



F. A. Davis Company

Always at your side...

2nd Edition

Psych Notes

Clinical Pocket Guide

Darlene D. Pedersen

**Waterproof
and
Reusable**

Includes...

- ✓ **Reusable Assessment Forms**
- ✓ **Expanded Drug Coverage**
- ✓ **Client Rating Scales**
- ✓ **New – Lab/Test Section**
- ✓ **DSM-IV Disorders**
- ✓ **Clinical Pearls/Alerts**
- ✓ **Therapeutic/Crisis Interventions**
- ✓ **Cultural Considerations**
- ✓ **Geriatric Considerations**
- ✓ **Substance Use Assessment**
- ✓ **Client/Family Assessment**

and more!

Contacts • Phone/E-Mail

Name:

Ph: e-mail:

Name:

Ph: e-mail:

Name:

Ph: e-mail:

Name:

Ph: e-mail:

Name:

Ph: e-mail:

Name:

Ph: e-mail:

Name:

Ph: e-mail:

This second edition is dedicated especially to my son, Jorgen David Pedersen, as well as to Jessica and Dane. Also to my sister and friend, Andrea ("Thanks for the Memory," France, Dilsberg Castle) and my dear mother, Leona, ever the dancer and chanteuse ("La Vie en Rose"), as well as my younger sister, Sherri (Old Orchard), the dedicated cat lover and animal protector; Mémère ("I'll Be Seeing You," piano), Pèpère (Enrico Caruso, violin) and Aunt Ellie and Uncle Fred ("You Raise Me Up," "When Irish Eyes are Smiling"); Aunt Delores (Westerns, House of Wax, Westbrook); yes, you too, Pete; Cathy V. Korman ("Les Pêcheurs de Perles," Arles, Paris, Tower of London), Larry David Pedersen (Dave Van Ronk, Hungry Charleys, New Haven, "In My Life"); Zorro, Erin, Caruso, Mozart, and Alpha; AMG (LBI); and special acknowledgments to Bob Martone, Publisher, who kept my spirits high when I needed it most, and Padraic Maroney, Project Editor, who kept me on track with many gentle nudges; to Bob Butler, Production Manager, who kept the pages coming (and coming); and finally to Patti Cleary, Editor-in-Chief, Nursing, who first asked the question: How would you like to write....?

2nd Edition

Psych Notes

Clinical Pocket Guide

Darlene D. Pedersen, MSN, APRN, BC

Purchase additional copies of this book at your health science bookstore or directly from F. A. Davis by shopping online at www.fadavis.com or by calling 800-323-3555 (US) or 800-665-1148 (CAN)

A Davis's Notes Book



F. A. DAVIS COMPANY • Philadelphia

F. A. Davis Company
1915 Arch Street
Philadelphia, PA 19103
www.fadavis.com

Copyright © 2008 by F. A. Davis Company

All rights reserved. This book is protected by copyright. No part of it may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission from the publisher.

Printed in China by Imago

Last digit indicates print number: 10 9 8 7 6 5 4 3 2 1

Publisher, Nursing: Robert G. Martone

Developmental Editor: William F. Welsh

Project Editor: Padraic Maroney

Manager of Art & Design: Carolyn O'Brien

Consultants/Reviewers: Dottie Irvin, DNS, APRN, BC, CNE; Patrick J.

McDonough, MD; Ketan V. Patel, MD

Student Reviewers: Melissa C. Anderson, Violet Odemu, Jamie Winterrowd, Denise Montgomery, Hilary Slusser

As new scientific information becomes available through basic and clinical research, recommended treatments and drug therapies undergo changes. The author(s) and publisher have done everything possible to make this book accurate, up to date, and in accord with accepted standards at the time of publication. The author(s), editors, and publisher are not responsible for errors or omissions or for consequences from application of the book, and make no warranty, expressed or implied, in regard to the contents of the book. Any practice described in this book should be applied by the reader in accordance with professional standards of care used in regard to the unique circumstances that may apply in each situation. The reader is advised always to check product information (package inserts) for changes and new information regarding dose and contraindications before administering any drug. Caution is especially urged when using new or infrequently ordered drugs.

Authorization to photocopy items for internal or personal use, or the internal or personal use of specific clients, is granted by F. A. Davis Company for users registered with the Copyright Clearance Center (CCC) Transactional Reporting Service, provided that the fee of \$.10 per copy is paid directly to CCC, 222 Rosewood Drive, Danvers, MA 01923. For those organizations that have been granted a photocopy license by CCC, a separate system of payment has been arranged. The fee code for users of the Transactional Reporting Service is: 8036-1853/08 0 + \$.10.

Place $2\frac{7}{8} \times 2\frac{7}{8}$ **Sticky Notes** here
for a convenient and refillable note pad

- ✓ HIPAA Compliant
- ✓ OSHA Compliant

Waterproof and Reusable Wipe-Free Pages

Write directly onto any page of *PsychNotes* with a ballpoint pen. Wipe old entries off with an alcohol pad and reuse.

BASICS

ASSESS

**DISORDERS/
INTERV**

**DRUGS/
LABS**

**DRUGS
A-Z**

CRISIS

GERI

**TOOLS/
INDEX**

Look for our other Davis's Notes titles

RNotes®: *Nurse's Clinical Pocket Guide, 2nd edition*
ISBN-10: 0-8036-1335-0 / ISBN-13: 978-0-8036-1335-5

LPN Notes: *Nurse's Clinical Pocket Guide, 2nd edition*
ISBN-10: 0-8036-1767-4 / ISBN-13: 978-0-8036-1767-4

NCLEX-RN® Notes: *Core Review & Exam Prep*
ISBN-10: 0-8036-1570-1 / ISBN-13: 978-0-8036-1570-0

MedNotes: *Nurse's Pharmacology Pocket Guide, 2nd edition*
ISBN-10: 0-8036-1531-0 / ISBN-13: 978-0-8036-1531-1

MedSurg Notes: *Nurse's Clinical Pocket Guide, 2nd edition*
ISBN-10: 0-8036-1868-9 / ISBN-13: 978-0-8036-1868-8

Coding Notes: *Medical Insurance Pocket Guide*
ISBN-10: 0-8036-1536-1 / ISBN-13: 978-0-8036-1536-6

Derm Notes: *Dermatology Clinical Pocket Guide*
ISBN-10: 0-8036-1495-0 / ISBN-13: 978-0-8036-1495-6

ECG Notes: *Interpretation and Management Guide*
ISBN-10: 0-8036-1347-4 / ISBN-13: 978-0-8036-1347-8

IV Therapy Notes: *Nurse's Clinical Pocket Guide*
ISBN-10: 0-8036-1288-5 / ISBN-13: 978-0-8036-1288-4

LabNotes: *Guide to Lab and Diagnostic Tests*
ISBN-10: 0-8036-1265-6 / ISBN-13: 978-0-8036-1265-5

NutriNotes: *Nutrition & Diet Therapy Pocket Guide*
ISBN-10: 0-8036-1114-5 / ISBN-13: 978-0-8036-1114-6

OB Peds Women's Health Notes: *Nurse's Clinical Pocket Guide*
ISBN-10: 0-8036-1466-7 / ISBN-13: 978-0-8036-1466-6

IV Med Notes: *IV Administration Pocket Guide*
ISBN-10: 0-8036-1446-2 / ISBN-13: 978-0-8036-1446-8

Coming Soon!

Assess Notes: *Nursing Assessment and Diagnostic Reasoning for Clinical Practice*
ISBN-10: 0-8036-1749-6 / ISBN-13: 978-0-8036-1749-0

For a complete list of Davis's Notes and other titles for health care providers, visit
www.fadavis.com.

Mental Health and Mental Illness: Basics

Autonomic Nervous System	13
Biological Aspects of Mental Illness	9
Brain	11
Central and Peripheral Nervous System	10
Confidentiality	15
Confidentiality, Do's and Don'ts	15
Diathesis-Stress Model	4
Erikson's Psychosocial Theory	7
Fight-or-Flight Response	4
Freud's Psychosexual Development	6
General Adaptation Syndrome	4
Health Insurance Portability and Accountability Act (HIPAA) (1996)	16
Informed Consent	18
Key Defense Mechanisms	5
Legal Definition of Mental Illness	2
Legal-Ethical Issues	15
Limbic System	12
Mahler's Theory of Object Relations	8
Maslow's Hierarchy of Needs	3
Mental Health	2
Mental Illness/Disorder	2
Mind-Body Dualism to Brain and Behavior	9
Neurotransmitter Functions and Effects	15
Neurotransmitters	15
Patient's Bill of Rights	18
Peplau's Interpersonal Theory	9
Positive Mental Health: Jahoda's Six Major Categories	3
Psychoanalytic Theory	5
Restraints and Seclusion – Behavioral Health Care	17
Right to Refuse Treatment/Medication	18
Stages of Personality Development	6
Sullivan's Interpersonal Theory	7
Sympathetic and Parasympathetic Effects	13
Synapse Transmission	14
Theories of Personality Development	5
Topographic Model of the Mind	5
Types of Commitment	16
When Confidentiality Must Be Breached	16

Mental Health and Mental Illness: Basics

Mental health and mental illness have been defined in many ways but should always be viewed in the context of ethnocultural factors and influence.

Mental Illness/Disorder

The DSM-IV-TR defines mental illness/disorder (paraphrased) as: *a clinically significant behavioral or psychological syndrome or pattern associated with distress or disability...with increased risk of death, pain, disability and is not a reasonable (expectable) response to a particular situation. (APA 2000)*

Mental Health

Mental health is defined as: *a state of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and cope with adversity. (US Surgeon General Report, Dec 1999)*

Wellness-illness continuum – Dunn's 1961 text, *High Level Wellness*, altered our concept of health and illness, viewing both as on a continuum that was dynamic and changing, focusing on *levels of wellness*. Concepts include: totality, uniqueness, energy, self-integration, energy use, and inner/outer worlds.

Legal Definition of Mental Illness

The legal definition of insanity/mental illness applies the M'Naghten Rule, formulated in 1843 and derived from English law. It says that: *a person is innocent by reason of insanity if at the time of committing the act, [the person] was laboring under a defect of reason from disease of the mind as not to know the nature and quality of the act being done, or if he did know it, he did not know that what he was doing was wrong.* There are variations of this legal definition by state, and some states have abolished the insanity defense.

Positive Mental Health: Jahoda's Six Major Categories

In 1958, Marie Jahoda developed six major categories of positive mental health:

- Attitudes of individual toward self
- Presence of growth and development, or actualization
- Personality integration
- Autonomy and independence
- Perception of reality, and
- Environmental mastery

The mentally healthy person accepts the self, is self-reliant, and is self-confident.

Maslow's Hierarchy of Needs

Maslow developed a hierarchy of needs based on attainment of self-actualization, where one becomes highly evolved and attains his or her full potential.

The basic belief is that lower-level needs must be met first in order to advance to the next level of needs. Therefore, physiological and safety needs must be met before issues related to love and belonging can be addressed, through to self-actualization.

Maslow's Hierarchy of Needs

Self-Actualization	Self-fulfillment/reach highest potential
Self-Esteem	Seek self-respect, achieve recognition
Love/Belonging	Giving/receiving affection, companionship
Safety and Security	Avoiding harm; order, structure, protection
Physiological	Air, water, food, shelter, sleep, elimination

General Adaptation Syndrome (Stress-Adaptation Syndrome)

Hans Selye (1976) divided his *stress syndrome* into three stages and, in doing so, pointed out the seriousness of prolonged stress on the body and the need for identification and intervention.

1. **Alarm stage** – This is the immediate physiological (fight or flight) response to a threat or perceived threat.
2. **Resistance** – If the stress continues, the body adapts to the levels of stress and attempts to return to homeostasis.
3. **Exhaustion** – With prolonged exposure and adaptation, the body eventually becomes depleted. There are no more reserves to draw upon, and serious illness may now develop (e.g., hypertension, mental disorders, cancer). Selye teaches us that without intervention, even death is a possibility at this stage.

CLINICAL PEARL: *Identification and treatment* of chronic, post-traumatic stress disorder (PTSD) and unresolved grief, including multiple (compounding) losses, are critical in an attempt to prevent serious illness and improve quality of life.

Fight-or-Flight Response

In the fight-or-flight response, if a person is presented with a stressful situation (danger), a physiological response (sympathetic nervous system) activates the adrenal glands and cardiovascular system, allowing a person to rapidly adjust to the need to fight or flee a situation.

- Such physiological response is beneficial in the short term: for instance, in an *emergency situation*.
- However, with *ongoing, chronic psychological stressors*, a person continues to experience the same physiological response as if there were a real danger, which eventually physically and emotionally depletes the body.

Diathesis-Stress Model

The diathesis-stress model views behavior as the result of *genetic and biological factors*. A genetic predisposition results in a mental disorder (e.g., mood disorder or schizophrenia) when precipitated by environmental factors.

Theories of Personality Development

Psychoanalytic Theory

Sigmund Freud, who introduced us to the Oedipus complex, hysteria, free association, and dream interpretation, is considered the “Father of Psychiatry.” He was concerned with both the dynamics and structure of the psyche. He divided the personality into three parts:

- **Id** –The id developed out of Freud’s concept of the pleasure principle. The id comprises primitive, instinctual drives (hunger, sex, aggression). The id says, “I want.”
- **Ego** – It is the ego, or rational mind, that is called upon to control the instinctual impulses of the self-indulgent id. The ego says, “I think/I evaluate.”
- **Superego** –The superego is the conscience of the psyche and monitors the ego. The superego says “I should/I ought.” (Hunt 1994)

Topographic Model of the Mind

Freud’s topographic model deals with levels of awareness and is divided into three categories:

- **Unconscious mind** – All mental content and memories *outside of conscious awareness*; becomes conscious through the preconscious mind.
- **Preconscious mind** – Not within the conscious mind but *can more easily be brought to conscious awareness* (repressive function of instinctual desires or undesirable memories). Reaches consciousness through word linkage.
- **Conscious mind** – All content and memories *immediately available and within conscious awareness*. Of lesser importance to psychoanalysts.

Key Defense Mechanisms

Defense Mechanism	Example
Denial – Refuses to accept a painful reality, pretending as if it doesn’t exist.	A man who snorts cocaine daily, is fired for attendance problems, yet insists he doesn’t have a problem.
Displacement – Directing anger toward someone or onto another, less threatening (safer) substitute.	An older employee is publicly embarrassed by a younger boss at work and angrily cuts a driver off on the way home.

(Continued on following page)

Key Defense Mechanisms (*Continued*)

Defense Mechanism	Example
Identification – Taking on attributes and characteristics of someone admired.	A young man joins the police academy to become a policeman like his father, whom he respects.
Intellectualization – Excessive focus on logic and reason to avoid the feelings associated with a situation.	An executive who has cancer requests all studies and blood work and discusses in detail with her doctor, as if she were speaking about someone else.
Projection – Attributing to others feelings unacceptable to self.	A group therapy client strongly dislikes another member but claims that it is the member who “dislikes her.”
Reaction Formation – Expressing an opposite feeling from what is actually felt and is considered undesirable.	John, who despises Jeremy, greets him warmly and offers him food and beverages and special attention.
Sublimation – Redirecting unacceptable feelings or drives into an acceptable channel.	A mother of a child killed in a drive-by shooting becomes involved in legislative change for gun laws and gun violence.
Undoing – Ritualistically negating or undoing intolerable feelings/ thoughts.	A man who has thoughts that his father will die must step on sidewalk cracks to prevent this and cannot miss a crack.

Stages of Personality Development

Freud's Psychosexual Development

Age	Stage	Task
0 – 18 mo	Oral	Oral gratification
18 mo – 3 yr	Anal	Independence and control (voluntary sphincter control)
3 – 6 yr	Phallic	Genital focus

Freud's Psychosexual Development (*Continued*)

Age	Stage	Task
6 – 12 yr	Latency	Repressed sexuality; channeled sexual drives (sports)
13 – 20 yr	Genital	Puberty with sexual interest in opposite sex

Sullivan's Interpersonal Theory

Age	Stage	Task
0 – 18 mo	Infancy	Anxiety reduction via oral gratification
18 mo – 6 yr	Childhood	Delay in gratification
6 – 9 yr	Juvenile	Satisfying peer relationships
9 – 12 yr	Preadolescence	Satisfying same-sex relationships
12 – 14 yr	Early adolescence	Satisfying opposite-sex relationships
14 – 21 yr	Late adolescence	Lasting intimate opposite-sex relationship

Erikson's Psychosocial Theory

Age	Stage	Task
0 – 18 mo	Trust vs. mistrust	Basic trust in mother figure & generalizes
18 mo – 3 yr	Autonomy vs. shame/doubt	Self-control/independence
3 – 6 yr	Initiative vs. guilt	Initiate and direct own activities

(Continued on following page)

Erikson's Psychosocial Theory (*Continued*)

Age	Stage	Task
6 – 12 yr	Industry vs. inferiority	Self-confidence through successful performance and recognition
12 – 20 yr	Identity vs. role confusion	Task integration from previous stages; secure sense of self
20 – 30 yr	Intimacy vs. isolation	Form a lasting relationship or commitment
30 – 65 yr	Generativity vs. stagnation	Achieve life's goals; consider future generations
65 yr – death	Ego integrity vs. despair	Life review with meaning from both positives and negatives; positive self-worth

Mahler's Theory of Object Relations

Age	Phase (subphase)	Task
0 – 1 mo	1. Normal autism	Basic needs fulfillment (for survival)
1 – 5 mo	2. Symbiosis 3. Separation – individuation	Awareness of external fulfillment source
5 – 10 mo	– <i>Differentiation</i>	Commencement of separateness from mother figure
10 – 16 mo	– <i>Practicing</i>	Locomotor independence; awareness of separateness of self
16 – 24 mo	– <i>Rapprochement</i>	Acute separateness awareness; seeks emotional refueling from mother figure
24 – 36 mo	– <i>Consolidation</i>	Established sense of separateness; internalizes sustained image of loved person/object when out of sight; separation anxiety resolution

Peplau's Interpersonal Theory

Age	Stage	Task
Infant	Depending on others	Learning ways to communicate with primary caregiver for meeting comfort needs
Toddler	Delaying satisfaction	Some delay in self-gratification to please others
Early Childhood	Self-identification	Acquisition of appropriate roles and behaviors through perception of others' expectations of self
Late Childhood	Participation skills	Competition, compromise, cooperation skills acquisition; sense of one's place in the world

Stages of Personality Development tables modified from Townsend MC. Psychiatric Mental Health Nursing, 5/e. Philadelphia: FA Davis, 2006, used with permission

Biological Aspects of Mental Illness

Mind-Body Dualism to Brain and Behavior

- René Descartes (17th C) espoused the theory of the *mind-body dualism* (Cartesian dualism), wherein the mind (soul) was said to be completely separate from the body.
- Current research and approaches show the connection between mind and body and that newer treatments will develop from a better understanding of both the biological and psychological. (Hunt 1994)
- The US Congress stated that the 1990s would be "*The Decade of the Brain*," with increased focus and research in the areas of neurobiology, genetics, and biological markers.
- The *Decade of Behavior* (2000–2010) is a "multidisciplinary" initiative launched by the American Psychological Association (APA), focusing on the behavioral and social sciences, trying to address major challenges facing the US today in health, safety, education, prosperity, and democracy (www.decadeofbehavior.org).

