

Psychiatric Nursing

Unit 3

Bipolar Disorders

Please read the chapter and answer the following questions:

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 1 disorder
- C. Bipolar 2 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

_E__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

1. What is the most common medication that has been known to trigger manic episodes?

The most common medication to trigger a manic episode is steroids.

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

The speech pattern would be disorganized, pressured speaking. May not make sense and fast speech.

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

Cyclothymic disorder must be 2 years or longer. The patient is never without symptoms.

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

Lithium can be toxic and lab work is needed to avoid toxicity. Lithium also needs to be at a therapeutic level to be effective

5. What is the recommendation regarding sodium intake for a patient prescribed lithium?

Do not change sodium or caffeine intake suddenly