Chapter 16
Drugs for Emotional and Mood Disorders

Depression
- Characterized by sad or despondent mood
- Many symptoms associated with depression
  - Lack of energy, sleep disturbances, abnormal eating patterns
  - Feelings of despair, guilt, hopelessness
- Most common form of mental illness in United States

Bipolar Disorder
- Once known as manic-depression
- Characterized by extreme and opposite moods
- Depressive symptoms are
  - Lack of energy, sleep disturbances, abnormal eating patterns
  - Feelings of despair, guilt, and hopelessness

Bipolar Disorder (continued)
- Mania symptoms are
  - Agitation, excessive talking, elevated mood, grandiose thoughts
  - Flight of ideas, constant movement, impulsive behavior
  - Inflated self-esteem, racing thoughts, short attention span

Attention-Deficit/Hyperactivity Disorder
- Poor attention span
- Behavior-control issues
- Hyperactivity
Depression

- Dysfunction of neurotransmitters
- Intense mood shifts associated with hormonal changes
- Seasonal affective disorder (SAD)

Role of Nurse

- Assess health history, need for antidepressant therapy
- Obtain careful drug history
- Ask about suicidal ideation
- Obtain a history of disorders related to eating and sexual function

Role of Nurse (continued)

- Obtain V/S, liver- and renal-function tests, cardiovascular status, body weight
- Monitor therapeutic blood levels as treatment continues

Education and Role of Nurse

- Provide diet education related to foods that contain tyramine
- Provide information on signs and symptoms of dehydration and lithium toxicity
- Provide education on prescribed drug treatment

Antidepressants

- Monitor vital signs
- Monitor for dizziness, headache, tremor, nausea/vomiting
- Monitor for anxiety, disorientation, hyperreflexia, diaphoresis, and fever
- Monitor neurologic and cardiovascular status

Antidepressants (continued)

- Monitor mental and emotional status
- Monitor for underlying psychoses
- Monitor sleep-wake cycle
- Monitor renal and gastrointestinal status
- Monitor liver function and hematologic status
- Monitor visual acuity
- Ensure patient safety
Mood Stabilizers

- Monitor mental and emotional status
- Monitor electrolyte balance, fluid balance, and I&O
- Monitor renal, cardiovascular, gastrointestinal status

Attention-Deficit/Hyperactivity Disorder

- Monitor mental status
- Monitor vital signs, gastrointestinal, nutritional status
- Monitor laboratory tests
- Monitor effectiveness of drug therapy
- Monitor growth and development, sleep-wake cycle

Antidepressants

- Tricyclic antidepressants
  - **Prototype drug**: imipramine (Tofranil)
  - **Mechanism of action**: to inhibit reuptake of norepinephrine and serotonin
  - **Primary use**: for major depression
  - **Adverse effects**: orthostatic hypotension, sedation and anticholinergic effect; rarely, cardiac dysrhythmias

Selective Serotonin Reuptake Inhibitors (SSRIs)

- **Prototype drug**: sertraline (Zoloft)
- **Mechanism of action**: to slow the reuptake of serotonin
- **Primary use**: depression
- **Adverse effects**: sexual dysfunction, nausea, headache, weight gain, anxiety, insomnia
- **Less common side effects**: sedation, anticholinergic effects, sympathomimetic effects

Atypical Antidepressants: Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs)

- **Prototype drug**: bupropion (Wellbutrin)
- **Mechanism of action**: to inhibit reuptake of serotonin
- **Primary use**: for depression
- **Adverse effects**: headache, insomnia, hypertension

MAO Inhibitors (MAOIs)

- **Prototype drug**: phenelzine (Nardil)
- **Mechanism of action**: to decrease effectiveness of monoamine oxidase
- **Primary use**: for depression
- **Adverse effects**: orthostatic hypotension, headache, insomnia, and diarrhea;
  - Also interact with a large number of foods and other medications
Mood Stabilizers

- **Prototype drug**: lithium carbonate (Eskalith)
- **Mechanism of action**: affects sodium transport across cell membranes
- **Primary use**: bipolar disorder
- **Adverse effects**: excessive loss of sodium

Methylphenidate Animation

CNS Stimulants

- **Prototype drug**: methylphenidate hydrochloride (Ritalin)
- **Mechanism of action**: heightens awareness, increases focus
- **Primary use**: to treat attention-deficit/hyperactivity disorder (ADHD)
- **Adverse effects**: insomnia, nervousness, anorexia, weight loss

Antidepressants

- **Tricyclic antidepressants**
  - Work by inhibiting reuptake of norepinephrine and serotonin
  - **Examples**: Elavil, Ludiomil, Asendin

Antidepressants (continued)

- Selective serotonin reuptake inhibitors
- Work by slowing reuptake of serotonin into presynaptic nerve terminals
- **Examples**: Celexa, Lexapro, Paxil

Atypical Antidepressants

- Work by inhibiting reuptake of serotonin, affecting norepinephrine and dopamine activity
- **Examples**: Remeron, Serzone, Effexor
MAO Inhibitors

- Decrease the effectiveness of monoamine oxidase
- **Examples:** Marplan, Nardil, Parnate

Mood Stabilizers

- Work by transporting sodium across cell membranes
- **Example:** lithium carbonate (Eskalith)

CNS Stimulants

- Work by heightening awareness and increasing focus
- **Examples:** Adderall, Dextedrine, Desoxyn

Drug Therapy for Mood and Emotional Disorders

- **Assessment**
  - Assess health history, need for antidepressant therapy
  - Obtain drug history
  - Ask client about suicidal ideation.
  - Obtain history of any disorders of eating and sexual function
  - Obtain laboratory tests, vital signs, and body weight.
  - Monitor therapeutic blood levels as treatment continues

- **Nursing diagnosis**
  - Ineffective coping
  - Disturbed thought processes related to side effects of drug
  - Knowledge deficient, related to drug therapy

- **Planning**
  - Goals: client able to explain depression and medications to treat condition
Drug Therapy for Mood and Emotional Disorders

- Implementation
  - Encourage compliance with medication regimen
  - Provide education with clinical pharmacist and dietician

- Evaluation
  - Control symptoms of emotional and mood disorders
  - Have limited side effects, no organ damage, no injury
  - Clients able to verbalize importance of taking medications

Antidepressants

Table 16.1 Antidepressants

Drugs for bipolar disorder

Table 16.3 Drugs for bipolar disorder

Drugs for attention deficit–hyperactivity disorder

Table 16.4 Drugs for attention deficit–hyperactivity disorder