Central and Peripheral Nervous System

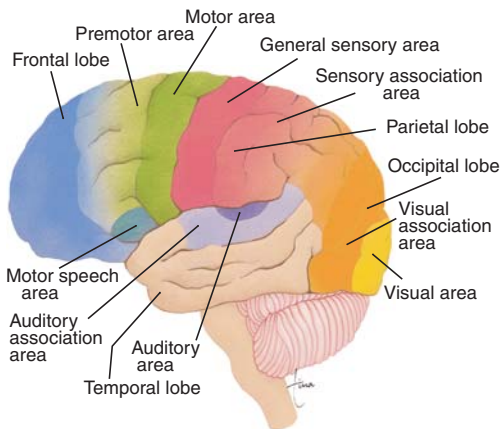
Central Nervous System

- Brain
 - Forebrain
 - *Cerebrum (frontal, parietal, temporal, and occipital lobes)*
 - *Diencephalon (thalamus, hypothalamus, and limbic system)*
 - Midbrain
 - *Mesencephalon*
 - Hindbrain
 - *Pons, medulla, and cerebellum*
- Nerve Tissue
 - Neurons
 - Synapses
 - Neurotransmitters
- Spinal Cord
 - Fiber tracts
 - Spinal nerves

Peripheral Nervous System

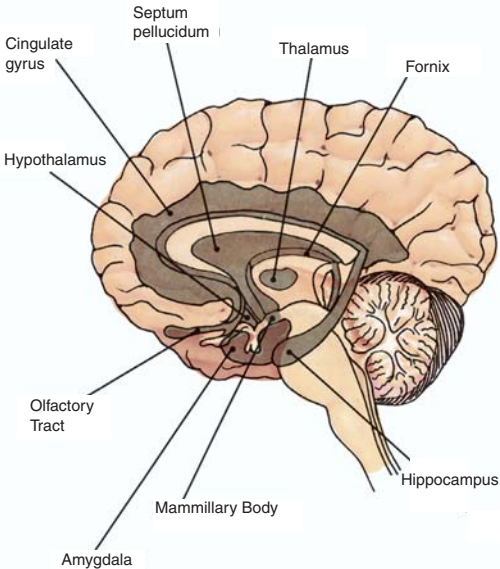
- Afferent System
 - Sensory neurons (somatic and visceral)
- Efferent System
 - Somatic nervous system (somatic motor neurons)
 - Autonomic nervous system
 - Sympathetic Nervous System
Visceral motor neurons
 - Parasympathetic Nervous System
Visceral motor neurons

The Brain



Left cerebral hemisphere showing some of the functional areas that have been mapped. (From Scanlon VC, Sanders T: *Essentials of Anatomy and Physiology*, ed. 5. FA Davis, Philadelphia 2007, with permission)

Limbic System



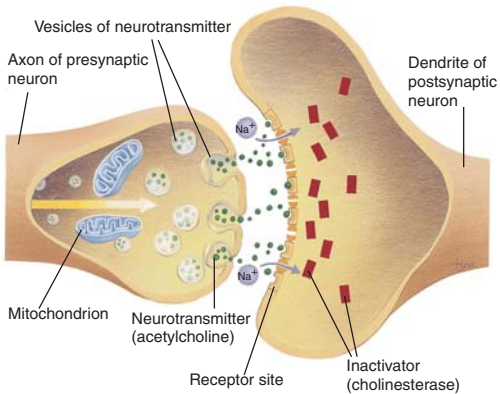
The limbic system and its structures. (Adapted from Scanlon VC, Sanders T: *Essentials of Anatomy and Physiology*, ed. 5. FA Davis, Philadelphia 2007, with permission)

Autonomic Nervous System

Sympathetic and Parasympathetic Effects

Structure	Sympathetic	Parasympathetic
Eye (pupil)	Dilation	Constriction
Nasal Mucosa	Mucus reduction	Mucus increased
Salivary Gland	Saliva reduction	Saliva increased
Heart	Rate increased	Rate decreased
Arteries	Constriction	Dilation
Lung	Bronchial muscle relaxation	Bronchial muscle contraction
Gastrointestinal Tract	Decreased motility	Increased motility
Liver	Conversion of glycogen to glucose increased	Glycogen synthesis
Kidney	Decreased urine	Increased urine
Bladder	Contraction of sphincter	Relaxation of sphincter
Sweat Glands	↑Sweating	No change

Synapse Transmission



Impulse transmission at a synapse. Arrows indicate direction of electrical impulse. (From Scanlon VC, Sanders T: Essentials of Anatomy and Physiology, ed. 5. FA Davis, Philadelphia 2007, with permission)

Neurotransmitters

Neurotransmitter Functions and Effects

Neurotransmitter	Function	Effect
Dopamine	Inhibitory	Fine movement, emotional behavior. Implicated in schizophrenia and Parkinson's.
Serotonin	Inhibitory	Sleep, mood, eating behavior. Implicated in mood disorders, anxiety, and violence.
Norepinephrine	Excitatory	Arousal, wakefulness, learning. Implicated in anxiety and addiction.
Gamma-aminobutyric acid (GABA)	Inhibitory	Anxiety states.
Acetylcholine	Excitatory	Arousal, attention, movement. Increase = spasms and decrease = paralysis.

Legal-Ethical Issues

Confidentiality

Confidentiality in all of health care is important but notably so in psychiatry because of possible discriminatory treatment of those with mental illness. All individuals have a right to privacy, and all client records and communications should be kept confidential.

Do's and Don'ts of Confidentiality

- Do not discuss clients by using their actual names or any identifier that could be linked to a particular client (e.g., name/date of birth on an x-ray/assessment form).
- Do not discuss client particulars outside of a private, professional environment. Do not discuss with family members or friends.
- Be particularly careful in elevators of hospitals or community centers. You never know who might be on the elevator with you.
- Even in educational presentations, protect client identity by changing names (John Doe) and obtaining all (informed consent) permissions.
- Every client has the right to confidential and respectful treatment.

(Text continued on following page)

- Accurate, objective record keeping is important, and documentation is significant legally in demonstrating what was actually done for client care. If not documented, treatments are not considered done.

When Confidentiality Must Be Breached

- ***Confidentiality and Child Abuse*** – If it is suspected or clear that a child is being abused or in danger of abuse (physical/sexual/emotional) or neglect, the health professional must report such abuse as mandated by the Child Abuse Prevention Treatment Act, originally enacted in 1974 (PL 93–247).
- ***Confidentiality and Elder Abuse*** – If suspected or clear that an elder is being abused or in danger of abuse or neglect, then the health professional must also report this abuse.
- ***Tarasoff Principle/Duty to Warn*** (Tarasoff v. Regents of the University of California 1976) – Refers to the responsibility of a therapist, health professional, or nurse to warn a potential victim of imminent danger (a threat to harm person) and breach confidentiality. The person in danger and others (able to protect person) must be notified of the intended harm.

The Health Insurance Portability and Accountability Act (HIPAA) (1996)

Enacted on August 21, 1996, HIPAA was established with the goal of assuring that an individual's health information is properly protected while allowing the flow of health information. (US Department of Health and Human Services, 2006, HIPAA, 2006)

Types of Commitment

- ***Voluntary*** – An individual decides treatment is needed and admits him/herself to a hospital, leaving of own volition – unless a professional (psychiatrist/other professional) decides that the person is a danger to him/herself or others.
- ***Involuntary*** – Involuntary commitments include: 1) emergency commitments, including those unable to care for self (basic personal needs) and 2) involuntary outpatient commitment (IOC).
 - ***Emergency*** – Involves ***imminent*** danger to self or others; has demonstrated a ***clear and present danger to self or others***. Usually initiated by health professionals, authorities, and sometimes friends or family. Person is threatening to harm self or others. Or evidence that the person is unable to care for her- or himself (nourishment, personal, medical, safety) with reasonable probability that death will result within a month.
 - ***302 Emergency Involuntary Commitment*** – If a person is an *immediate danger to self or others* or *is in danger due to a lack of ability to care for self*, then an emergency psychiatric evaluation may be filed (section 302). This person must then be evaluated by a

psychiatrist and released, or psychiatrist may uphold petition (patient admitted for up to five days). (Laben & Crofts Yorker 1998; emergency commitments 2004)

Restraints and Seclusion for an Adult — Behavioral Health Care

The Joint Commission on Accreditation of Healthcare Organizations (JCAHO) wants to reduce the use of behavioral restraints but has set forth guidelines for safety in the event they are used.

- In an emergency situation, restraints may be applied by an authorized and qualified staff member, but an order must be obtained from a Licensed Independent Practitioner (LIP) within 1 hour of initiation of restraints/seclusion.
- Following application of restraints, the following time frames must be adhered to for reevaluation/reordering:
 - Within first hour, physician or LIP must evaluate the patient face to face, after initiation of restraint/seclusion, if hospital uses accreditation for Medicare deemed status purposes. If not for deemed status, LIP performs face-to-face evaluation within 4 hours of initiation of restraint/seclusion.
 - If adult is released prior to expiration of original order, LIP must perform a face-to-face evaluation within 24 hours of initiation of restraint/seclusion.
 - LIP reorders restraint every 4 hours until adult is released from restraint/seclusion. A qualified RN or other authorized staff person reevaluates individual and need to continue restraint/seclusion.
 - LIP face-to-face evaluation every 8 hours until patient is released from restraint/seclusion.
 - 4-hour RN or other qualified staff reassessment and 8-hour face-to-face evaluation repeated, as long as restraint /seclusion clinically necessary. (JCAHO revised 2005)
- The *American Psychiatric Nurses Association* and *International Society of Psychiatric-Mental Health Nurses* are committed to the *reduction of seclusion and restraint* and have developed position statements, with a vision of eventually eliminating seclusion and restraint. (APNA 2001; ISPN 1999)
- Learn your institutional policies on restraints and seclusion and take advantage of any training available, contacting supervisors/managers if any questions about protocols.

ALERT: The decision to initiate seclusion or restraint is made only after all other less restrictive, nonphysical methods have failed to resolve the behavioral emergency (APNA 2001). Restraint of a patient may be both physical and pharmacological (chemical) and infringes on a patient's

(Text continued on following page)

freedom of movement and may result in injury (physical or psychological) and/or death. There must be an evaluation based on benefit: risk consideration and a leaning toward alternative solutions. Restraints may be used when there is dangerous behavior and to protect the patient and others. You need to become familiar with the standards as set forth by JCAHO and any state regulations and hospital policies. *The least restrictive method should be used and considered first, before using more restrictive interventions.*

A Patient's Bill of Rights

- First adopted in 1973 by the American Hospital Association, A Patient's Bill of Rights was revised on October 21, 1992
- Sets forth an expectation of treatment and care that will allow for improved collaboration between patients, health care providers, and institutions resulting in better patient care. (American Hospital Association [revised] 1992)

Informed Consent

- Every adult person has the right to decide what can and cannot be done to his or her own body (Schloendorff v. Society of New York Hospital, 105 NE 92 [NY 1914]).
- Assumes a person is capable of making an informed decision about own health care.
- State regulations vary, but mental illness does not mean that a person is or should be assumed incapable of making decisions related to his or her own care.
- Patients have a right to:
 - Information about their treatment and any procedures to be performed.
 - Know the inherent risks and benefits.
- Without this information (specific information, risks, and benefits) a person cannot make an informed decision. The above also holds true for those who might participate in research. (Laben & Crofts Yorker 1998)

Right to Refuse Treatment/Medication

- Just as a person has the right to accept treatment, he or she also has the right to refuse treatment to the extent permitted by the law and to be informed of the medical consequences of his/her actions.
- In some emergency situations, a patient can be medicated or treated against his/her will, but state laws vary, and so it is imperative to become knowledgeable about applicable state laws. (American Hospital Association [revised] 1992; Laben & Crofts Yorker 1998)

Psychiatric Assessment

Abnormal Involuntary Movement Scale (AIMS)	41
AIMS Rating Form	42
CAGE Screening Questionnaire	33
Clock-Drawing Test	50
Culturally Mediated Beliefs and Practices	51
Depression-Arkansas Scale (D-ARK Scale)	46
Documentation	57
DSM-IV-TR Multiaxial Classification and Tool	38
Edinburgh Postnatal Depression Scale (EPDS)	44
Ethnocultural Assessment Tool	55
Ethnocultural Considerations	50
Focus Charting (DAR)	57
Geriatric Depression Rating Scale (GDS)	49
Global Assessment of Functioning (GAF) Scale	40
Medical History	25
Mental Status Assessment and Tool	34
Mini-Mental State Examination (MMSE)	50
Perception of Mental Health Services: Ethnocultural Differences	54
PIE Charting (APIE) (Example)	58
PIE Method (APIE)	58
Problem-Oriented Record (POR)	57
Psychiatric History and Assessment Tool	20
Short Michigan Alcohol Screening Test (SMAST)	33
Substance History and Assessment Tool	31

Psychiatric History and Assessment Tool

Identifying/Demographic Information

Name _____ Room No. _____

Primary Care Provider: _____

DOB _____ Age _____ Sex _____

Race: _____ Ethnicity: _____

Marital Status: _____ No. Marriages: _____

If married/divorced/separated/widowed, how long? _____

Occupation/School (grade): _____

Highest Education Level: _____

Religious Affiliation: _____

City of Residence: _____

Name/Phone # of Significant Other: _____

Primary Language Spoken: _____

Accompanied by: _____

Admitted from: _____

Previous Psychiatric Hospitalizations (#): _____

Chief Complaint (in patient's own words): _____

DSM-IV Diagnosis (previous/current): _____

Nursing Diagnosis: _____

Notes: _____

Family Members/Significant Others Living in Home

Name	Relationship	Age	Occupation/Grade

Family Members/Significant Others Not in Home

Name	Relationship	Age	Occupation/Grade

Children

Name	Age	Living at Home?

CLINICAL PEARL: Compare what the client says with what other family members, friends, or significant others say about situations or previous treatments. It is usually helpful to gather information from those who have observed/lived with the client and can provide *another valuable source/side of information*. The *reliability of the client* in recounting the past must be considered and should be noted.

Genogram – See *Disorders/Intervention Tab* for sample genogram and common genogram symbols.

Past Psychiatric Treatments/Medications

It is important to obtain a history of any previous psychiatric hospitalizations, the number of hospitalizations and dates, and to record all current/past psychotropic medications, as well as other medications the client may be taking. Ask the client what has worked in the past, and also what has *not worked*, for both treatments and medications.

Inpatient Treatment

Facility/Location	Dates From/To	Diagnosis	Treatments	Response(s)

Outpatient Treatments/Services

Psychiatrist/Therapist	Location	Diagnosis	Treatment	Response(s)

Psychotropic Medications (Previous Treatments)

Name	Dose/Dosages	Treatment Length	Response	Comments

Current Psychotropic Medications

Name	Dose/Dosages	Date Started	Response(s)	Serum Levels

Other Current Medications, Herbals, and OTC Medications

Name	Dose/Dosages	Date Started	Response(s)	Comments

CLINICAL PEARL: It is important to ask about any herbals, OTC medications (e.g., pseudoephedrine), or nontraditional treatments as client may not think to mention these when questioned about current medications. *Important herbals include, but are not limited to:* St. John's wort, ephedra (ma huang), ginseng, kava kava, and yohimbe. These can interact with psychotropics or other medications or cause anxiety and/or drowsiness, as well as other adverse physiological reactions. Be sure to record and then report any additional or herbal medications to the psychiatrist, advanced practice nurse, psychiatric nurse, and professional team staff.

Medical History (*See Clinical Pearls for Italics*)

TPR:

BP:

Height:

Weight:

Cardiovascular (CV)

Does client have or ever had the following disorders/symptoms (include date):

Hypertension	Murmurs	Chest Pain (Angina)
<i>Palpitations/ Tachycardia</i>	Shortness of Breath	Ankle Edema/Congestive Heart Failure
Fainting/ Syncope	Myocardial Infarction	High Cholesterol
Leg Pain (Claudication)	<i>Arrhythmias</i>	<i>Other CV Disease</i>
Heart Bypass	Angioplasty	Other CV surgery

CLINICAL PEARL: Heterocyclic antidepressants must be used with caution with *cardiovascular disease*. Tricyclic antidepressants (TCAs) may produce life-threatening *arrhythmias* and ECG changes.

Central Nervous System (CNS)

Does client have or ever had the following disorders/symptoms (include date):

Headache	Head Injury	Tremors
Dizziness/Vertigo	Loss of Consciousness (LOC); how long?	Stroke
<i>Myasthenia Gravis</i>	<i>Parkinson's Disease</i>	<i>Dementia</i>
Brain Tumor	<i>Seizure Disorder</i>	Multiple Sclerosis
TIA's	Other	Surgery

CLINICAL PEARL: Remember that *myasthenia gravis* is a contraindication to the use of antipsychotics; *tremors* could be due to a disease such as *Parkinson's* or could be a side effect of a psychotropic (lithium/antipsychotic). Sometimes the elderly may be diagnosed as having *dementia* when in fact they are depressed (pseudodementia). Use TCAs cautiously with *seizure disorders*; bupropion use contraindicated in seizure disorder.

Dermatological/Skin

Does client have or ever had the following disorders/symptoms (include date):

<i>Psoriasis</i>	<i>Hair Loss</i>	Itching
<i>Rashes</i>	<i>Acne</i>	Other/Surgeries

CLINICAL PEARL: Lithium can precipitate psoriasis or psoriatic arthritis in patients with a history of *psoriasis*, or the psoriasis may be new onset. *Acne* is also a possible reaction to lithium (new onset or exacerbation), and lithium may result in, although rarely, *hair loss (alopecia)*. *Rashes* in patients on carbamazepine or lamotrigine may be a sign of a life-threatening mucocutaneous reaction, such as Stevens-Johnson syndrome (SJS). Discontinue medication/immediate medical attention needed.

Endocrinology/Metabolic

Does client have or ever had the following disorders/symptoms (include date):

Polydipsia	Polyuria	<i>Diabetes Type 1 or 2</i>
Hyperthyroidism	<i>Hypothyroidism</i>	Hirsutism
Polycystic Ovarian Syndrome	Other	Surgery

CLINICAL PEARL: Clients on lithium should be observed and tested for *hypothyroidism*. Atypical and older antipsychotics are associated with *treatment-emergent diabetes* (need periodic testing: FBS, HgbA1c, lipids; BMI, etc).

Eye, Ears, Nose, Throat

Does client have or ever had the following disorders/symptoms (include date):

<i>Eye Pain</i>	<i>Halo around Light Source</i>	<i>Blurring</i>
Red Eye	Double vision	Flashing Lights/Floaters
<i>Glaucoma</i>	Tinnitus	Ear Pain/Otitis Media
Hoarseness	Other	Other/Surgery

CLINICAL PEARL: *Eye pain and halo around a light source* are possible symptoms of glaucoma. *Closed-angle glaucoma* is a true emergency and requires immediate medical attention to prevent blindness. Anticholinergics (low-potency antipsychotics [chlorpromazine] or tricyclics) can cause *blurred vision*. Check for *history of glaucoma* as antipsychotics are contraindicated.

Gastrointestinal

Does client have or ever had the following disorders/symptoms (include date):

<i>Nausea & Vomiting</i>	Diarrhea	<i>Constipation</i>
GERD	Crohn's Disease	Colitis
Colon Cancer	Irritable Bowel Syndrome	Other/Surgery

CLINICAL PEARL: *Nausea* is a common side effect of many medications; tricyclic antidepressants can cause *constipation*. Nausea seems to be more common with paroxetine. Over time clients may adjust to these side effects, therefore no decision should be made about effectiveness/side effects or changing medications without a reasonable trial.

