

Mental Health Exam 2 Study Guide

1. Major Depressive Disorder (MDD) CH. 14

Medications:

SSRI's: -TINE, -LINE, -PRAM. Improves mood. 1st line of therapy, rare risk of serotonin syndrome (2-72 hrs after meds).

—Adverse Effects: N/V/D, HA, diaphoresis, tremor, drowsiness, sexual dysfunction, weight gain, fatigue.

—Contraindications: Alcohol, anticoagulant, NSAID, MAOIs, Bipolar (risk for mania), hx of GI bleed/ulcers.

—Interventions: 2-4 weeks for full effect, do not withdraw suddenly, monitor suicide impulses.

SNRI's: Inhibit reuptake of serotonin and norepinephrine. Do not stop abruptly.

—Adverse Effects: HA, sleep disturbances, nausea, hyponatremia, anorexia, HTN, sexual dysfunction, dry mouth, anxiety, agitation

—Contraindications: Pregnancy, MAOIs, St. John's Wort, opiates, hepatic disease, alcohol, antihistamines, sedatives, NSAIDs, anticoagulants

Tricyclic: —trip, -pramine.

Anticholinergic effects (drying). For Fibromyalgia, neuropathic pain, insomnia, bipolar, anxiety.

—Side effects: Orthostatic hypotension, dry mouth, blurred vision, urinary retention, constipation, tachycardia, seizures, photophobia.

—Interactions: MAOIs, antihistamine, alcohol, benzodiazepines, opioids.

MAOIs (Monoamine oxidase inhibitors): Blocks destruction of serotonin,

norepinephrine, epinephrine. 1st line for atypical and Bulimia Nervosa

—Side effects: Anxiety, edema, insomnia, hypomania, agitation, orthostatic hypotension

—Contraindications: cerebrovascular accident, congestive heart failure, hypertension, liver disease. TYRAMINE

Interventions/Education:

Depression/suicidal screening tool, Antidepressants. Assisting with ADLs, spend time with client.

reevaluate/monitor. Encourage patient to participate in activities. ECT, TMS, vagus nerve stimulation, light therapy.

Risk Factors: Female, adverse childhood experience, stressful life events, first-degree family members with MDD, Neuroticism (negative personality trait characterized by fear/anxiety/jealousy), substance abuse, personality disorder, chronic/disabling medical conditions.

Manifestations: 5 or more in 2 week period = Depressed mood, loss of interest (anhedonia), weight loss/gain, insomnia/hypersomnia, lethargy, feeling worthless, recurrent thoughts of death, psychomotor agitation/inability to think or decide.

Persistent: 2 weeks—6months

Chronic: Lasting more than 2 yrs

2. Suicide CH.25

Risk Factor: Psychiatric disorders, alcohol/substance abuse, male gender, increasing age, race (85-95% Caucasian), religion, single, profession, physical health, sexuality, military personnel, isolation/loss, previous attempts/family history.

*Major diagnoses at risk: MDD, newly diagnosed schizophrenia

Risk Levels: someone that has the means as well as a plan is a higher risk.

Important Assessments:

*Suicide Assessment Five-Step Evaluation and Triage (SAFE-T)

Pholbothomist Training Study Guide

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