

Learning Activity 4.1.

Psychotropic Medication Quiz

1. What is the mechanism of action by which antidepressant medications achieve the desired effect (regardless of the different physiological processes by which this action is accomplished)?

They increase levels of Norepinephrine and Serotonin

2. For what must the nurse be on the alert with the client who is receiving antidepressant medication?

Sudden shifts in moods that may indicate suicidal intentions

3. As the nurse, when would you expect the client to begin showing signs of symptomatic relief after the initiation of antidepressant therapy?

Base on which medication relief can range from 1 to 4 weeks

4. Name an example of a tricyclic antidepressant _____ Amitriptyline _____.

Name an example of an MAOI _____ Selegiline _____.

Name an example of an SSRI _____ Citalopram _____.

5. Describe some common side effects and nursing implications for tricyclic antidepressants.

offer sips of water, ice, candy, increase fluids, eat high fiber foods, offer sunglasses, teach client to rise slowly from sitting and lying positions and to check vitals, recommend that physician ordered for HS
Blurred Vision, dry mouth, weight loss or gain, constipation, low BP, rash, increased heart rate, sedation

6. Hypertensive crisis is the most potentially life-threatening adverse effect of MAOIs. Symptoms for which the nurse and client must be on the alert include: severe occipital headaches, nausea, vomiting, nuchal rigidity, severe high BP, palpitations, chest pain and possible coma. What must be done to prevent these symptoms from occurring? (Your answer must include some examples.) Client should avoid beer, wine, chocolate, over the counter medications, diet pills, foods high in Tyramine, sour cream and yogurt
7. Lithium carbonate is commonly prescribed for mania. Many times when these individuals are started on lithium therapy, the physician also orders an antipsychotic medication. Why might he or she do so?
Has a lag time of 1 to 3 weeks, Antipsychotics are mainly prescribed to decrease hyperactivity until Lithium can take effect
8. There is a narrow margin between the therapeutic and toxic serum levels of lithium carbonate. What is the therapeutic range? List the initial signs and symptoms of lithium toxicity.
0.6-1.5
Blurred vision, ataxia, persistent nausea and vomiting, and severe diarrhea
9. Describe some nursing implications for the client on lithium therapy.
Check Lithium levels before administering dose, monitor I&Os, maintain adequate sodium in diet, give with food to reduce GI upset, instruction on diet in case of possible weight gain
10. What is the mechanism of action for anxiolytics (with the exception of buspirone)?

CNS depression

11. What is the most commonly used group of anxiolytics? Give two examples.

Benzodiazepines: Alprazolam, Chlordiazepoxide

12. What are the most common side effects of anxiolytics?

Drowsiness, sedation, confusion, orthostatic HTN

13. What must the client on long-term anxiolytic therapy be instructed in order to prevent a potentially life-threatening situation?

Instruct patient to not stop medication suddenly

14. What is thought to be the mechanism of action that produces the desired effect with antipsychotic medications?

They decrease dopamine activity and levels, and they act on serotonin receptors

15. Phenothiazines are an example of a “typical” antipsychotic group. Give two examples of phenothiazines and two examples of the newer “atypical” antipsychotics.

Chlorpromazine and fluphenazine

Clozapine and ziprasidone

16. Describe potential adverse hormonal effects associated with antipsychotic therapy.

Decrease libido, gynecomastia, retrograde ejaculation, amenorrhea, and possible weight gain

17. Agranulocytosis is a potentially very serious side effect of antipsychotic therapy. The nurse and client should be on the alert for symptoms of _____ fever _____, _____ malaise _____, and _____ sore throat _____.

18. Neuroleptic malignant syndrome (NMS) is a rare but potentially fatal side effect of antipsychotic drugs. List symptoms for which the nurse must be on the alert when assessing for NMS.

Very high fever, tachycardia, blood pressure fluctuations, diaphoresis, rapid deterioration of mental status to stupor or coma, muscle rigidity,

19. Describe the symptoms of extrapyramidal side effects associated with antipsychotic therapy.

Tremors, shuffling gait, drooling, rigidity, akinesia, akathisia, dystonia, uncontrolled rolling of eyes to the back of head, stiff neck, unusual tongue and facial movements

20. What is the classification of medication that is commonly prescribed for drug-induced extrapyramidal reactions? Give two examples of these medications.

Antiparkinsonian agents: Benztropine and Artane

21. Describe a potentially life-threatening situation that could occur in the client who abruptly withdraws from long-term use of CNS stimulants.

Depression and suicidal ideations

This part is optional but encouraged!!

Homework Assignment Questions and Answers

Please read the chapter and answer the following questions:

1. Identify three priority safety concerns for each class of psychotropic medications.

Antianxiety Agents

Antipsychotics (novel)

Antipsychotics (phenothiazines and haloperidol)

MAO Inhibitors

SSNRIs

SSRIs