Genitourinary/Reproductive

Does client have or ever had the following disorders/symptoms (include date):

Miscarriages? Y/N # When?		Abortions? Y/N # When?	
Nipple Discharge	<i>Amenorrhea</i>	<i>Gynecomastia</i>	
<i>Lactation</i>	Dysuria	Urinary Incontinence	
Pregnancy Problems	<i>Postpartum Depression</i>	Sexual Dysfunction	
Prostate Problems (BPH)	Menopause	Fibrocystic Breast Disease	
Penile Discharge	UTI	Pelvic Pain	
Renal Disease	Urinary Cancer	Breast Cancer	
Other/Surgery	Other Gynecological Cancer	Other	

CLINICAL PEARL: Antipsychotics have an effect on the endocrinological system by affecting the tuberoinfundibular system. Those on antipsychotics may experience *gynecomastia and lactation (men also)*. Women may experience *amenorrhea*. Some drugs (TCAs), such as amitriptyline, must be used with caution with *BPH*. *Postpartum depression* requires evaluation and treatment (see *Postpartum Major Depressive Episode in Disorders-Interventions Tab*).

Respiratory

Does client have or ever had (include date):

Chronic Cough	Sore Throat	Bronchitis
Asthma	COPD	Pneumonia
Cancer (Lung/Throat)	Sleep Apnea	Other/Surgery

Other Questions:

Allergies (food/environmental/pet/contact)

Diet _____

Drug Allergies _____

Accidents _____

High Prolonged Fever _____

Tobacco Use _____

Childhood Illnesses _____

Fractures _____

Menses Began _____

Birth Control _____

Disabilities (hearing/speech/movement) _____

Pain (describe/location/length of time [over or under 3 months]/severity between 1 [least] and 10 [worst])/Treatment

Family History

Mental Illness _____

Medical Disorders _____

Substance Abuse _____

Please note who in the family has the problem/disorder.

Substance Use

Prescribed Drugs

Name	Dosage	Reason

Street Drugs

Name	Amount/Day	Reason

Alcohol

Name	Amount/Day/Week	Reason

Substance History and Assessment Tool

1. When you were growing up, did anyone in your family use substances (alcohol or drugs)? If yes, how did the substance use affect the family?
2. When (how old) did you use your first substance (e.g., alcohol, cannabis) and what was it?
3. How long have you been using a substance(s) regularly? Weeks, months, years?
4. Pattern of abuse
 - a. When do you use substances?
 - b. How much and how often do you use?
 - c. Where are you when you use substances and with whom?
5. When did you last use; what was it and how much did you use?

(Continued on following page)

6. Has substance use caused you any problems with family, friends, job, school, the legal system, other? If yes, describe:
7. Have you ever had an injury or accident because of substance abuse? If yes, describe:
8. Have you ever been arrested for a DUI because of your drinking or other substance use?
9. Have you ever been arrested or placed in jail because of drugs or alcohol?
10. Have you ever experienced memory loss the morning after substance use (can't remember what you did the night before)? Describe the event and feelings about the situation:
11. Have you ever tried to stop your substance use? If yes, why were you not able to stop? Did you have any physical symptoms such as shakiness, sweating, nausea, headaches, insomnia, or seizures?
12. Describe a typical day in your life.
13. Are there any changes you would like to make in your life? If so, describe:
14. What plans or ideas do you have for making these changes?
15. History of withdrawal:

Other comments:

Modified from Townsend 5th ed., 2006, with permission

CAGE Screening Questionnaire

- (C) Have you ever felt the need to Cut Down on your drinking/use of drugs? Y__ N__
- (A) Have you been Annoyed by the criticism of others about your drinking/drug use? Y__ N__
- (G) Have you felt Guilty about the amount of drinking you do? Y__ N__
- (E) Have you ever had an Eye Opener (drink) first thing in the morning to steady your nerves? Y__ N__

A positive (yes) response to two or more questions suggests that there is an alcohol/substance abuse problem.

(Ewing JA: Detecting alcoholism: The CAGE questionnaire. JAMA 252:1905–1907, 1984. Copyright © 1984 American Medical Association. All Rights Reserved.)

Note: The need to cut down is related to tolerance (needing more substance for same effect) and the eye opener is related to withdrawal syndrome (reduction/cessation of substance).

Short Michigan Alcohol Screening Test (SMAST)

- Do you feel you are a normal drinker? [no] Y__ N__
- Does someone close to you worry about your drinking? [yes] Y__ N__
- Do you feel guilty about your drinking? [yes] Y__ N__
- Do friends/relatives think you're a normal drinker? [no] Y__ N__
- Can you stop drinking when you want to? [no] Y__ N__
- Have you ever attended an AA meeting? [yes] Y__ N__
- Has drinking created problems between you and a loved one/relative? [yes] Y__ N__
- Gotten in trouble at work because of drinking? [yes] Y__ N__
- Neglected obligations/family/work 2 days in a row because of drinking? [yes] Y__ N__
- Gone to anyone for help for your drinking? [yes] Y__ N__
- Ever been in a hospital because of drinking? [yes] Y__ N__
- Arrested for drunk driving or DUI? [yes] Y__ N__
- Arrested for other drunken behavior? [yes] Y__ N__
- Total =

*Five or more positive items suggests alcohol problem.
(Positive answers are in brackets above) (Selzer 1975)*

(Reprinted with permission from Journal of Studies on Alcohol, vol. 36, pp. 117–126, 1975. Copyright by Journal of Studies on Alcohol, Inc., Rutgers Center of Alcohol Studies, Piscataway, NJ 08854 and Melvin L. Selzer, MD)

Mental Status Assessment and Tool

The components of the mental status assessment are:

- General Appearance
- Behavior/Activity
- Speech and Language
- Mood and Affect
- Thought Process and Content
- Perceptual Disturbances
- Memory/Cognitive
- Judgment and Insight

Each component must be approached in a methodical manner so that a thorough evaluation of the client can be done from a mood, thought, appearance, insight, judgment, and overall perspective.

It is important to document all these findings even though this record represents one point in time. It is helpful over time to see any patterns (regressions/improvement) and to gain an understanding of any changes that would trigger a need to reevaluate the client or suggest a decline in functioning.

Mental Status Assessment Tool

Identifying Information

Name	Age
Sex	Race/Ethnicity
Significant Other	Educational Level
Religion	Occupation

Presenting problem:

Appearance

Grooming/dress _____

Hygiene _____

Eye contact _____

Posture _____

Identifying features (marks/scars/tattoos) _____

Appearance versus stated age _____

Overall appearance _____

CLINICAL PEARL: It is helpful to ask the client to talk about him/herself and to *ask open-ended questions* to help the client express thoughts and feelings; e.g., "Tell me why you are here?" Encourage further discussion with: "Tell me more." A less direct and more conversational tone at the beginning of the interview may help reduce the client's anxiety and set the stage for the trust needed in a therapeutic relationship.

Behavior/Activity (check if present)

Hyperactive _____

Agitated _____

Psychomotor retardation _____

Calm _____

Tremors _____

Tics _____

Unusual movements/gestures _____

Catatonia _____

Akathisia _____

Rigidity _____

Facial movements (jaw/lip smacking) _____

Other _____

Speech

Slow/rapid _____

Pressured _____

Tone _____

(Continued on following page)

Volume (loud/soft) _____

Fluency (mute/hesitation/latency of response)

Attitude

Is client:

Cooperative _____ Uncooperative _____

Warm/friendly _____ Distant _____

Suspicious _____ Combative _____

Guarded _____ Aggressive _____

Hostile _____ Aloof _____

Apathetic _____ Other _____

Mood and Affect

Is client:

Elated _____ Sad _____ Depressed _____

Irritable _____ Anxious _____

Fearful _____ Guilty _____

Worried _____ Angry _____

Hopeless _____ Labile _____

Mixed (anxious and depressed) _____

Is client's affect:

Flat _____

Blunted or diminished _____

Appropriate _____

Inappropriate/incongruent (sad and smiling/laughing)

Other _____

Thought Process

Concrete thinking _____

Circumstantiality _____

Tangentiality _____

Loose association _____

Echolalia _____

Flight of ideas _____

Perseveration _____

Clang associations _____
 Blocking _____
 Word salad _____
 Derailment _____
 Other _____

Thought Content

Does client have:

Delusions (grandiose/persecution/reference/somatic):

Suicidal/homicidal thoughts _____

If homicidal, toward whom? _____

Obsessions _____

Paranoia _____

Phobias _____

Magical thinking _____

Poverty of speech _____

Other _____

CLINICAL PEARL: Questions around suicide and homicide need to be direct. For instance, *Are you thinking of harming yourself/another person right now?* (If another, who?) Clients will usually admit to suicidal thoughts *if asked directly* but will not always volunteer this information. Any threat to harm someone else requires informing the potential victim and the authorities. (*See When Confidentiality Must be Breached, Tarasoff Principle/Duty to Warn, in Basics Tab.*)

Perceptual Disturbances

Is client experiencing:

Visual Hallucinations _____

Auditory Hallucinations _____

Commenting _____

Discussing _____

Commanding _____

Loud _____

Soft _____

Other _____

Other Hallucination (olfactory/tactile) _____

(Continued on following page)

Illusions _____

Depersonalization _____

Other _____

Memory/Cognitive

Orientation (time/place/person) _____

Memory (recent/remote/confabulation) _____

Level of alertness _____

Insight and Judgment

Insight (awareness of the nature of the illness) _____

Judgment _____

For example: "What would you do if you saw a fire in a movie theater?"

"How will you manage financially once you leave the hospital?"

Other _____

Impulse control _____

Other _____

DSM-IV-TR Multiaxial Classification and Tool

Allows for assessment on various axes, which provides information on different domains and assists in planning interventions and identifying outcomes. Includes GAF (axis V) (explained later).

Components

Axis I: Clinical Disorder (or focus of clinical attention)

Axis II: Personality Disorders/Mental Retardation

Axis III: General Medical Conditions

Axis IV: Psychosocial/Environmental

Axis V: Global Assessment of Functioning (GAF)

Current:

Past Year, highest level:

Admission:

Discharge:

Sample DSM-IV-TR Multiaxial Classifications

Axis I: V61.10 Partner Relational Problem

Axis II: 301.6 Dependent Personality Disorder

Axis III: 564.1 Irritable Bowel Syndrome

Axis IV: Two small daughters at home

Axis V: GAF (current) 65

Past year, highest level: 80

Axis I: 296.44 Bipolar I Disorder, most recent episode manic, severe with psychotic features

Axis II: 301.83 Borderline Personality Disorder

Axis III: 704.00 Alopecia

Axis IV: Unemployed

Axis V: GAF Admission: 28

Discharge: 62

DSM-IV-TR Multiaxial Evaluation Tool*

Text/image rights not available.

CLINICAL PEARL: It is often an Axis I disorder (depression/anxiety) that brings a client into therapy but an Axis II disorder (dependent/borderline personality) that keeps the client in therapy. Problems/crises continue in spite of treatment.

Global Assessment of Functioning (GAF)/Scale

The GAF provides an *overall* rating of assessment of function. It is concerned with psychosocial/occupational aspects and divided into ten ranges of functioning, covering both *symptom severity* and *functioning*. The GAF is recorded as a numerical value on Axis V of the Multiaxial System (see above).

Global Assessment of Functioning (GAF) Scale

Code	Note: Use intermediate codes when appropriate (e.g., 45, 68, 72).
100 91	Superior functioning in a wide range of activities, life's problems never seem to get out of hand, sought out by others because of his or her many positive qualities. No symptoms.
90 81	Absent or minimal symptoms (e.g., mild anxiety before an exam), good functioning in all areas, interested and involved in a wide range of activities, socially effective; generally satisfied with life; no more than general problems or concerns (e.g., an occasional argument with family members).
80 71	If symptoms are present, they are transient and expectable reactions to psychosocial stressors (e.g., difficulty concentrating after family argument); slight impairment in social, work, or school functioning (e.g., temporarily falling behind in schoolwork).
70 61	Some mild symptoms (e.g., depressed mood and mild insomnia) OR some difficulty in social, occupational, or school functioning (e.g., occasional truancy, or theft within the household), but generally functioning pretty well, has some meaningful interpersonal relationships.
60 51	Moderate symptoms (e.g., flat affect and circumstantial speech, occasional panic attacks) OR moderate difficulty in social, occupational, or school functioning (e.g., few friends, conflicts with peers or co-workers).

Global Assessment of Functioning (GAF) Scale

Code	Note: Use intermediate codes when appropriate (e.g., 45, 68, 72).
50 41	Serious symptoms (e.g., suicidal ideation, severe obsessional rituals, frequent shoplifting) OR serious impairment in social, occupational, or school functioning (e.g., no friends, unable to keep a job).
40 31	Some impairment in reality testing or communication (e.g., speech is at times illogical, obscure, or irrelevant) OR major impairment in several areas, such as work, school, family relations, judgment, thinking, or mood (e.g., depressed man avoids friends, neglects family, and is unable to work; child frequently beats up younger children, is defiant at home, and is failing at school).
30 21	Behavior is considerably influenced by delusions or hallucinations OR serious impairment in communication or judgment (e.g., sometimes incoherent, acts grossly inappropriately, suicidal preoccupation) OR inability to function in almost all areas (e.g., stays in bed all day; no job, home, or friends).
20 11	Some danger of hurting self or others (e.g., suicide attempts without clear expectation of death; frequently violent; manic excitement) OR occasionally fails to maintain minimal personal hygiene (e.g., smears feces) OR gross impairment in communication (e.g., largely incoherent or mute).
10 1	Persistent danger of severely hurting self or others (e.g., recurrent violence) OR persistent inability to maintain minimal personal hygiene OR serious suicidal act with clear expectation of death.

0 = Inadequate information

GAF scale reprinted with permission from the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision (Copyright 2000). American Psychiatric Association.

Abnormal Involuntary Movement Scale (AIMS)

- AIMS is a 5- to 10-minute clinician/other-trained rater (psychiatric nurse) scale to assess for tardive dyskinesia. AIMS is not a scored scale but rather a *comparative scale* documenting changes over time (Guy 1976).
- Baseline should be done before instituting pharmacotherapy and then every 3 to 6 months thereafter. Check with federal and hospital regulations for time frames. Long-term care facilities are required to perform the AIMS at initiation of antipsychotic therapy and every 6 months thereafter.

(Continued on following page)

AIMS Examination Procedure

Either before or after completing the examination procedure, observe the client unobtrusively, at rest (e.g., in waiting room). The chair to be used in this examination should be hard and firm without arms.

- Ask client to remove shoes and socks.
- Ask client if there is anything in his/her mouth (e.g., gum, candy); if there is, to remove it.
- Ask client about the *current* condition of his/her teeth. Ask client if he/she wears dentures. Do teeth or dentures bother the client *now*?
- Ask client whether he/she notices any movements in mouth, face, hands, or feet. If yes, ask to describe and to what extent they *currently* bother client or interfere with his/her activities.
- Have client sit in chair with hands on knees, legs slightly apart and feet flat on floor. (Look at entire body for movements while client is in this position.)
- Ask client to sit with hands hanging unsupported: if male, between legs; if female and wearing a dress, hanging over knees. (Observe hands and other body areas.)
- Ask client to open mouth. (Observe tongue at rest in mouth.) Do this twice.
- Ask client to protrude tongue. (Observe abnormalities of tongue movement.) Do this twice.
- Ask client to tap thumb, with each finger, as rapidly as possible for 10 to 15 seconds; separately with right hand, then with left hand. (Observe facial and leg movements.)
- Flex and extend client's left and right arms (one at a time). (Note any rigidity.)
- Ask client to stand up. (Observe in profile. Observe all body areas again, hips included.)
- Ask client to extend both arms outstretched in front with palms down. (Observe trunk, legs, and mouth.)
- Have client walk a few paces, turn, and walk back to chair. (Observe hands and gait.) Do this twice.

AIMS Rating Form

Name

Rater Name

Date

ID #

Instructions:

Complete the above examination procedure before making ratings. For movement ratings, circle the highest severity observed.

Code:

- 0: None
- 1: Minimal, may be extreme normal
- 2: Mild
- 3: Moderate
- 4: Severe

Facial and Oral Movements	1. Muscles of Facial Expression ■ e.g., movements of forehead, eyebrows, periorbital area, cheeks. ■ Include frowning, blinking, smiling, and grimacing. 2. Lips and Perioral Area e.g., puckering, pouting, smacking 3. Jaw e.g., biting, clenching, chewing, mouth opening, lateral movement 4. Tongue Rate only increase in movements both in and out of mouth, NOT the inability to sustain movement.	0 1 2 3 4 0 1 2 3 4 0 1 2 3 4 0 1 2 3 4
Extremity Movements	5. Upper (<i>arms, wrists, hands, fingers</i>) ■ Include choreic movements (i.e., rapid, objectively purposeless, irregular, spontaneous), athetoid movements (i.e., slow, irregular, complex, serpentine). ■ Do NOT include tremor (i.e., repetitive, regular, rhythmic).	0 1 2 3 4
Trunk Movements	6. Lower (<i>legs, knees, ankles, toes</i>) e.g., lateral knee movement, foot tapping, heel dropping, foot squirming, inversion and eversion of the foot 7. Neck, shoulders, hips e.g., rocking, twisting, squirming, pelvic gyrations	0 1 2 3 4 0 1 2 3 4
Global Judgments	8. Severity of Abnormal Movements 9. Incapacitation Due to Abnormal Movements 10. Client's Awareness of Abnormal Movements Rate only client's report.	0 1 2 3 4 0 1 2 3 4 0 1 2 3 4

(Continued on following page)

*(Continued)***Dental Status****11. Current Problems With
Teeth and/or Dentures**

0: No 1: Yes

**12. Does Client Usually Wear
Dentures?**

0: No 1: Yes

The Edinburgh Postnatal Depression Scale (EPDS)

Text/image rights not available.

Text/image rights not available.

Text/image rights not available.

Depression-Arkansas Scale (D-ARK Scale)

The D-ARK scale is a practical, self-report assessment scale for measuring major depressive disorder in clinical settings. It is scientifically sound and simple to use (Smith, Kramer, Hollenberg et al 2002).

