

PSYCH TEST EXAM NURS-5461 study guide 2023 A+

The Brain:

Limbic (amygdala) – emotions, thoughts of death, guilt

Limbic (hippocampus)- memory, concentration

Frontal cortex- depressed mood, concentration

Basal Ganglia - psychomotor
agitation/retardation

Hypothalamus – loss of appetite, weight loss, anhedonia

- Sleep problems; delayed onset, shortened REM, lack of sleep or hypersomnia
- Antidepressants tx circadian dysregulation and restore sleep

architecture Prefrontal cortex – decision making, planning, judgement – 30% of brain

Neurotransmitters

- Dec. Serotonin: mood, sleep, impulsive
- Dec. dopamine: pleasure, fatigue, low energy
- Dec. norepi: mood, arousal, appetite, planning, concentration
- Dec. GABA: anxiety, agitation of depression
- Inc. Glutamate – Inc in neuronal cell death

GLIAL Cells – protect neurons by stabilizing glutamate, releases BDNF to repair neurons

- Antidepressants increase BDNF

Excess glutamate- loss of neuron function, progressive depression, damage to neurons, **twice the risk of dementia with depression**

DEPRESSION

- **USPSTF recommends screening for adults & older adults when staff assisted depression care supports are in place (e.g. case management)**

H&P

- **Do full interview if screening indicates symptoms**
- **Assess target symptoms: sleep, appetite, anhedonia, mood, suicidal thinking, guilt, concentration, low energy, etc**
- **Objective Assessment:** thyroid, CBC (anemia), CMP (nutritional deficiency, UTI)

Major Depressive Disorder criteria

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Jessica J Manson



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