They should ensure they are drinking plenty of fluids and watching their sodium intake.

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	Priority Problem 2: disturbed sleep pattern
Nursing intervention:	Nursing intervention:

<ul style="list-style-type: none">• Place the patient in a low stimulation environment to reduce sensory overload.• Encouraging frequent rest periods because mania can become physically exhausting for these individuals.• Physically observe these individuals every 15 minutes to ensure safety.	<ul style="list-style-type: none">• Encourage a quiet and dark environment at night to limit their stimulation before bed, so they can get proper sleep.• Administer sedatives or mood stabilizers (lithium) as ordered to help them through these manic episodes.• Set a routine schedule for the patient to follow, so they have structure for their day.
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