Depression-Arkansas (D-ARK) Scale

*Underline or circle your response to each of 11 questions that follow; note that each question relates to the **past 4 weeks**:*

1. How often *in the past 4 weeks* have you felt depressed, blue, or in low spirits for most of the day?
(1) Not at all (2) 1 to 3 days a week (3) Most days a week (4) Nearly every day for at least two weeks

2. How often *in the past 4 weeks* did you have days in which you experienced little or no pleasure in most of your activities?
(1) Not at all (2) 1 to 3 days a week (3) Most days a week (4) Nearly every day for at least two weeks
3. How often *in the past 4 weeks* has your appetite been either less than usual or greater than usual?
(1) Not at all (2) 1 to 3 days a week (3) Most days a week (4) Nearly every day for at least two weeks
4. *In the past 4 weeks*, have you gained or lost weight without trying to?
(1) No (2) Yes, a little weight (3) Yes, some weight (4) Yes, a lot of weight
5. How often *in the past 4 weeks* have you had difficulty sleeping or trouble with sleeping too much?
(1) Not at all (2) 1 to 3 days a week (3) Most days a week (4) Nearly every day for at least two weeks
6. *In the past 4 weeks*, has your physical activity been slowed down or speeded up so much people who know you could notice?
(1) No (2) Yes, a little slowed or speeded up (3) Yes, somewhat slowed or speeded up (4) Yes, very slowed or speeded up
7. *In the past 4 weeks*, have you often felt more tired out or less energetic than usual?
(1) No (2) Yes, a little tired (3) Yes, somewhat tired out (4) Yes, very tired out
8. How often *in the past 4 weeks* have you felt worthless or been bothered by feelings of guilt?
(1) Not at all (2) 1 to 3 days a week (3) Most days a week (4) Nearly every day for at least two weeks
9. *In the past 4 weeks*, have you often had trouble thinking, concentrating, or making decisions?
(1) No (2) Yes, a little trouble thinking (3) Yes, some trouble thinking (4) Yes, a lot of trouble thinking
10. How often have you thought about death or suicide *in the past 4 weeks*?
(1) Not at all (2) 1 to 3 days a week (3) Most days a week (4) Nearly every day for at least two weeks
11. *In the past 4 weeks*, have you thought a lot about a specific way to commit suicide?
(1) No (2) Yes

(Continued on following page)

Diagnostic Score (see scoring below)

Part A _____

Part B _____

Total Score (A + B) = _____

D-ARK Diagnostic Scoring

Part A: If respondent scores Questions 1 or 2 *greater than or equal to 2*; then Part A = 1

Part B: Score individual items as follows:

If question 1 is greater than or equal to 2, *Criterion 1* = 1;
Score _____

If question 2 is greater than or equal to 2, *Criterion 2* = 1;
Score _____

If question 3 is greater than or equal to 2, *or* Question 4 is greater than or equal to 2, *Criterion 3* = 1;
Score _____

If questions 5–9 are greater than or equal to 3, *Criteria 4–8* = 1 each;
Score _____

If Question 10 is greater than or equal to 3, *or* Question 11 = 2, *Criterion 9* = 1; Score _____

Part B: Add scores for *Criterion 1* through 9, and *Total*: _____; if the total of *Criteria 1–9* is *greater than or equal to 5*, then Part B = 1

If Part A = 1 and Part B = 1, then the respondent meets the criteria for depression.

Note: The D-ARK Scale includes all 9 DSM-IV Criteria symptoms for diagnosing Major Depressive Disorder. (*See DSM-IV-TR, Mood Episodes, Criteria for Major Depressive Episode and also Major Depressive Episode in the Disorders-Interventions Tab.*)

D-ARK Severity Scoring

Recode Questions 1–10 as 0 to 3; if Question 11 = 1, then Question 11 = 0; if Question 11 = 2, then Question 11 = 3. Calculate the mean of questions 1–11; multiply by 33.33. This product is the severity score. If Question 10 is missing (not answered) or two or more questions are missing, do not score severity.

“Depression-Arkansas Scale (D-ARK Scale),” Copyright 1997

University of Arkansas for Medical Sciences

4301 West Markham Street

Little Rock, AR 72205

Used with permission.

Geriatric Depression Rating Scale (GDS)

Short Version

Choose the best answer for how you have felt over the past week (circle yes or no):

1. Are you basically satisfied with your life? **YES/NO**
2. Have you dropped many of your activities and interests? **YES/NO**
3. Do you feel that your life is empty? **YES/NO**
4. Do you often get bored? **YES/NO**
5. Are you in good spirits most of the time? **YES/NO**
6. Are you afraid that something bad is going to happen to you? **YES/NO**
7. Do you feel happy most of the time? **YES/NO**
8. Do you often feel helpless? **YES/NO**
9. Do you prefer to stay at home, rather than going out and doing new things? **YES/NO**
10. Do you feel you have more problems with memory than most? **YES/NO**
11. Do you think it is wonderful to be alive now? **YES/NO**
12. Do you feel pretty worthless the way you are now? **YES/NO**
13. Do you feel full of energy? **YES/NO**
14. Do you feel that your situation is hopeless? **YES/NO**
15. Do you think that most people are better off than you are? **YES/NO**

Total Score =

Bold answers = depression

GDS Scoring:

12–15 Severe depression

8–11 Moderate depression

5–7 Mild depression

0–4 Normal

(Yesavage et al. 1983; Sheikh 1986; GDS Web site:

<http://www.stanford.edu/~yesavage/>)

ALERT: As with all rating scales, further evaluation and monitoring are often needed. Be sure to perform a Mini-Mental State Examination (MMSE) first to screen for/rule out dementia (cognitive deficits).

Mini-Mental State Examination (MMSE)

The *Mini-Mental State Examination* is a brief (10-minute) standardized, reliable screening instrument used to assess for cognitive impairment and commonly used to screen for dementia. It evaluates orientation, registration, concentration, language, short-term memory, and visual-spatial aspects and can be scored quickly (24–30 = normal; 18–23 = mild/moderate cognitive impairment; 0–17 = severe cognitive impairment). (Folstein et al. 1975; Psychological Assessment Resources, Inc.)

The Clock-Drawing Test

Another test that is said to be possibly more sensitive to *early* dementia is the clock-drawing test. There are many variations and clock is first drawn (by clinician) and divided into tenths or quadrants. Client is asked to put the numbers in the appropriate places and then indicate the time as “ten minutes after eleven.” Scoring is based on test used and completion of the tasks. (Manos 2004)

Ethnocultural Considerations

With over 400 ethnocultural groups, it is impossible to cover every group within North America. It is important, however, to become familiar with the characteristics and customs of most ethnocultural groups you will be working with and sensitive to any differences.

Ethnicity refers to a common ancestry through which individuals have evolved shared values and customs. This sense of commonality is transmitted over generations by family and reinforced by the surrounding community (McGoldrick, 2005).

Suggested References for Further Reading Include:

Lipson J, and Dibble S: *Culture and Clinical Care*, 2/e. University of California, School of Nursing, San Francisco 2005.

McGoldrick M, Giordano J, and Garcia-Preto N: *Ethnicity and Family Therapy*, 3/e. The Guilford Press, New York 2005.

Purnell LD, and Paulanka BJ: *Guide to Culturally Competent Health Care*. FA Davis, Philadelphia 2005.

Culturally Mediated Beliefs and Practices

	Dying/birth	Role differences	Religion	Communication
African American	Reluctant to donate organs Ask about advance directives/durable power of attorney (may not have any) – usually family makes decisions as a whole. Burials may take up to 5–7 d after death. Varied responses to death.	Varies by educational level/socio-economic level. High percentage of families is matriarchal. Extended family important in health education; include women in decision making/health information.	Baptist/Methodist/ other Protestant/Muslim (Nation of Islam/other sects) Determine affiliation during interview/ determine importance of church/ religion.	<i>Eye Contact:</i> Demonstrates respect/trust, but direct contact may be interpreted as aggressive. <i>Other:</i> Silence may indicate distrust. Prefer use of last name (upon greeting) unless referred to otherwise.
Arab American	Colostrum is believed harmful to the infant Death is God's will; turn patient's bed to face Mecca and read the Koran. No cremation, no autopsy (except forensic) and organ donation acceptable.	Men make most decisions (patrilineal) and women responsible for daily needs (wield a lot of influence over family and home); family loyalty more important than individual needs.	Muslim (usually Sunni)/Protestant/ Greek orthodox/ other Christian Duties of Islam: Declaration of faith, prayer 5 times/d, almsgiving, fasting during Ramadan, and pilgrimage to Mecca.	<i>Eye Contact:</i> Females may avoid eye contact with males/ strangers. <i>Other:</i> Supportive family members may need a break from caregiving; obtain an interpreter if necessary.

(Continued on following page)

Culturally Mediated Beliefs and Practices (Continued)

	Dying/birth	Role differences	Religion	Communication
Asian American	May use incense/spiritual. Need extra time with deceased members; natural cycle of life.	Father/eldest son primary decision maker; recognized head has great authority.	Primarily Buddhism and Catholicism; Taoism and Islam	<i>Eye Contact:</i> Direct eye contact may be viewed as disrespectful. <i>Other:</i> Use interpreters whenever possible (be careful about tone of voice). Often a formal distance.
Native Americans	Full family involvement throughout life cycle; do not practice birth control or limit size of family.	Varies tribe to tribe; most tribes matrilineal and be sure to identify the gatekeeper of the tribe.	Traditional Native American or Christian; spirituality based on harmony with nature.	<i>Eye Contact:</i> Eye contact sustained. <i>Other:</i> American Indian may be term preferred by older adults; use an interpreter to avoid misunderstandings. Do not point with finger.

Culturally Mediated Beliefs and Practices

	Dying/birth	Role differences	Religion	Communication
Mexican Americans	Family support during labor; very expressive during bereavement (find a place where family can grieve together quietly). Fertility practices follow Catholic teachings. Abortion considered wrong.	Equal decision making with all family members; men expected to provide financial support.	Roman Catholic primarily	<i>Eye Contact:</i> Eye contact may be avoided with authority figures. <i>Other:</i> Silence may indicate disagreement with proposed plan of care; greet adults formally (señor, señora, etc, unless told otherwise).
Russian Americans	Father may not attend birth; usually closest family female does; family wants to be informed of impending death before patient.	Men and women share decision making; family, women, children highly valued.	Eastern Orthodox and Judaism; remember recent oppression; also Molokans, Tartar Muslims, Pene-costals, Baptists. About 60% not religious.	<i>Eye Contact:</i> Direct eye contact acceptable/nodding means approval. <i>Other:</i> Use interpreters whenever possible; Russians are distant until trust is established.

Adapted from Purnell & Paulanka 2005 and Myers 2006, with permission

Perception of Mental Health Services: Ethnocultural Differences

African Americans

- Often distrustful of therapy and mental health services. May seek therapy because of child-focused concerns.
- Seek help and support through “the church,” which provides a sense of belonging and community (social activities/choir). Therapy is for “crazy people” (McGoldrick 2005).

Mexican Americans

- Understanding the migration of the family is important, including who has been left behind. The church in the *barrio* often provides community support.
- *Curanderos* (folk healers) may be consulted for problems such as: *mal de ojo* (evil eye) and *susto* (fright) (McGoldrick 2005).

Puerto Ricans

- Nominally Catholic, most value the spirit and soul. Many believe in spirits that protect or harm and the value of incense and candles to ward off the “evil eye.”
- Often underutilize mental health services, and therapist needs to understand that expectations about outcome may differ (McGoldrick 2005).

Asian American

- Many Asian-American families are transitioning from the extended family to the nuclear unit and struggling to hold on to old ways while developing new skills.
- Six predictors of mental health problems are: 1) employment/financial status, 2) gender (women more vulnerable), 3) old age, 4) social isolation, 5) recent immigration, and 6) refugee premigration experiences and postmigration adjustment (McGoldrick 2005).

Above are just a few examples of many ethnocultural groups and the differences in the understanding and perception of mental health/therapy. Please refer to suggested references (p. 50) for additional and more comprehensive information.

Ethnocultural Assessment Tool

Client's name	Ethnic origin
City/State	Birth date
Significant other	Relationship
Primary language spoken	Second language
Interpreter required?	Available?
Highest level of education	Occupation
Presenting problem/chief complaint:	
Has problem occurred before? If so how was it handled? Client's usual manner of coping with stress? Who is (are) client's main support system? Family living arrangements (describe): Major decision maker in family: Client's/family members' roles in the family: Religious beliefs and practices: Are there religious restrictions or requirements? Who takes responsibility for health concerns in family? Any special health concerns or beliefs? <i>(Continued on following page)</i>	

Who does family usually approach for medical assistance?

Usual emotional/behavioral response to:

Anger _____

Anxiety _____

Pain _____

Fear _____

Loss/change/failure _____

What are sensitive topics client is unwilling to discuss because of ethnocultural taboos?

Client's feelings about touch and touching?

Client's feelings regarding eye contact?

Client's orientation to time (past/present/future)?

Illnesses/diseases common to client's ethnicity?

Client's favorite foods:

Foods that client requests or refuses because of ethnocultural reasons:

Client's perception of the problem and expectations of care and outcome:

Other:

Modified from Townsend 5th ed., 2006, with permission

Documentation

Problem-Oriented Record (POR)

POR	Data	Nursing Process
<i>S</i> (Subjective)	Client's verbal reports (e.g., "I feel nervous")	Assessment
<i>O</i> (Objective)	Observation (e.g., client is pacing)	Assessment
<i>A</i> (Assessment)	Evaluation/interpretation of <i>S</i> and <i>O</i>	Diagnosis/outcome identification
<i>P</i> (Plan)	Actions to resolve problem	Planning
<i>I</i> (Intervention)	Descriptions of actions completed	Implementation
<i>E</i> (Evaluation)	Reassessment to determine results and necessity of new plan of action	Evaluation

Focus Charting (DAR)

Charting	Data	Nursing Process
<i>D</i> (Data)	Describes observations about client/supports the stated focus	Assessment
Focus	Current client concern/behavior/significant change in client status	Diagnosis/outcome identification
<i>A</i> (Action)	Immediate/future actions	Plan and implementation
<i>R</i> (Response)	Client's response to care or therapy	Evaluation

PIE Method (APIE)

Charting	Data	Nursing Process
A (Assessment)	Subjective and objective data collected at each shift	Assessment
P (Problem)	Problems being addressed from written problem list and identified outcomes	Diagnosis/outcome identification
I (intervention)	Actions performed directed at problem resolution	Plan and implementation
E (Evaluation)	Response appraisal to determine intervention effectiveness	Evaluation

POR, DAR, and APIE modified from Townsend 5th ed., 2006, with permission

CLINICAL PEARL: It is important to systematically assess and evaluate all clients and to develop a plan of action, reevaluating all outcomes. It is equally important to document all assessments, plans, treatments, and outcomes. You may “know” you provided competent treatment, but without documentation there is *no record* from a legal perspective. *Do not ever become complacent about documentation.*

Example of APIE Charting

DATE/TIME	PROBLEM:	PROGRESS NOTE:
5-22-07 1000	Social Isolation	A: States he does not want to sit with or talk to others; they “frighten him.” Stays in room; no social involvement. P: Social isolation due to inability to trust. I: Spent time alone with client to initiate trust; accompanied client to group activities; praised participation. E: Cooperative although still uncomfortable in presence of group; accepted positive feedback.

Example modified from Townsend 5th ed., 2006, with permission

Psychiatric Disorders/Interventions

Psychiatric Disorders

Addiction, Withdrawal, and Tolerance/Internet Addiction	65
ADHD Treatments, Nonpharmacological	96
Anorexia Nervosa/Bulimia Nervosa	90
Anxiety Disorders	78
Anxiety Disorder, Generalized (GAD) (table)	80
Anxiety Disorders: Client/Family Education	83
Anxiety, Four Levels	79
Attention Deficit/Hyperactivity Disorder (ADHD)	96
Bipolar Disorders	73
Borderline Personality Disorder (BPD) (table)	93
Bulimia Nervosa (BN) (table)	91
Childhood and Adolescence, disorders of	95
Conduct Disorder/Oppositional Defiant Disorder	97
Delirium, Dementia, and Amnesic Disorders	61
Delusions, common	71
Dementia of Alzheimer's Type (AD) (table)	62
Dementia of the Alzheimer's Type, Medications for	63
Dementia With Lewy Bodies	63
Dementia: Client/Family Education	63
Depressive Disorders	73
Depressive Episode, Major (table)	75
Eating Disorders	89
Eating Disorders: Client/Family Education	90
Gender Identity Disorder	87
Hypoactive Sexual Desire Disorder (table)	88
Manic Episode (table)	76
Mental Retardation	95
Mood Disorders	72
Mood Disorders: Client/Family Education	78
Obsessive-Compulsive Disorder (OCD) (table)	81
Paraphilias	87
Personality Disorders	92
Personality Disorders: Client/Family Education	94
Postpartum Major Depressive Episode (table)	77
Posttraumatic Stress Disorder (PTSD) (table)	82
Schizophrenia (table)	69
Schizophrenia and Other Psychotic Disorders	67
Schizophrenia: Client/Family Education	72

Schizophrenia, Four A's	70
Schizophrenia, Positive and Negative Symptoms	70
Sexual and Gender Identity Disorders	86
Sexual Dysfunctions	86
Sexual Dysfunctions/Paraphilias/Gender Identity Disorders:	
Client/ Family Education	89
SIGECAPS – Mnemonic for Depression	74
Somatoform Disorders	84
Somatization Disorder (SD) (table)	85
Substance Dependence (table)	66
Substance Use Disorders	64
Substance-Induced Disorders	65
Substance-Related Disorders	64
Substance-Related Disorders: Client/Family Education	67
Thought Disorders – Content of Thought (Definitions)	71
Thought Disorders – Form of Thought (Definitions)	71

Psychiatric Interventions

Cognitive Behavioral Therapy	109
Cognitive Behavioral Therapy, Distortions in Thinking	110
Communication Techniques	101
Complementary Therapies	111
Emerging/New Treatments for Depression, Nonpharmacological	110
Family Therapy	107
Family Therapy Models/Theories	107
Genogram	107
Genogram, Sample	109
Genogram Symbols, Common	108
Group Development, Stages of	103
Group: Individual Roles/Difficult Group Members	104
Group Interventions	103
Leadership Styles	104
Nonverbal Communication	100
Phases of Relationship Development	99
Therapeutic Milieu	103
Therapeutic Relationship/Alliance	98
Therapeutic Relationship, Core Elements	98
Therapeutic Use of Self	98
Yalom's Therapeutic Factors	106

Delirium, Dementia, and Amnestic Disorders

These disorders are characterized by clinically significant cognitive deficits and notable changes from previous levels of functioning. The changes may be due to a medical condition or substance abuse or both (APA 2000).

- **Dementia** – Characterized by *intellectual decline and usually progressive deficits* not only in memory but also in language, perception, learning, and other areas. *Dementia of the Alzheimer's type (AD) is the most common dementia*, followed by vascular dementia (*ischemic vascular dementia*). Other causes: Infections: HIV, encephalitis, Creutzfeldt-Jakob disease; drugs and alcohol (Wernicke-Korsakoff's syndrome [thiamine deficiency]); inherited such as Parkinson's disease and Huntington's disease. Some dementias (AD) are essentially irreversible and others potentially reversible (drug toxicities, folate deficiency).
- **Delirium** – Organic brain syndrome resulting in a *disturbance in consciousness and cognition* that happens within a short period with a variable course.
- **Amnestic Disorder** – Disturbance in memory and impaired ability to learn new information or recall previously learned information.
- **Pseudodementia** – Cognitive difficulty that is caused by depression but may be mistaken for dementia. Need to consider and rule out in the elderly who may appear to have dementia when actually suffering from depression, which is a treatable disease. Could be depressed with cognitive deficits as well.

CLINICAL PEARL – AD is a progressive and irreversible dementia with a gradually declining course, whereas ischemic vascular dementia (ministrokes and transient ischemic attacks) often presents in a stepwise fashion with an acute decline in cognitive function. **It is important to distinguish between dementia and delirium because delirium can be life-threatening and should be viewed as an emergency.** Delirium can be differentiated from dementia by its *rapid onset, fluctuating in and out of a confusional state, and difficulty in attending to surroundings*. Delirium is usually caused by a physical condition, such as infection; therefore, the underlying cause needs to be treated. Keep in mind that a person with dementia may also become delirious.

