

## Psychiatric Nursing

### Unit 3 Online Assignment

#### Suicide and Depression Worksheet

1. How do age, race, and gender affect suicide risk?
  - Age- 2013= highest rate of suicide was 45-64 years old, followed by >85 years old
  - Race- whites are at higher risk for suicide, followed by Native Americans, African Americans, Hispanic Americans, and Asian Americans
  - Gender- more women than men attempt suicide, but men are more successful; women tend to overdose and men use more lethal means (firearms)
  
2. Your neighbor tells you he is going to visit his sister-in-law in the hospital. The sister-in-law has been hospitalized after attempting suicide. Your neighbor asks, "What should I say when I go to visit Jane?"

What suggestions might you give him?

  - Encourage the patient to talk about the suicide attempt
  - Do not judge, show anger or guilt toward the patient
  - Show the patient love and encouragement
  - Give them hope and tell them that what they are feeling is temporary
  
3. John's father committed suicide when John was a teenager. John's wife, Mary, tells the mental health nurse that she is afraid John "inherited" that predisposition from his father. How should the nurse respond to Mary?

Suicide is not inherited, it depends on the individual matter and can be prevented

4. The nurse notes that the mood of a patient being treated for depression and suicidal ideation suddenly brightens and the patient states, "I feel fine now. I don't feel depressed anymore." Why would this statement alert the nurse of a potential problem?"

This could be a problem due to the huge shift of mood, and if they are feeling better, they could have a tendency for suicidal attempts due to an ^ in energy

5. Alterations in which of the neurotransmitters are most closely associated with depression?

Disturbances in serotonin, norepinephrine, dopamine, and acetylcholine

6. Depression in adolescence is very hard to differentiate from the normal stormy behavior associated with adolescence. What is the best clue for determining a problem with depression in adolescence?

A noticeable behavior change that last a couple of weeks (withdrawn, isolates self, starting to fail in school, inappropriate irritability)

7. Behaviors of depression often change with the diurnal variation in the level of neurotransmitters. Describe the difference in this phenomenon between moderate and severe depression.

	Affective	Behavioral	Cognitive	Physiological
Moderate	Maintain pessimistic outlook	May not feel like doing normal activities	Slowed thinking process	Feel best in the am and gets worse during the day
Severe	Flat affect	Complete inability to do or make movements and perform adl's	A lot of confusion or delusions	All body systems start to slow down (constipation/ urinary retention)

8. All antidepressants carry a black box warning. What is it?

Increased risk of suicide in people <25 years old