Dementia of Alzheimer's Type (AD)

Signs & Symptoms	Causes	Rule Outs	Labs/Tests/Exams	Interventions
■ Memory impairment ■ Inability to learn new material ■ Language deterioration (naming objects) ■ Inability to execute typical tasks (cook/dress self) ■ Executive functioning disturbances (planning/abstract thinking/new tasks) ■ Paranoia ■ Progressive from mild forgetfulness to middle and late dementia (requiring total ADL care/bedridden) ■ Course: 18 mo - 27 y [avg. 10 - 12 y]	■ Idiopathic ■ Many theories (viral/trauma) ■ Pathology shows neuritic plaques and neurofibrillary tangles; also amyloid protein ■ Familial AD (presenilin 1 gene) ■ Apolipoprotein E genotype (Kukull 2002)	■ Ischemic vascular dementia ■ Dementia with Lewy bodies ■ Alcoholic dementia (Wernicke-Korsakoff [thiamine deficiency]; pellagra [niacin deficiency]; hepatic encephalitis) ■ Delirium ■ Depression ■ Medical disorder (HIV, syphilis) ■ Other substance abuse ■ Psychosis	■ Mental status exam ■ Folstein Mini-Mental State Exam ■ Neuropsychological testing (Boston naming; Wisconsin card sorting test) ■ Depression-Arkansas (D-ARK) Scale; Beck Depression Inventory (BDI) (R/O depression) ■ Geriatric Depression Scale (R/O depression) ■ CBC, blood chemistry (renal, metabolic/hepatic), sed rate, T4/TSH, B₁₂, folate, UA, FTA-Abs, CT scan/MRI; HIV titer	■ Early diagnosis ■ Symptom treatment (aggression/agitation) ■ Behavioral management ■ Communication techniques ■ Environmental safety checks ■ Antipsychotics ■ Antidepressants ■ Sedatives ■ Anxiolytic agents ■ Nutritional supplements ■ Anti-Alzheimer's agents (e.g., donepezil [Aricept]); memantine (Namenda)

Dementia With Lewy Bodies

Clients with dementia with Lewy bodies usually present with pronounced changes in attention (drowsiness, staring), parkinsonian symptoms, and visual hallucinations; unlike AD, the course is usually rapid. Donepezil, rivastigmine, and levodopa may benefit cognitive/motor symptoms.

ALERT: Important to differentiate AD from dementia with Lewy bodies. Clients with Lewy bodies dementia are very sensitive to antipsychotics and, because of their psychosis (visual hallucinations), they are often treated with an antipsychotic. Such treatment often results in extra-pyramidal symptoms (EPS) (Goroll 2006).

Medications to Treat Dementia of the Alzheimer's Type

- Medications used to treat mild to moderate AD include tacrine [Cognex], donepezil [Aricept], and galantamine [Reminyl].
- Memantine (Namenda), which is an NMDA receptor antagonist, is the first drug approved for moderate to severe AD.

Client/Family Education: Dementia

- Educate family on how to **communicate with loved ones** with dementia, especially if paranoid. Family members should not argue with someone who is agitated or paranoid.
 - Focus on positive behaviors, avoiding negative behaviors that do not pose a safety concern.
 - Avoid arguments **by talking about how the dementia client is feeling rather than arguing the validity of a statement.** For instance, if the client says that people are coming into the house and stealing, family members can be taught to discuss *the feelings around the statement rather than the reality of it* ("That must be hard for you, and we will do all we can to keep you safe.").
- Educate family about **environmental safety**, as dementia clients may forget they have turned on a stove, or they may have problems with balance. Throw rugs may need to be removed and stove disconnected, with family members providing meals.
- Family members need to understand that this is a **long-term management issue requiring the support of multiple health professionals and family and friends.** Management may require medication (control of hostility or for hallucinations/delusions). Medications need to be started at low doses and titrated slowly.

(Continued on following page)

- Keep in mind that a spouse or family caregiver is also dealing with his/her own feelings of loss, helplessness, and memories of the person who once was and no longer exists.
- Teach the family caregiver how to manage difficult behaviors and situations in a calm manner, which will help both the family member and the client.
- **Caregiver stress.** Remember that the caregiver also needs a break from the day-to-day stress of caring for someone with dementia. This could involve respite provided by other family members and friends (Chenitz et al. 1991).

Substance-Related Disorders

- Substances include prescribed medications, alcohol, over-the-counter medications, caffeine, nicotine, steroids, illegal drugs, and others; substances serve as central nervous system (CNS) stimulants, CNS depressants, and pain relievers; and may alter both mood and behaviors.
- Many substances are accepted by society when used in moderation (alcohol, caffeine), and others are effective in chronic pain management (opioids) but can be abused in some instances and illegal when sold on the street.
- Substance use becomes a problem when there is recurrent and persistent use despite social, work, and/or legal consequences and despite a potential danger to self or others.

Substance Use Disorders

Substance Dependence

- Repeated use of drug despite substance-related cognitive, behavioral, and physiological problems.
- Tolerance, withdrawal, and compulsive drug-taking may result. There is a craving for the substance.
- Substance dependence does not apply to caffeine.

Substance Abuse

- Recurrent and persistent maladaptive pattern of substance use with significant adverse consequences occurring repeatedly or persistently during the same 12-month period.
- Repeated work absences, DUIs, spousal arguments, fights (APA 2000).

Substance-Induced Disorders

Substance Intoxication

- Recent overuse of a substance, such as an acute alcohol intoxication, that results in a reversible, substance-specific syndrome.
- Important behavioral and psychological changes (alcohol: slurring of speech, poor coordination, impaired memory, stupor, or coma).
- Can happen with one-time use of substance.

Substance Withdrawal

- Symptoms differ and are specific to each substance (cocaine, alcohol).
- Symptoms develop when a substance is discontinued after frequent substance use (anxiety, irritability, restlessness, insomnia, fatigue) (APA 2000).

Addiction, Withdrawal, and Tolerance/Internet Addiction

- **Addiction** – The repeated, compulsive use of a substance that *continues in spite of negative consequences* (physical, social, legal, etc.).
- **Physical Withdrawal/Withdrawal Syndrome** – Physiological response to the abrupt cessation or drastic reduction in a substance used (usually) for a prolonged period. The symptoms of withdrawal are specific to the substance used.
- **Tolerance** – Increased amounts of a substance over time are needed to achieve the same effect as obtained previously with smaller doses/amounts.

See *Assessment Tab* for CAGE Screening Questionnaire, Short Michigan Alcohol Screening Test, and Substance History and Assessment.

- **Internet Addiction** – Even though there is no evidence or research suggesting Internet addiction exists as a disorder, behaviors can be compulsive, and the Internet offers many opportunities for sexual addictions. More research is needed (DeAngelis 2000; Ng & Weimer-Hastings 2005).

Substance Dependence

Signs & Symptoms	Causes	Rule Outs	Labs/Tests/Exams	Interventions
■ Maladaptive coping mechanism ■ Clinically significant impairment/distress, same 12-mo period ■ Tolerance develops: increasingly larger amounts needed for same effect ■ Intense cravings and compulsive use; unsuccessful efforts to cut down ■ Inordinate time spent obtaining substance (protecting supply) ■ Important activities given up ■ Continue despite physical/psychological problems	■ Genetics (hereditary, esp. alcohol) ■ Biochemical ■ Psychosocial ■ Ethnocultural ■ Need to approach as biopsychosocial disorder ■ Response to substances can be very individualistic	■ Consider comorbidities: mood disorders, such as bipolar/depression. ECA study: (Reiger et al. 1990) 60.7% diagnosed with bipolar I had lifetime diagnosis of substance use disorders ■ Untreated chronic pain ■ Undiagnosed depression in elderly (isolation a problem)	■ CAGE questionnaire ■ SMAST, AUDIT, others ■ Toxicology screens (emergencies) ■ Arkansas-Depression (D-ARK) Scale; Beck Depression Inventory (BDI) (R/O depression) ■ GDS ■ Labs: Liver function tests (LFTs) – γ-glutamyltransferase (GGT) and mean corpuscular volume (MCV); % CDT (carbohydrate-deficient transferrin) (Anton 2001)	■ Early identification and education ■ Confidential and nonjudgmental approach ■ Evaluate for comorbidities and treat other disorders ■ Evaluate own attitudes about substance use/dependence ■ Psychotherapy ■ Behavior therapy ■ 12-step programs ■ Medications: mood stabilizers, antidepressants, naltrexone ■ Detoxification ■ Hospitalization

Client/Family Education: Substance-Related Disorders

- Keep in mind that most clients underestimate their substance use (especially alcohol consumption) and that denial is the usual defense mechanism.
- When substance dependence/abuse is suspected, it is important to approach the client in a supportive and nonjudgmental manner. Focus on the consequences of continued substance use and abuse (physically/emotionally/family/employment), and discuss the need for complete abstinence. Even with a desire to stop, there can be relapses.
- If a substance user/abuser will not seek help, then family members should be encouraged to seek help through organizations such as AlAnon (families of alcoholics) or NarAnon (families of narcotic addicts). AlaTeen is for adolescent children of alcoholics, and Adult Children of Alcoholics (ACOA) is for adults who grew up with alcoholic parents.
- For substance abusers, there is Alcoholics Anonymous, Narcotics Anonymous, Overeaters Anonymous, Smokers Anonymous, Women for Sobriety, etc. There is usually a support group available to deal with the unique issues of each addiction.
- In some instances, medication may be required to manage the withdrawal phase (physical dependence) of a substance. Benzodiazepines may be needed, including inpatient detoxification.
- Naltrexone, an opioid antagonist, reduces cravings by blocking opioid receptors in the brain and is used in heroin addiction and alcohol addiction (reduces cravings and number of drinking days) (Tai 2004; Maxman & Ward 2002).
- Educate clients and families about the possibility of comorbidities (bipolar disease) and the need to treat these disorders as well.

ALERT: Be aware of the increase in *methamphetamine addiction* in North America, its highly addictive nature, and the devastating social and physical (neurotoxic) consequences of use (Barr et al. 2006).

Schizophrenia and Other Psychotic Disorders

In 1908, **Eugen Bleuler**, a Swiss psychiatrist, introduced the term ***schizophrenia***, which replaced the term *dementia praecox*, used by **Emil Kraepelin** (1896). Kraepelin viewed this disorder as a deteriorating

(Continued on following page)

organic disease; Bleuler viewed it as a serious disruption of the mind, a “splitting of the mind.” In 1948, **Fromm-Reichman** coined the term **schizophrenogenic mother**, described as cold and domineering, although appearing self-sacrificing. **Bateson** (1973, 1979) introduced the **double bind** theory, wherein the child *could never win* and was always wrong (invalidation disguised as acceptance; illusion of choice; paradoxical communication).

- **Schizophrenia is a complex disorder**, and it is now accepted that schizophrenia is the result of neurobiological factors rather than due to some early psychological trauma.
 - The *lifetime prevalence rate* (US/worldwide) is about 1%.
 - Onset in the late teens to early 20s, equally affecting men and women.
 - Devastating disease for both the client and the family.
 - Schizophrenia affects thoughts and emotions to the point that social and occupational functioning is impaired (Kessler 1994; Bromet 1995).
 - About 9% to 13% of schizophrenics commit suicide (Meltzer 2003).
- **Early diagnosis and treatment are critical** to slowing the deterioration and decline, which will result without treatment.
 - Earlier typical antipsychotic drugs effective against most of the positive symptoms; less effective against negative symptoms.
 - Atypical antipsychotic drugs work on both negative and positive symptoms.
 - Family/community support is key factor in improvement.
- **Subtypes of schizophrenia** include paranoid, disorganized, catatonic, undifferentiated, and residual types.
- **National Association for the Mentally Ill** (www.nami.org) is an important national organization that has done much to educate society and communities about mental illness and to advocate for the seriously mentally ill.
- **Other psychotic disorders** include schizophreniform disorder, schizoaffective disorder, delusional disorder, brief psychotic disorder, shared psychotic disorder (folie à deux), psychotic disorder due to a medical condition, substance-induced, and not otherwise specified (NOS).

Schizophrenia				
Signs & Symptoms	Causes	Rule Outs	Labs/Tests/Exams	Interventions
■ At least for 1 mo, two or more from the following: ■ Delusions ■ Hallucinations ■ Disorganized speech ■ Disorganized behavior ■ Negative symptoms (alogia, affective flattening, avolition) ■ Functional disturbances at school, work, self care, personal relations ■ Disturbance continues for 6 mo	■ Dopamine hypothesis (excess) ■ Brain abnormalities (third ventricle sometimes larger) ■ Frontal lobe – decreased glucose use/smaller frontal lobe ■ Genetic – familial; monozygotic twin (47% risk vs 12% dizygotic) ■ Virus ■ No specific cause	■ Schizophreniform disorder ■ Schizoaffective ■ Mood disorder with psychotic symptoms ■ Medical disorder/substance abuse with psychotic episode ■ Delusional disorder ■ Note: with schizophrenia, the condition persists for at least 6 mo and is chronic and deteriorating	■ Psychiatric evaluation and mental status exam ■ No test can diagnose schizophrenia ■ Positive and Negative Syndrome Scale (PANSS) ■ Abnormal Involuntary Movement Scale (AIMS) ■ Need to R/O other possible medical/substance use disorders: LFTs, toxicology screens, CBC, thyroid function test (TFT), CT scan, etc.	■ Antipsychotic – usually atypicals for new onset: olanzapine, aripiprazole, etc. ■ New: paliperidone (Invega) ■ Acute psychotic episode may need high potency (haloperidol) ■ Hospitalization until positive symptoms under control ■ Patient/family education ■ NAMI for patient/family education, patient advocate

Positive and Negative Symptoms of Schizophrenia

■ Positive Symptoms

Positive symptoms are excesses in behavior (excessive function/distortions)

- Delusions
- Hallucinations (auditory/visual)
- Hostility
- Disorganized thinking/behaviors

■ Negative Symptoms

Negative symptoms are deficits in behavior (reduced function; self-care deficits)

- Alogia
- Affective blunting
- Anhedonia
- Asociality
- Avolition
- Apathy

Four A's of Schizophrenia

- Eugen Bleuler in 1911 proposed four basic diagnostic areas for characterizing schizophrenia. These became the 4 A's:

A: *Inappropriate* **Affect**

A: *Loosening of* **Associations**

A: **Autistic** Thoughts

A: **Ambivalence**

- These four A's provide a memory tool for recalling how schizophrenia affects thinking, mood (flat), thought processes, and decision-making ability (Shader 2003).

CLINICAL PEARL – When auditory hallucinations first begin, they usually sound soft and far away and eventually become louder. When the sounds become soft and distant again, the auditory hallucinations are usually abating. The majority of hallucinations in North America are auditory (versus visual), and it is unlikely that a client will experience both auditory and visual hallucinations at the same time.

Thought Disorders – Content of Thought (Definitions)

Common Delusions

Delusion of Grandeur – Exaggerated/unrealistic sense of importance, power, identity. *Thinks he/she is the President or Jesus Christ.*

Delusion of Persecution – Others are out to harm or persecute in some way. *May believe his/her food is being poisoned or he/she is being watched.*

Delusion of Reference – Everything in the environment is somehow related to the person. *A television news broadcast has a special message for this person solely.*

Somatic Delusion – An unrealistic belief about the body, such as *the brain is rotting away.*

Control Delusion – Someone or something is controlling the person. *Radio towers are transmitting thoughts and telling person what to do.*

Thought Disorders – Form of Thought (Definitions)

Circumstantiality – Excessive and irrelevant detail in descriptions with the person eventually making his/her point. *We went to a new restaurant. The waiter wore several earrings and seemed to walk with a limp...yes, we loved the restaurant.*

Concrete Thinking – Unable to abstract and speaks in concrete, literal terms. *For instance, a rolling stone gathers no moss would be interpreted literally.*

Clang Association – Association of words by sound rather than meaning. *She cried till she died but could not hide from the ride.*

Loose Association – A loose connection between thoughts that are often unrelated. *The bed was unmade. She went down the hill and rolled over to her good side. And the flowers were planted there.*

Tangentiality – Digressions in conversation from topic to topic and the person never makes his/her point. *Went to see Joe the other day. By the way, bought a new car. Mary hasn't been around lately.*

Neologism – Creation of a new word meaningful only to that person. *The hip-hopmobilly is on its way.*

Word Salad – Combination of words that have no meaning or connection. *Inside outside blue market calling.*

Client/Family Education: Schizophrenia

- Client and family education is critical to improve chances of relapse prevention and to slow or prevent regression and associated long-term disability.
- Refer client/family to the National Association for the Mentally Ill (NAMI) (www.nami.org) (1-800-950-NAMI [6264]) and National Schizophrenia Foundation (www.NSFoundation.org) (800-482-9534).
- Client needs both medication and family/community support.
- Studies have shown that clients taking medication can still relapse if living with high expressed emotion family members (spouse/parent). These family members are critical, intense, hostile, and overly involved versus low expressed emotion family members (Davies 1994).
- Once stabilized on medication, clients often stop taking their medication because they feel they no longer need their medication (denying the illness or believing they have recovered). It is important to stress the need for medication indefinitely and that maintenance medication is needed to prevent relapse.
- Clients also stop their medication because of untoward side effects. Engage the client in a discussion about medications so that he/she has some control about options. The newer atypical drugs have a better side-effect profile, but it is important *to listen to the client's concerns* (weight gain/EPS) as adjustments are possible or a switch to another medication. Educate client/family that periodic lab tests will be needed.

ALERT: For those on antipsychotic therapy, there is also a concern with *treatment-emergent diabetes*, especially for those with risk factors for diabetes, such as family history, obesity, and glucose intolerance (Buse et al. 2002).

- Early diagnosis, early treatment, and ongoing antipsychotic maintenance therapy with family support are critical factors in slowing the progression of this disease and in keeping those with schizophrenia functional and useful members of society.

Mood Disorders

A mood disorder is related to a person's emotional tone or affective state and can have an effect on behavior and can influence a person's personality and worldview.

- Extremes of mood (mania or depression) can have devastating consequences on client, family, and society alike.
- These consequences include financial, legal, marital, relationship, employment, and spiritual losses as well as despair that results in potential suicide and death.
- Correct diagnosis is needed, and effective treatments are available.

The **mood disorders** are divided into *depressive disorders* and *bipolar disorders*.

- The **depressive disorders** include major depressive disorder, dysthymic disorder, and depressive disorder NOS.
- The **bipolar disorders** include bipolar I disorder, bipolar II disorder, cyclothymic disorder, and bipolar disorder NOS.

Depressive Disorders

- **Major depressive disorder** (unipolar depression) requires at least 2 weeks of depression/loss of interest and four additional depressive symptoms, with one or more major depressive episodes.
- **Dysthymic disorder** is an ongoing low-grade depression of at least 2 years' duration for more days than not and does not meet the criteria for major depression.
- **Depression NOS** does not meet the criteria for major depression and other disorders (APA 2000).

Bipolar Disorders

- **Bipolar I disorder** includes one or more manic or mixed episodes, usually with a major depressive episode.
- **Bipolar II disorder** includes one or two major depressive episodes and at least one hypomanic (less than full mania) episode.
- **Cyclothymic disorder** includes at least 2 years of hypomanic periods that do not meet the criteria for the other disorders.
- **Bipolar NOS** does not meet any of the other bipolar criteria.
- Others: Mood disorders due to a general medical condition, substance-induced mood disorders, and mood disorder NOS (APA 2000).

SIGECAPS – Mnemonic for Depression

Following is a mnemonic for easy recall and review of the DSM-IV criteria for major depression or dysthymia:

Sleep (increase/decrease)
Interest (diminished)
Guilt/low self-esteem
Energy (poor/low)
Concentration (poor)
Appetite (increase/decrease)
Psychomotor (agitation/retardation)
Suicidal ideation

A depressed mood for 2 or more weeks, plus four SIGECAPS = major depressive disorder

A depressed mood, plus three SIGECAPS for 2 years, most days = dysthymia (Brigham and Women's Hospital 2001).

CLINICAL PEARL – Important to determine that a depressive episode is a unipolar depression versus a bipolar disorder *with a depressive episode*. A first-episode bipolar I or II may begin with major depression. The presentation is a “clinical snapshot in time” rather than the complete picture. Further evaluation and monitoring are needed. Bipolar clients are often misdiagnosed for years.

- One study (Ghaemi et al. 2003) showed 37% of patients were misdiagnosed (depression vs bipolar), resulting in new or worsening rapid cycling (mania) in 23% because antidepressants were prescribed (Keck 2003).
- Although the tricyclic antidepressants (TCAs) are more likely to trigger a manic episode, the selective serotonin reuptake inhibitors (SSRIs) have also been implicated.

ALERT: If a client who is recently prescribed antidepressants begins showing manic symptoms, consider that this client may be bipolar.

Major Depressive Episode				
Signs & Symptoms	Causes	Rule Outs	Labs/Tests/Exams	Interventions
■ Depressed mood or loss of interest for at least 2 weeks and five or more of: ■ Significant weight loss/gain ■ Insomnia or hypersomnia ■ Psychomotor agitation or retardation ■ Fatigue ■ Worthless feelings or inappropriate guilt ■ Problem concentrating ■ Recurrent thoughts of death	■ Familial predisposition (female to male, 3:1) ■ Deficiency of norepinephrine (NE) and serotonin ■ Hypothalamic dysfunction ■ Psychosocial factors ■ Unknown	■ Bipolar I or II disorder ■ Schizoaffective ■ Grief (major loss) (acute distress → 3 mo) ■ Postpartum depression ■ Thyroid/adrenal dysfunction; hypothyroidism ■ Neoplasms ■ CNS (stroke) ■ Vitamin deficiencies (folic acid) ■ Medication (reserpine, prednisone) ■ Pseudodementia (older adult) ■ Substance abuse disorder (cocaine)	■ Psychiatric evaluation and mental status exam ■ D-ARK Scale (see Assessment Tab); BDI; Zung Self-Rating Depression Scale; Geriatric Depression Scale ■ MMSE ■ Physical exam ■ R/O other possible medical/substance use disorders: LFTs, toxicology screens, CBC, TFT, CT scan, etc.	■ Antidepressants: usually SSRIs (fluoxetine, sertraline); selective norepinephrine reuptake inhibitors (SNRIs) (venlafaxine) ■ TCAs: side effects include sedation, dry mouth, blurred vision; TCAs not good for elderly (falls) ■ MAOIs ■ New: selegiline patch (Emsam) ■ Others: bupropion ■ Cognitive behavioral therapy (CBT) ■ Psychotherapy ■ Electroconvulsive therapy (ECT) <i>Emerging:</i> ■ Vagal nerve stimulation ■ Transcranial magnetic stimulation

Manic Episode				
Signs & Symptoms	Causes	Rule Outs	Labs/Tests/Exams	Interventions
■ Persistent elevated, irritable mood ≥ 1 wk, plus three or more (irritable, four or more): ■ $\uparrow$ Self-esteem ■ $\downarrow$ Sleep ■ $\uparrow$ Talk/pressured speech ■ Racing thoughts/flight of ideas ■ Distractibility ■ Extreme goal-directed activity ■ Excessive buying/sex/business investments (painful consequences)	■ Genetic: familial predisposition (female to male, 1.2:1) ■ Bipolar onset 18 – 20 yr ■ Catecholamines: NE, dopamine ■ Many hypotheses: serotonin, acetylcholine; neuroanatomical (frontotemporal lesions) ■ Complex disorder	■ Hypomanic episode (bipolar II) ■ Mixed episode (major depressive and manic episode ≥ 1 wk) ■ Cyclothymia ■ Substance-induced (cocaine) ■ ADHD ■ Dual diagnosis ■ Brain lesion ■ General medical condition	■ Psychiatric evaluation and mental status exam ■ Young Mania Rating Scale (YMRS) (bipolar I) ■ Need to R/O other possible medical/substance use/induced disorders: LFTs, toxicology screens, CBC, TFT, CT scan, etc.	■ Mood stabilizers: lithium (standard); anticonvulsants (carbamazepine, valproic acid, lamotrigine, topiramate) ■ Combined treatments: lithium and anticonvulsant ■ Antipsychotics: e.g., aripiprazole, olanzapine ■ Lithium: + for mania/not for mixed ■ Therapy and medication compliance

Postpartum Major Depressive Episode

Signs & Symptoms	Causes	Rule Outs	Labs/Tests/Exams	Interventions
■ Symptoms similar to major depressive episode ■ Acute onset to slowly over first 3 postpartum (PP) months ■ Persistent/debilitating vs blues ■ Depressed mood, tearfulness, insomnia, suicidal thoughts ■ Anxiety, obsession about well-being of infant ■ Affects functioning	■ Occurs in 10% – 15% of women ■ Highest risk: hx of depression, previous PP depression, depression during pregnancy ■ Previous PP depression with psychosis: ↑30% – 50% risk of recurrence at subsequent delivery	■ PP blues: (fluctuating mood; peaks 4th d post delivery; ends 2 weeks; functioning intact) ■ PP psychosis: 1 – 2/1000 women; ↑ risk: bipolar/previous PP psychosis; infanticide/suicide risk high ■ Medical cause	■ Edinburgh Postnatal Depression Scale (EPDS): self-rated questionnaire (see Assessment Tab) ■ Screen during PP period ■ Psychiatric evaluation ■ Physical exam ■ Routine lab tests: CBC, TFT (thyroid/anemia)	■ Pharmacological: SSRIs, SNRIs, TCAs (insomnia); consider weight gain, dry mouth, sedation with TCAs ■ CBT, individual, group psychotherapy ■ Anxiolytics ■ ECT ■ Psychosis: hospitalization; mood stabilizers, antipsychotics, ECT

Client/Family Education: Mood Disorders

Mood disorders can range from subthreshold to mild (dysthymic) to extreme (manic/psychotic) fluctuations in emotion and behaviors. Family and client need educating about the specific disorder, whether major depression, bipolar I or II, postpartum depression, or unresolved grief. Without treatment, support, and education, the results can be devastating emotionally, interpersonally, legally, and financially.

- The mood disorders need to be explained in terms of their biochemical basis – “depression is an illness, not a weakness,” although often recurrent, chronic illness.
- Families and clients need to understand that early diagnosis and treatment are essential for effective management and improved outcome.
- It may be helpful to compare with other chronic illnesses, such as diabetes and asthma, as a model and to reinforce the biological basis of the illness to reduce stigma. As with any chronic illness (diabetes, asthma), *ongoing management*, including pharmacological treatment, is required, realizing there may be exacerbations and remissions.
- Reinforce the need to adhere to the dosing schedule as prescribed and not to make any unilateral decisions, including stopping, without conferring with health professional.
- Work with client and family on side-effect management. If client can be part of the decision making when there are options, client will be more willing to become involved in own recovery and continue treatment.
- Address weight gain possibilities (lithium, anticonvulsants, anti-psychotics); monitor weight, BMI, exercise, and food plans to *prevent weight gain*.

Anxiety Disorders

- The anxiety disorders include a wide range of disorders from the very specific, such as phobias, to generalized anxiety disorder, which is pervasive and experienced as dread or apprehension.

- Other anxiety disorders include panic disorder, agoraphobia (avoidance of places that may result in panic), social phobia, obsessive-compulsive disorder, post-traumatic stress disorder, acute stress disorder, anxiety due to a medical disorder, substance-induced anxiety disorder, and anxiety disorder NOS.
- Some anxiety is good, motivating people to perform at their best. *Excessive anxiety* can be crippling and may result in the “fight or flight” reaction. The *fighter* is ever ready for some perceived aggression and is unable to relax, and the *escaper (flight)* freezes with anxiety and may avoid upsetting situations or actually dissociate (leave his/her body/fragment).
- Either extreme is not good and can result in physical and emotional exhaustion. (*See Fight-or-Flight Response and Stress-Adaptation Syndrome in Basics Tab.*)

Four Levels of Anxiety

- **Mild Anxiety** – This is the anxiety that can motivate someone positively to perform at a high level. It helps a person to focus on the situation at hand. For instance, this kind of anxiety is often experienced by performers before entering the stage.
- **Moderate Anxiety** – Anxiety moves up a notch with narrowing of the perceptual field. The person has trouble attending to his/her surroundings, although he/she can follow commands/direction.
- **Severe Anxiety** – Increasing anxiety brings the person to another level, resulting in an inability to attend to his/her surroundings, except for maybe a detail. Physical symptoms may develop, such as sweating and palpitations (pounding heart). Anxiety relief is the goal.
- **Panic Anxiety** – The level reached is now terror, where the only concern is to escape. Communication impossible at this point (Peplau 1963).

CLINICAL PEARL – Recognizing level of anxiety is important in determining intervention. Important to manage anxiety before it escalates. At the moderate level, firm, short, direct commands are needed: *You need to sit down, Mr. Jones.*

Generalized Anxiety Disorder (GAD)

Signs & Symptoms	Causes	Rule Outs	Labs/Tests/Exams	Interventions
■ Excessive anxiety; at least 6 mo; difficult to control worry/hypervigilant ■ Associated with three or more: ■ Restless/on edge ■ Easily fatigued ■ Concentration problems ■ Irritability ■ Muscle tension ■ Sleep disturbance ■ Causes significant distress ■ Often physical complaints: dizziness, tachycardia, tightness of chest, sweating, tremor	■ Neurotransmitter dysregulation: NE, 5-HT, GABA ■ Autonomic nervous system activation: locus ceruleus/NE release/limbic system ■ 1-year prevalence rate: 1%; lifetime prevalence, 5% ■ Familial association ■ Over half: onset in childhood	■ Anxiety disorder due to a medical condition (hyperthyroidism; pheochromocytoma) ■ Substance-induced anxiety or caffeine-induced anxiety disorder ■ Other anxiety disorders: panic disorder, OCD, etc.; DSM-IV criteria help rule out	■ Self-rated scales: Beck Anxiety Inventory (BAI); State Trait Anxiety Inventory ■ Observer-rated scale: Hamilton Anxiety Rating Scale (HAM-A) ■ Psychiatric evaluation ■ Physical exam ■ Routine lab tests; TFTs	■ Pharmacological: benzodiazepines very effective (diazepam, lorazepam); nonbenzodiazepines: buspirone ■ Antidepressants, (SSRIs): escitalopram and paroxetine ■ Beta blockers: propranolol ■ CBT ■ Deep muscle relaxation ■ Individual and family therapy ■ Education

Obsessive Compulsive Disorder (OCD)

Signs & Symptoms	Causes	Rule Outs	Labs/Tests/Exams	Interventions
■ <i>Obsessions</i> – recurrent, intrusive thoughts that cause anxiety OR <i>Compulsions</i> – repetitive behaviors (hand washing, checking) that reduce distress/anxiety and must be adhered to rigidly ■ Driven to perform compulsions ■ Time-consuming (>1 hr/d), interfere with normal routine ■ Recognizes thoughts/behaviors are unreasonable	■ Genetic evidence ■ Neurobiological basis: orbitofrontal cortex, cingulate, and caudate nucleus ■ Neurochemical: serotonergic and possibly dopaminergic ■ Association between OCD and Tourette's, and others ■ Lifetime prevalence of 2.5% ■ Women > men ■ Avg onset: 20 y ■ Childhood: 7 – 10 y	■ Other anxiety disorders: phobias ■ Impulse control disorders ■ Obsessive-compulsive personality disorder ■ Body dysmorphic disorder ■ Depression ■ Neurological disorders	■ Yale-Brown Obsessive Compulsive Scale (Y-BOCS) ■ Psychiatric evaluation ■ Mental status exam ■ Neurological exam	■ Pharmacological: SSRIs: fluoxetine: (higher doses); fluvoxamine; clomipramine ■ Beta blockers: propranolol ■ Behavior therapy: exposure and response prevention ■ Deep muscle relaxation ■ Individual and family therapy ■ Education

Posttraumatic Stress Disorder (PTSD)

Signs & Symptoms	Causes	Rule Outs	Labs/Tests/Exams	Interventions
■ Traumatic event (self/family/witness others); threat of harm or death or actual death and helplessness ■ Reexperiencing event “flashbacks” (triggers: sounds/smell) ■ Hypervigilance/recurrent nightmares/numbing ■ Anniversary reactions (unaware reenactment related to trauma) ■ Persistent anxiety/outbursts ■ Acute (<3 mo); chronic (≥3 mo); delayed (>6 mo)	■ Rape, torture, child abuse, natural disaster, murder, war, terrorism, etc. ■ Physiological/neurochemical/endocrinological alterations ■ Sympathetic hyperarousal ■ Limbic system (amygdala dysfunction) ■ “Kindling”: ↑ neuronal excitability ■ Risk factor: previous trauma ■ Lifetime prevalence ~8% (US)	■ Acute stress disorder ■ Obsessive-compulsive disorder ■ Adjustment disorder ■ Depression ■ Panic disorder ■ Psychotic disorders ■ Substance-induced disorder ■ Psychotic disorder due to a general medical condition ■ Delirium	■ PTSD scale (clinician-administered) ■ Psychiatric evaluation ■ Mental status exam ■ Neurological exam ■ CAGE, SMAST ■ Physical exam, routine blood studies ■ No laboratory test can diagnose	■ Debriefing (rescuers, etc.) ■ Individual or group psychotherapy ■ CBT ■ Eye Movement Desensitization and Reprocessing (EMDR) (Shapiro 2001) ■ Pharmacotherapy: Antidepressants – SSRIs, SNRIs, MAOIs, TCAs; antipsychotics; anxiolytics; mood stabilizers ■ Family and community support/art therapy/psychodrama

Client/Family Education: Anxiety Disorders

Anxiety, the most common disorder in the United States, exists along a continuum and may be in response to a specific stressor (taking a test), or it may present as a generalized “free-floating” anxiety (GAD) or a panic disorder (PD) (feeling of terror). A 1-year prevalence rate for all anxieties has been said to be in the 5% – 15% range (Shader 2003).

- Most people have experienced some degree of anxiety, so it might be helpful for family members to understand the four stages of anxiety and how one stage builds on the other – especially in trying to explain panic disorder.
- It is important for families to understand the importance of early diagnosis and treatment of anxiety disorders, as these are chronic illnesses and will become worse and more difficult to treat over time.
- Explain to client and family the need for ongoing management (pharmacological/education/psychotherapeutic/CBT), *just as diabetes, asthma, and heart disease must be managed.*
- Many of these disorders are frustrating to family members. It is hard to understand the repetitive hand washing or checking that can be done by someone with OCD. Family members are also affected, and the client’s illness becomes a family issue as well.
- The client may also need to be educated about the needs of other family members (maybe time away from client [respite]). Family therapy may be needed to negotiate and agree on living arrangements in a way that respects the needs of the client and all family members.
- As in all chronic disorders, remissions and exacerbations will be experienced. At times reinforcement sessions (CBT) are needed, especially with CBT and exposure/response prevention for OCD.
- Remind families that patience, persistence, and a multimodal/multiteam approach to treatment are needed.

Somatoform Disorders

Somatoform disorders are characterized by physical symptoms that suggest a physical disorder, but are not fully explained by a general medical condition. Following is a listing of somatoform disorders:

- **Somatization Disorder** (see table that follows) begins before age 30 with multiple symptoms (pain, GI, sexual, and pseudoneurological), lasting a long time (years).
- **Undifferentiated Somatoform Disorder** is similar to somatization disorder but does not qualify for somatization disorder (less intense/not as pronounced/less impairment), and symptoms last at least 6 months.
- **Conversion Disorder** affects voluntary motor/sensory functions, which causes significant distress or impairment socially or in other areas of functioning, but cannot be explained by a medical/neurological condition.
- **Pain Disorder** – the focus of attention is pain itself of sufficient severity to warrant clinical attention, with psychological factors playing a key role.
- **Hypochondriasis** involves fear of disease and idea that one has a serious disease, despite medical evidence to the contrary, and a focus on the body's symptoms/functions for at least 6 months.
- **Body Dysmorphic Disorder** is an obsession/preoccupation with an (perceived) exaggerated "defect" (nose, lips, eyes) in physical appearance, with frequent checking in the mirror. Preoccupation causes significant distress or social, occupational, or other functional impairment.
- **Somatoform Disorder NOS** – Does not meet criteria for any of the somatoform disorders (APA 2000).

Somatization Disorder (SD)

Signs & Symptoms	Causes	Rule Outs	Labs/Tests/Exams	Interventions
■ Hx of physical complaints before age 30 over several years; seeking Rx or affects important areas of functioning - Each must be met: ■ Four pain symptoms in four different areas (head/back/stomach/joint pain) ■ Two GI symptoms (N, V) ■ One sexual symptom (ED, pain) ■ One pseudoneurological symptom (paralysis/balance) ■ Cannot be fully explained by a medical condition or a substance OR physical symptoms are in excess of history/lab findings ■ Symptoms are not feigned	■ Prevalence rates of 0.2% – 2% for women and less than 0.2% for men ■ Observed in 10% – 20% of female first degree relatives with SD ■ Male relatives of women with SD have increased risk of antisocial personality disorder and substance-related disorders ■ May be underlying mood disorder	■ Somatoform disorder NOS (symptoms <6 mo) ■ General medical condition ■ Schizophrenia ■ Panic disorder ■ Depressive disorder ■ Anxiety disorder ■ Factitious disorder ■ Malingering ■ Pain disorder associated with....	■ Psychiatric evaluation ■ Mental status exam ■ Neurological exam ■ Physical exam, routine blood studies ■ No lab test is remarkable for these subjective complaints ■ Must R/O medical condition	■ Antidepressants ■ Stress management ■ Lifestyle changes (exercise) ■ Collaboration between primary care physician and mental health provider (MHP) ■ Psychotherapy ■ CBT ■ Psychoeducation ■ Family support ■ Support/understanding – client often believes symptoms are physical/ refuses psychological help ■ Avoid unnecessary medical treatments/ tests (often doctor/ hospital shops) ■ Chronic fluctuating disorder – rarely remits

Sexual and Gender Identity Disorders

The Sexual and Gender Identity Disorders are divided into three main categories by the DSM-IV-TR. In order to understand dysfunction, sexual health needs to be defined and understood.

- **Sexual health** is defined as a state of physical, emotional, mental, and social well-being related to sexuality; it is not merely the absence of disease or dysfunction. It requires a respectful and positive approach, free of coercion, discrimination, and violence. Sexual practices are safe and have the possibility of pleasure (WHO 1975).
- A person's **sex** refers to *biological* characteristics that define this person as a male or a female (some individuals possess both male and female biological characteristics [hermaphrodite/intersex]) (WHO 2002).
- **Gender** refers to the characteristics of men and women that are *socially constructed* rather than biologically determined. People are taught the *behaviors* and *roles* that result in their becoming men and women, also known as *gender identity* and *gender roles*.
 - Gender roles are also culturally determined and differ from one culture to another; they are not static; they are also affected by the law and religious practice.
 - Gender also relates to power relationships (between men and women) as well as reproductive rights issues and responsibilities (APA 2000).
- **Sexual orientation** refers to the sexual preference of a person, whether male to female, female to female, male to male, or bisexual. Variations in sexual preference are considered to be sexually healthy (APA 2000).

Sexual Dysfunctions

- **Sexual dysfunction** is a disturbance in the sexual response cycle or is associated with pain during intercourse.
- **Sexual response cycle dysfunctions** include the areas of desire, excitement, orgasm, and resolution. Categories include: hypoactive sexual desire disorder, sexual aversion disorder, female sexual arousal disorder, male erectile disorder, female and male orgasmic disorders, and premature ejaculation.
- The **pain disorders** include: dyspareunia, vaginismus, sexual function due to a medical disorder, substance-induced sexual dysfunction, and sexual dysfunction NOS.

Paraphilias

- The **paraphilias** are sexually arousing fantasies, urges, or behaviors triggered by/focused on nonhuman objects, self or partner humiliation, nonconsenting adults, or children, which are recurrent for a period of at least 6 months.
- There are episodic paraphilias that operate only during times of stress.
- **Paraphilias** include *pedophilia* (sexual activity with a child ≤ 13 y); *frotteurism* (touching/rubbing nonconsenting person); *fetishism* (nonhuman object used for/needed for arousal); *exhibitionism* (genital exposure to a stranger); *voyeurism* (observing unsuspecting persons naked or in sexual activity); *sexual masochism* (humiliation/suffering), *sadism* (excitement from inflicting suffering/humiliation); and others (APA 2000).

Gender Identity Disorder

- **Gender Identity Disorder** requires a cross-gender *identification* and a belief and insistence that "one is the other sex." The desire is persistent, and the preference is for cross-sex roles. Prefers the stereotypical roles and games/pastimes/clothing of other sex.
- There exists an extreme and persistent discomfort with the biological sex at birth and the sense of oneself as not belonging to the gender role of the biological sex.
- Boys will have an aversion to own penis and testicles, and girls resent growing breasts or female clothing.
- This is not a physical intersex condition, and there is definite distress over the biological sex that affects important areas of functioning (APA 2000).

Because sexuality and its dysfunctions involve cultural considerations and attitudes, moral and ethical concerns, religious beliefs, as well as legal considerations, it is important to evaluate your own beliefs, values, possible prejudices, and comfort level in dealing with sexual disorders.

Hypoactive Sexual Desire Disorder

Signs & Symptoms	Causes	Rule Outs	Labs/Tests/Exams	Interventions
■ Deficiency or absence of sexual fantasies or desires; persistent/recurrent ■ Marked distress/interpersonal difficulties ■ Not substance-induced or due to a general medical condition ■ Does not usually initiate sex and reluctantly engages in sex with partner ■ Relationship/marital difficulties ■ Lifelong/acquired/situational	■ Psychological: partner incompatibility, anger, sexual identity issues, sexual preference issues, negative parental views (as a child)	■ Sexual aversion disorder (intense fear/disgust over sex vs disinterest) ■ Extremes in sexual appetite (sexual addict as a partner) ■ Major depression ■ Medical condition ■ Substance abuse ■ Medication ■ Sexual abuse ■ Other	■ Complete physical exam, including medical history ■ Psychiatric evaluation ■ Mental status exam ■ Sexual history ■ Routine lab work, thyroid function tests ■ BDI ■ D-ARK Scale ■ Zung ■ CAGE ■ SMAST	■ Refer to sex therapist ■ Relationship therapy ■ CBT ■ Assuming no physical/medication/substance use disorder, deal with relationship issues and assure sexual compatibility and sexual orientation

Client/Family Education: Sexual Dysfunctions/ Paraphilias/Gender Identity Disorders

Sexual Dysfunctions

- Clients and their partners need to understand where in the sexual response cycle the problem exists (arousal/orgasm).
- If the problem is one of desire or aversion, this needs to be explored further to determine the causes: couple discord, gender identity, sexual orientation issues, negative views of sexual activity, previous sexual abuse, body image, or self-esteem issues.
- The same holds true for other sexual dysfunctions (orgasmic problems/erectile dysfunction) in that issues around substance use/abuse; previous sexual experiences; possible psychological, physical, and other stressors as factors, including medical conditions and prescribed medications, need to be explored.
- Referral to a sex therapist may be needed to find ways to reconnect intimately. Sometimes partner education is needed on how to satisfy the other partner (mutual satisfaction).

Paraphilias and Gender Identity Disorders

The **Paraphilias** and **Gender Identity Disorders** require help from professionals especially trained in dealing with these disorders. Clients and families need to receive support and education from these professionals.

Eating Disorders

- Eating disorders are influenced by many factors, including family rituals and values around food and eating, ethnic and cultural influences, societal influences, and individual biology.
- American society currently stresses physical beauty and fitness and favors the thin and slim female as the ideal.
- There has been a dramatic increase in the number of obese people in the United States – at an alarming rate among children.
- With society's emphasis on fast and convenient foods, high in calories, a reduction in exercise (computers/TV), and the ongoing value of "thin as beautiful," eating disorders remain a concern.

Anorexia Nervosa/Bulimia Nervosa

- Two specific eating disorders are anorexia nervosa (AN) and bulimia nervosa (BN). (*For BN see table that follows.*) Both use/manipulate eating behaviors in an effort to control weight. Each has its dangers and consequences if maintained over time.
- **Anorexia Nervosa** – The AN client is terrified of gaining weight and does not maintain a minimally acceptable body weight.
 - There is a definite disturbance in the perception of the size or shape of the body.
 - AN is more common in the industrialized societies and can begin as early as age 13 y.
 - Body weight in the anorexic client is less than 85% of what would be expected for that age and height.
 - Even though underweight, client still fears becoming overweight.
 - Self-esteem and self-evaluation based on weight and body shape.
 - Amenorrhea develops, as defined by absence of three consecutive menstrual cycles (APA 2000).

Client/Family Education: Eating Disorders

- Client and family need to understand the serious nature of both disorders; mortality rate for AN clients is 2% – 8% (30% – 40% recover; 25% – 30% improve; 15% – 20% do not improve). About 50% of BN clients recover with treatment (Rakel 2000).
- *Team approach important* – client and family need to be involved with the team, which should or may include a nutritionist, psychiatrist, therapist, physician, psychiatric nurse, nurse, eating disorder specialist, and others.
- Teach client coping strategies, allow for expression of feelings, teach relaxation techniques, and help with ways (other than food) to feel in control.
- Family therapy important to work out parent-child issues, especially around control (should have experience with eating disorders).
- Focus on the fact that clients do recover and improve, and encourage patience when there is a behavioral setback.

Bulimia Nervosa (BN)

Signs & Symptoms	Causes	Rule Outs	Labs/Tests/Exams	Interventions
■ Recurrent binge eating of large amount of food over short period ■ Lack of control and cannot stop ■ Self-induced vomiting, laxatives (purging), fasting, exercise (nonpurging) to compensate ■ At least 2 ×/w for 3 mo ■ Normal weight; some underweight/overweight ■ Tooth enamel erosion/finger or pharynx bruising ■ Fluid & electrolyte disturbances	■ Genetic predisposition ■ Hypothalamic dysfunction implication ■ Family hx of mood disorders and obesity ■ Issues of power and control ■ Societal emphasis on thin ■ Affects 1% – 3% women ■ Develops late adolescence through adulthood	■ Anorexia nervosa, binge-eating, purging type ■ Major depressive disorder (MDD) with atypical features ■ BPD ■ General medical conditions: Kleine-Levin syndrome ■ Endocrine disorders	■ Complete physical exam ■ Psychiatric evaluation ■ Mental status exam ■ Routine lab work, including TFT, CBC, electrolytes, UA ■ D-ARK Scale; BDI ■ ECG ■ SMAST ■ CAGE	■ Individual, group, marital, family therapy ■ Behavior modification ■ Nutritional support ■ Medical support ■ Client-family education

Personality Disorders

- When a pattern of relating to and perceiving the world is inflexible and maladaptive, it is described as a personality disorder.
- The pattern is enduring and crosses a broad range of social, occupational, and personal areas.
- The pattern can be traced back to adolescence or early adulthood and may affect cognition, affect, interpersonal functioning, or impulse control.

Cluster A Personality Disorders

- Cluster A disorders include the *paranoid personality*, *schizoid personality*, and *schizotypal personality disorders*.
- This cluster includes the distrustful, emotionally detached, eccentric personalities.

Cluster B Personality Disorders

- Cluster B disorders include the *antisocial*, *borderline*, *histrionic*, and *narcissistic personality disorders*.
- This cluster includes those who have disregard for others, with unstable and intense interpersonal relationships, excessive attention seeking, and entitlement issues with a lack of empathy for others.

Cluster C Personality Disorders

- Cluster C personality disorders include the *avoidant personality*, *dependent personality*, and the *obsessive-compulsive personality disorders*.
- This cluster includes the avoider of social situations; the clinging, submissive personality; and the person preoccupied with details, rules, and order (APA 2000).

CLINICAL PEARL – Obsessive-compulsive personality disorder (OCPD) is often confused with obsessive-compulsive disorder (OCD). OCD is an *anxiety disorder* that is *ego-dystonic* (uncomfortable to person), whereas OCPD is a rigid way of functioning in the world. OCD clients want to change and dislike their disorder, whereas OCPD clients do not see that there is any problem with their excessive detail or controlling ways. They do not see that they need to change.

Borderline Personality Disorder (BPD)

Signs & Symptoms	Causes	Rule Outs	Labs/Tests/Exams	Interventions
■ Pattern of unstable interpersonal relationships ■ Fear of abandonment ■ Splitting: idealize and devalue (love/hate) ■ Impulsive (four areas: sex, substance abuse, binge eating, reckless driving) ■ Suicidal gestures/self-mutilation ■ Intense mood changes lasting a few hours ■ Chronic emptiness ■ Intense anger ■ Transient paranoid ideation	■ Genetic predisposition ■ Family hx of mood disorders; may be a variant of/related to bipolar disorder ■ Physical/sexual abuse ■ About 2% of general population ■ Predominantly female (75%)	■ Mood disorders (often co-occur) ■ Histrionic, schizotypal, paranoid, antisocial, dependent, and narcissistic PDs ■ Personality change due to a general medical condition	■ Millon Clinical Multiaxial Inventory-III (MCMI-III) ■ Psychiatric evaluation ■ Mental status exam ■ D-ARK Scale; BDI ■ CAGE ■ SMAST ■ Physical exam, routine lab work, TFT	■ Linehan (1993) dialectical behavior therapy (DBT) ■ CBT ■ Group, individual, family therapy (long-term therapy) ■ Special strategies ■ Boundary setting ■ Be aware that these can be difficult clients even for experienced MH professionals ■ Pharmacotherapy: antidepressants, mood stabilizers, antipsychotics; caution with benzodiazepines (dependence)

Client/Family Education: Personality Disorders

- Share personality disorder with client and family and educate about the disorder. In this way the client has a basis/framework to understand his/her recurrent patterns of behavior.
- Work with client and family in identifying most troublesome behaviors (temper tantrums), and work with client on alternative responses and to anticipate triggers.
- For clients who act out using suicidal gestures, an agreement may have to be prepared that helps client work on impulse control. Agreement might set an amount of time that client will not mutilate and what client will do instead (call a friend/therapist/listen to music). Need to teach alternative behaviors.
- It is better to lead clients to a conclusion ("*Can you see why your friend was angry when you did such and such?*") rather than tell the client what he or she did, especially those clients with a BPD.
- Because these are long-standing, fixed views of the world, they require time and patience and can be frustrating to treat. Usually require an experienced therapist.
- Although BPD receives much attention, all clients with personality disorders (narcissist, dependent, avoidant personalities) suffer in relationships, occupations, social situations.
- Client needs to be willing to change, and a therapeutic (trusting) relationship is a prerequisite for anyone with a personality disorder to accept criticisms/frustrations. Some clients believe the problems rest with everyone but themselves.
- Helpful books for BPD clients and families to read in order to understand the borderline personality include: Kreisman JJ, Straus H: *I Hate You – Don't Leave Me*. New York, Avon Books, 1991, and Kreisman JJ, Straus H: *Sometimes I Act Crazy: Living with Borderline Personality Disorder*. Hoboken, NJ, John Wiley & Sons, 2004.
- For professionals: Linehan MM: *Skills Training Manual for Treating Borderline Personality Disorder*. New York: Guilford Press, 1993, and Linehan MM: *Cognitive-Behavioral Treatment of Borderline Personality Disorder*. New York: Guilford Press, 1993.

Disorders of Childhood and Adolescence

Disorders diagnosed in childhood or adolescence include:

- **Mental retardation** – onset before age 18 and IQ <70.
- **Learning disorders** – include mathematics, reading disorder; disorder of written expression, with academic functioning below age, education level, intelligence.
- **Communication disorders** – speech or language difficulties, including expressive language, mixed receptive-expressive language, phonological disorder, and stuttering.
- **Motor skills** – developmental coordination disorder, with poor motor coordination for age and intelligence.
- **Pervasive developmental disorders** – deficits in multiple developmental areas, including autism, Asperger's, Rett's, and childhood disintegrative disorder.
- **Feeding/eating disorders** – disturbances of infancy and childhood, including pica, rumination, and feeding disorder of infancy and early childhood.
- **Tic disorders** – vocal and motor tics such as Tourette's, transient tic, and chronic motor or vocal tic disorder.
- **Elimination disorders** – include encopresis and enuresis.
- **Attention deficit/disruptive behavior** – includes ADHD, predominantly inattentive, predominantly hyperactive-impulsive, or combined type; conduct disorder, oppositional defiant disorder, and others.
- **Others** – separation anxiety, selective mutism, reactive attachment disorder, and so forth (APA 2000).

Mental Retardation

50 – 70 IQ MILD	Able to live independently with some assistance; some social skills; does well in structured environment
35 – 49 IQ MODERATE	Some independent functioning; needs to be supervised; some unskilled vocational abilities (workshop)
20 – 34 IQ SEVERE	Total supervision; some basic skills (simple repetitive tasks)
<20 IQ PROFOUND	Total care and supervision; care is constant and continual; little to no speech/no social skills ability

Modified from Townsend 5e, 2006, with permission

Attention Deficit/Hyperactivity Disorder (ADHD)

- ADHD is characterized either by *persistent inattention* or by *hyperactivity/impulsivity* for at least 6 months.
- Inattention includes:
 - Carelessness and inattention to detail
 - Cannot sustain attention and does not appear to be listening
 - Does not follow through on instructions and unable to finish tasks, chores, homework
 - Difficulty with organization and dislikes activities that require concentration and sustained effort
 - Loses things; distracted by extraneous stimuli; forgetful
- Hyperactivity-impulsivity includes:
 - Hyperactivity
 - Fidgeting, moving feet, squirming
 - Leaves seat before excused
 - Runs about/climbs excessively
 - Difficulty playing quietly
 - "On the go" and "driven by motor"
 - Excessive talking
- Impulsivity
 - Blurts out answers, speaks before thinking
 - Problem waiting his/her turn
 - Interrupts or intrudes
- Impairment is present before age 7 y, and impairment is present in at least two settings (or more).
- Significant impairment in functioning in social, occupational, or academic setting. Symptoms are not caused by another disorder. Prevalence rate, school-aged children: 3% – 7% (APA 2000).
- Many *possible* causes: genetics; biochemical (possible neurochemical deficits [dopamine, NE]); intrauterine exposure to substances such as alcohol or smoking; exposure to lead, dyes, and additives in food; stressful home environments.
- *Adult ADHD* – Study presented at American Psychiatric Association (May 2004) estimates about 2.9% of the US general adult population suffers from ADHD (Faraone 2004).

Nonpharmacological ADHD Treatments

- Individual/family therapy
- *Behavior modification*: clear expectations and limits
- Break commands up into clear steps
- Support desired behaviors and immediately respond to undesired behaviors with consequences

- *Natural consequences* helpful (loses bicycle; do not replace; has to save own money to replace)
- *Time outs* may be needed for cooling down/reflecting
- *Role playing*: helpful in teaching friend-friend interactions; helps child prepare for interactions and understand how intrusive behaviors annoy and drive friends away
- *Inform school*: important that school knows about ADHD diagnosis, as this is a disability (Americans With Disabilities Act)
- Seek out special *education services*
- *Classroom*: sit near teacher, one assignment at a time, written instructions, untimed tests, tutoring (need to work closely with teacher and explain child's condition [ADHD])
- *Nutritional*: many theories remain controversial but include food sensitivities (Feingold diet, allergen elimination, leaky gut syndrome, Nambudripad's allergy elimination technique), supplementation (thiamine), minerals (magnesium, iron), essential fatty acids, amino acids; evaluate for lead poisoning

For Pharmacological ADHD Treatments – See *Drugs/Labs Tab*.

ADHD/Learning Disability Web Sites:

Internet Mental Health: ADHD: <http://www.mentalhealth.com/dis/p20-ch01.html>

National Institute of Mental Health: ADHD:

<http://gopher.nimh.nih.gov/healthinformation/adhdmnu.cfm>

Children and Adults With ADHD (CHADD): <http://www.chadd.org/>

National Center for Learning Disabilities: <http://www.ld.org/>

Conduct Disorder/Oppositional Defiant Disorder

- *Conduct disorder (CD)* (serious rule violation, aggression, destruction) and *oppositional defiant disorder (ODD)* (negative, hostile, defiant) are other important disorders of childhood and adolescence.
- Serious comorbidities include CD/ADHD, ODD/ADHD, and CD/ADHD/GAD/MDD.
- A position paper by the International Society of Psychiatric-Mental Health Nurses, entitled *Prevention of Youth Violence*, can be found at: <http://ispn-psych.org/docs/3-01-youth-violence.pdf>

Because of size limitations, PsychNotes can provide only limited and basic information related to the unique and comprehensive specialty of child and adolescent psychiatry. For more complete coverage, refer to any of the standard psychiatric textbooks and references.

Psychiatric Interventions

Therapeutic Relationship/Alliance

- The *therapeutic relationship* is not concerned with the skills of the mental health professional (MHP) but rather with the attitudes and the relationship between the MHP and the client. This relationship comes out of the creation of a safe environment, conducive to communication and trust.
- An *alliance* is formed when the professional and the client are working together cooperatively in the best interest of the client. The therapeutic relationship begins the moment the MHP and client first meet (Shea 1999).

Core Elements of a Therapeutic Relationship

- *Communication/rapport* – It is important to establish a connection before a relationship can develop. Encouraging the client to speak, using open-ended questions, is helpful. Asking general (not personal) questions can relax the client in an initial session. It is important to project a caring, nonjudgmental attitude.
- *Trust* – A *core element of a therapeutic relationship*. Many clients have experienced disappointment and unstable, even abusive, relationships. Trust develops over time and remains part of the process. *Without trust, a therapeutic relationship is not possible*. Other important elements are *confidentiality, setting boundaries, and consistency*.
- *Dignity/Respect* – Many clients have been abused and humiliated and have low self-esteem. If treated with dignity through the therapeutic relationship, clients can learn to regain their dignity.
- *Empathy* – Empathy is not sympathy (caught up in client's feelings) but is, rather, open to understanding the "client's perceptions" and helps the client understand these better through therapeutic exploration.
- *Genuineness* – Genuineness relates to trust because it says to the client: *I am honest, and I am a real person*. Again, it will allow the client to get in touch with her/his "real" feelings and to learn from and grow from the relationship.

Therapeutic Use of Self

Ability to use one's own personality consciously and in full awareness to establish relatedness and to structure interventions (Travelbee 1971). Requires self-awareness and self-understanding.

Phases of Relationship Development

- **Orientation phase** – This is the phase when the MHP and client *first meet and initial impressions are formed*.
 - Rapport is established, and trust begins.
 - The relationship and the connection are most important.
 - Client is encouraged to identify the problem(s) and become a collaborative partner in helping self.
 - Once rapport and a connection are established, the relationship is ready for the next phase.
- **Identification phase** – In this phase the MHP and client are:
 - *Clarifying perceptions and setting expectations* in and for the relationship.
 - Getting to know and understand each other.
- **Exploitation (working) phase** – The client is committed to the process and to the relationship and is involved in own self-help; takes responsibility and shows some independence.
 - This is known as the *working phase* because this is when the hard work begins.
 - Client must believe and know that the MHP is caring and *on his/her side* when dealing with the more difficult issues during therapeutic exploration.
 - *If this phase is entered too early*, before trust is developed, clients may suddenly terminate if presented with painful information.
- **Resolution phase** – The client has gained all that he/she needs from the relationship and is ready to leave.
 - This may involve having met stated goals or resolution of a crisis.
 - Be aware of fear of abandonment and need for closure.
 - Both the MHP and client may experience sadness, which is normal.
 - Dependent personalities may need help with termination, reflecting upon the positives and the growth that has taken place through the relationship (Peplau 1992).
- If a situation brings a client back for therapy, the relationship has already been established (trust); therefore, *there is not a return to the orientation phase*. Both will identify new issues and re-establish expectations of proposed outcomes. It will now be *easier to move into the working phase of the relationship*, and this will be done more quickly.

CLINICAL PEARL – *Trust and safety* are core elements of a therapeutic alliance, as many clients have experienced abuse, inconsistency, broken promises, and “walking on eggs.”

Nonverbal Communication

Nonverbal communication may be a better indication of what is going on with a client than verbal explanations.

- Although verbal communication is important, it is only one component of an evaluation.
- Equally important to develop your skills of observation.
- Some clients are not in touch with their feelings, and only their behaviors (clenched fist, head down, arms crossed) will offer clues to feelings.
- Nonverbal communication may offer the client clues as to how the MHP is feeling as well.
- *Physical appearance* – A neat appearance is suggestive of someone who cares for him/herself and feels positive about self. Clients with schizophrenia or depression may appear disheveled and unkempt.
- *Body movement/posture* – Slow or rapid movements can suggest depression or mania; a slumped posture, depression. Medication-induced body movements and postures include: pseudoparkinsonism (antipsychotic); akathisia (restlessness/moving legs [antipsychotic]). Warmth (smiling) and coldness (crossed arms) are also nonverbally communicated.
- *Touch* – Touch forms a bridge or connection to another. Touch has different meanings based on culture, and some cultures touch more than others. Touch can have a very positive effect, but touching requires permission to do so. Many psychiatric clients have had “boundary violations,” so an innocent touch may be misinterpreted.
- *Eyes* – The ability to maintain eye contact during conversation offers clues as to social skills and self-esteem. Without eye contact, there is a “break in the connection” between two people. A lack of eye contact can suggest suspiciousness, something to hide. Remember cultural interpretations of eye contact (see Basics Tab).
- *Voice* – Voice can be a clue to the mood of a client. Pitch, loudness, and rate of speech are important clues. Manic clients speak loudly, rapidly, and with pressured speech. Anxious clients may speak with a high pitch and rapidly. Depressed clients speak slowly, and obtaining information may feel like “pulling teeth.”

Communication Techniques

Technique	Rationale	Example
Reflecting	Reflects back to clients their emotions, using their own words	C: <i>John never helps with the housework.</i> MHP: <i>You're angry that John doesn't help.</i>
Silence	Allows client to explore all thoughts/feelings; prevents cutting conversation at a critical point or missing something important	MHP nods with some vocal cues from time to time so C knows MHP is listening but does not interject.
Paraphrasing	Restating, using different words to ensure you have understood the client; helps clarify	C: <i>My grandkids are coming over today and I don't feel well.</i> MHP: <i>Your grandkids are coming over, but you wish they weren't, because you are not well. Is that what you are saying?</i>
Making observations	Helps client recognize feelings he/she may not be aware of and connect with behaviors	MHP: <i>Every time we talk about your father you become very sad.</i>
Open-ended/ broad questions	Encourages client to take responsibility for direction of session; avoids yes/no responses	MHP: <i>What would you like to deal with in this session?</i>
Encouragement	Encourages client to continue	MHP: <i>Tell me more...uh huh...and then?</i>
Reframing	Presenting same information from another perspective (more positive)	C: <i>I lost my keys, couldn't find the report, and barely made it in time to turn my report in.</i> MHP: <i>In spite of all that, you did turn your report in.</i>

(Text continued on following page)

Communication Techniques *(Continued)*

Technique	Rationale	Example
Challenging idea/ belief system	Break through denial or fixed belief; always done with a question	MHP: <i>Who told you that you were incompetent? Where did you get the idea that you can't say no?</i>
Recognizing change/ recognition	Reinforces interest in client and positive reinforcement (this is not a compliment)	MHP: <i>I noticed that you were able to start our session today rather than just sit there.</i>
Clarification	Assures that MHP did not misunderstand; encourages further exploration	MHP: <i>This is what I thought you said...; is that correct?</i>
Exploring in detail	If it appears a particular topic is important, then the MHP asks for more detail; MHP takes the lead from the client (client may resist exploring further)	MHP: <i>This is the first time I've heard you talk about your sister; would you like to tell me more about her?</i>
Focusing	Use when a client is covering multiple topics rapidly (bipolar/anxious) and needs help focusing	MHP: <i>A lot is going on, but let's discuss the issue of your job loss, as I would like to hear more about that.</i>
Metaphors/ symbols	Sometimes clients speak in symbolic ways and need translation	C: <i>The sky is just so gray today and night comes so early now.</i> MHP: <i>Sounds like you are feeling somber.</i>
Acceptance	Positive regard and open to communication	MHP: <i>I hear what you are saying. Yes, uh-huh. (full attention).</i>

Therapeutic Milieu*

- In the therapeutic milieu (*milieu* is French for surroundings or environment), the entire environment of the hospital is set up so that every action, function, and encounter is therapeutic.
- The therapeutic community is a smaller representation of the larger community/society outside.
- The coping skills and learned behaviors within the community will also translate to the larger outside community.

Seven Basic Assumptions:

1. The health in each individual is to be realized and encouraged to grow.
2. Every interaction is an opportunity for therapeutic intervention.
3. The client owns his or her own environment.
4. Each client owns his or her own behavior.
5. Peer pressure is a useful and powerful tool.
6. Inappropriate behaviors are dealt with as they occur.
7. Restrictions and punishment are to be avoided. (Skinner 1979)

*Difficult in era of managed care (short stays).

Group Interventions

Stages of Group Development

I. Initial Stage (in/out)

- Leader orients the group and sets the ground rules, including confidentiality.
- There may be confusion and questions about the purpose of the group.
- Members question themselves in relation to others and how they will fit in the group.

II. Conflict Stage (top/bottom)

- Group is concerned with pecking order, role, and place in group.
- There can be criticism and judgment.
- Therapist may be criticized as group finds its way.

III. Cohesiveness (Working) Stage (near/far)

- After conflict comes a group spirit, and a bond and trust develop among the members.
- Concern is now with closeness, and an "us versus them" attitude develops: those in the group versus those *outside the group*.
- Eventually becomes a mature working group. (Continued on following page)

IV. Termination

- Difficult for long-term groups; discuss well before termination.
- There will be grieving and loss (Yalom 2005).

Leadership Styles

- **Autocratic** – The autocratic leader essentially “rules the roost.” He or she is the most important person of the team and has very strong opinions of how and when things should be done. Members of a group are not allowed to make independent decisions, as the autocrat trusts only his/her opinions. The autocrat is concerned with power and control and is very good at persuasion. High productivity/low morale.
- **Democratic** – The democratic leader focuses on the group and empowers the group to take responsibility and make decisions. Problem solving and taking action are important, along with offering alternative solutions to problems (by group members). Lower productivity/high morale.
- **Laissez-Faire** – This leaderless style results in confusion because of the lack of direction and noninvolvement; it also results in low productivity and morale (Lippitt & White 1958).

Individual Roles/Difficult Group Members

- **Monopolizer** – Involved in some way in every conversation, offering extensive detail or always presents with a “crisis of the week” (minimizing anyone else’s concerns/issues).
 - Has always experienced a similar situation: *I know what you mean; my dog died several years ago, and it was so painful I am still not over it.*
 - Will eventually cause anger and resentment in the group if leader does not control the situation; dropouts result.
- **Help-rejecting complainer** – Requests help from the group and then rejects each and every possible solution so as to demonstrate the hopelessness of the situation.
 - No one else’s situation is as bad as that of the help-rejecting complainer. *(You think you have it bad; wait until you hear my story!)*
 - Often looks to the group leader for advice and help and competes with others for this help, and because he/she is not happy, no one else can be happy either.

- **Silent client** – Does not participate but observes.
 - Could be fear of self-disclosure, exposing weaknesses. Possibly feels unsafe in leaderless group.
 - Does not respond well to pressure or being put on the spot, but must somehow be respectfully included and addressed.
 - The long-term silent client does not benefit from being in a group, nor does the group, and should possibly withdraw from the group.
- **Boring client** – No spontaneity, no fun, no opinions, and a need to present to the world what the client believes the world wants to see and hear.
 - If you are bored by the client, likely the client is boring.
 - Requires the gradual removal of barriers that have kept the individual buried inside for years.
 - Often tolerated by others but seldom missed if leaves the group.
- **Narcissist** – Lack of awareness of others in the group; seeing others as mere appendages and existing for one's own end; feels special and not part of the group (masses).
 - Expects from others but gives nothing.
 - Can gain from some groups and leaders.
- **Psychotic client** – Should not be included in early formative stages of a group.
 - If a client who is a member of an established group decompensates, then the group can be supportive because of an earlier connection and knowledge of the nonpsychotic state of the person.
- **Borderline client** – Can be challenging in a group because of emotional volatility, unstable interpersonal relationships, fears of abandonment, anger control issues, to name a few.
 - Borderline clients idealize or devalue (splitting) – the leader is at first great and then awful.
 - Some borderline group members who connect with a group may be helped as trust develops and borderline client is able to accept some frustrations and mild criticisms (Yalom 2005).

CLINICAL PEARL – It is important to understand that subgroups (splitting off of smaller group/unit) can and do develop within the larger group. Loyalty transferred to a subgroup undermines overall goals of larger group (some clients are in and some out). May be indirect hostility to leader. Some subgroups and extragroup activities are positive as long as there is not a splintering from/hostility toward larger group. Group needs to openly address feelings about subgroups and outside activities – if splintering or secretiveness continues, will be a detriment to group's cohesiveness and therapeutic benefit.

Yalom's Therapeutic Factors

The factors involved in and derived from the group experience that help and are of value to group members and therapeutic success are:

- *Instillation of hope* – Hope that this group experience will be therapeutic and effective.
- *Universality* – Despite individual uniqueness, there are common denominators that allow for a connection and reduce feelings of being alone in one's plight.
- *Didactic interaction* – In some instances, instruction and education can help people understand their circumstances, and such information relieves anxiety and offers power, such as understanding cancer, bipolar disorder, or HIV.
- *Direct advice* – In some groups, advice giving can be helpful when one has more experience and can truly help another (cancer survivor helping newly diagnosed cancer patient). Too much advice giving can impede. Advice giving/talking/refusing tells much about the group members and stage of group.
- *Altruism* – Although altruism suggests a concern for others that is unselfish, it is learning that through giving to others, one truly receives. One can find meaning through giving.
- *Corrective recapitulation of the primary family group* – Many clients develop dysfunctions related to the primary group – *the family of origin*. There are often unresolved relationships, strong emotions, and unfinished business. The group often serves as an opportunity to work out some of these issues as leaders and group members remind each other of primary family members, even if not consciously.
- *Socializing techniques* – Direct or indirect learning of social skills. Helpful to those whose interpersonal relationships have fallen short because of poor social skills. Often provided by group feedback, such as *You always turn your body away from me when I talk and you seem bored*. In many instances, individuals are *unaware* of the behaviors that are disconcerting or annoying to others.
- *Imitative behavior* – Members may model other group members, which may help in exploring new behaviors.

Family Therapy

Family Therapy Models/Theories

- **Intergenerational** – The theory of *Murray Bowen* (1994) that states problems are multigenerational and pass down from generation to generation until addressed. Requires direct discussion and clarification with previous generation members if possible. Concerned with level of individual differentiation and anxiety, triangles, nuclear family emotional system, and multigenerational emotional process. Therapist must remain a neutral third party.
- **Contextual** – The therapy of *Boszormenyi-Nagy* that focuses on give and take between family members, entitlement and fulfillment, fairness, and the family ledger (an accounting of debits and merits).
- **Structural** – Developed by *Salvador Minuchin* and views the family as a social organization with a structure and distinct patterns. Therapist takes an active role and challenges the existing order.
- **Strategic** – Associated with *Jay Haley* and focuses on problem definition and resolution, using active intervention.
- **Communications** – Focuses on communications in the family and emphasizes reciprocal affection and love; the *Satir model*.
- **Systemic** – Involves multidimensional thinking and use of paradox (tactics that appear opposite to therapy goals but designed to achieve goals); also called the *Milan model*.

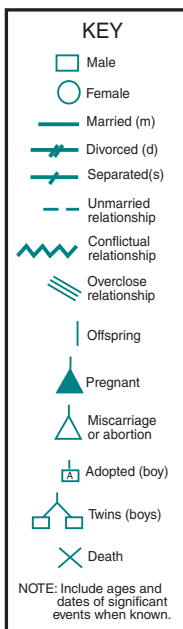
CLINICAL PEARL – In dealing with families, it is important to have an understanding of how families operate, whatever model is used. A model offers a framework for viewing the family. A family is a subsystem within a larger system (community/society) and will reflect the values and culture of that society. Unlike working with individuals, it is the *family that is the client*.

Genogram

A genogram is a visual diagram of a family over two or three generations. It provides an overview of the family and any significant emotional and medical issues and discord among members. It offers insight into patterns and unresolved issues/conflicts throughout the generations.

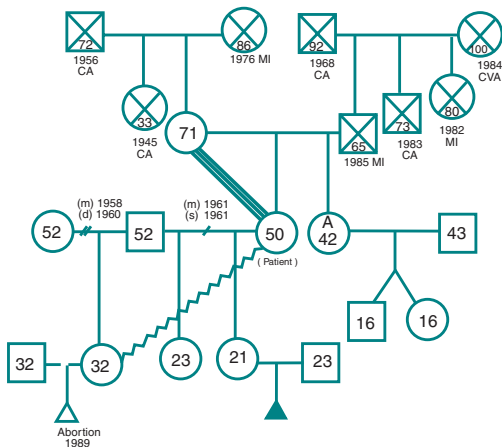
(Continued on following page)

Common Genogram Symbols



From Townsend 5e 2006, with permission.

Sample Genogram



From Townsend 5e 2006, with permission.

Cognitive Behavioral Therapy

- Cognitive behavioral therapy (CBT) deals with the relationship between cognition, emotion, and behavior.
 - Cognitive aspects are: automatic thoughts, assumptions, and distortions.
 - Individuals are often unaware of the *automatic thoughts* that may affect beliefs and behaviors, such as *I never do well in school* or *I am stupid*.
 - Deep-seated beliefs, or *schemas*, affect perceptions of the world.
 - Individuals are also influenced by *distortions* in their thinking.
- Important aspects of CBT include agenda setting, review, feedback, and homework.
- Some techniques may involve treating the behaviors rather than the cognitive aspects.

(Continued on following page)

- Fearful, dysfunctional clients respond better to behavioral versus cognitive interventions. This may involve task or activity assignments.
- Other behavioral interventions are: social skills training, assertiveness training, deep-muscle relaxation, exposure and systematic desensitization techniques, and in vivo interventions (phobias/agoraphobia). (Freeman et al. 2004)

Distortions in Thinking

- *Catastrophizing* – an uncomfortable event is turned into a catastrophe.
- *Dichotomous thinking* – either/or thinking, such as *I am good* or *I am evil*.
- *Mind reading* – believes that the person knows what the other is thinking without clarifying.
- *Selective abstraction* – focusing on one aspect rather than all aspects. Individual hears only the one negative comment during a critique and does not hear the five positive comments.
- *Fortune telling* – anticipates a negative future event without facts or outcome. *I know I am going to fail that test*.
- *Overgeneralization* – one event is now representative of the entire situation. A forgotten anniversary is interpreted as: the marriage is over and will never be the same.

CLINICAL PEARL – CBT has been shown to be quite effective in treating depression and anxiety disorders (panic/phobia/OCD) and is very helpful when used in conjunction with medication. Through CBT, clients learn to change their thinking and to “reframe” their views/thoughts as well as learn tools/techniques to deal with future episodes. CBT provides the client with a sense of control over his/her fears, depression, and anxiety, as there is an active participation in treatment and outcome.

Emerging/New Nonpharmacological Treatments for Depression

- Novel treatments are emerging in the treatment of depression, some showing clinical benefit and needing further study (Holtzheimer & Nemeroff 2006).
- **Vagal nerve stimulation** – uses a small implantable device and is indicated for the adjunctive long-term treatment of chronic or recurrent depression for patients 18 years of age or older who are experiencing a major depressive episode and have not had an adequate response to four or more adequate antidepressant treatments. (Cyberonics Inc 2005; Nemeroff et al. 2006)
- **Transcranial magnetic stimulation** – noninvasive, relatively painless novel technique to alter brain physiology (Rachid & Bertschy 2006).

Complementary Therapies

- *Art therapy* – the use of art media, images, and the creative process to reflect human personality, interests, concerns, and conflicts. Very helpful with children and traumatic memories.
- *Biofeedback* – learned control of the body's physiological responses either voluntarily (muscles) or involuntarily (autonomic nervous system), such as the control of blood pressure or heart rate.
- *Dance therapy* – as the mind/body is connected, dance therapy focuses on direct expression of emotion through the body, affecting feelings, thoughts, and the physical and behavioral responses.
- *Guided imagery* – imagination is used to visualize improved health; has positive effect on physiological responses.
- *Meditation* – self-directed relaxation of body and mind; health-producing benefits through stress reduction.
- *Others*: humor therapy, deep-muscle relaxation, prayer, acupressure, Rolfing, pet therapy, massage therapy, and so forth.

CLINICAL PEARL – Never underestimate the benefit of the complementary therapies. Complementary is often referred to as alternative therapy. In some ways, alternative is a misnomer because these are not alternatives but should be complements to traditional treatments. Both go hand in hand in a comprehensive approach to healing and treatment of the body, mind, and spiritual self.

Psychotropic Drugs/Labs

Psychotropic Drugs

Antiparkinsonian Agents 115
 Antipsychotic-Induced Movement Disorders 116
 Antipsychotic Use Contraindications 116
 Attention Deficit Hyperactivity Disorder (ADHD) Agents 114
 Childhood and Adolescence, Antidepressants in 115
 Drug-Herbal Interactions 116
 Elderly and Medications 117
 Extrapyramidal Symptoms (EPS) 116
 MAOI Diet (Tyramine) Restrictions 117
 Neuroleptic Malignant Syndrome (NMS) 118
 Pharmacokinetics 114
 Serotonin Syndrome 119
 Tardive Dyskinesia 116
 Therapeutic Drug Classes 112
 Antianxiety Agents 112
 Antidepressants 113
 Antipsychotic (Neuroleptic) Agents 113
 Mood Stabilizers 113

Labs/Plasma Levels

Clozaril Protocol 121
 Disorders and Labs/Tests 120
 General Chemistry 122
 Hematology 124
 Plasma Level/Lab Test Monitoring 120
 Plasma Levels (Therapeutic) – Mood Stabilizers 120
 Renal/Kidney 125
 Thyroid Panel 124
 Urinalysis (UA) 125

Psychotropic Drugs

Therapeutic Drug Classes

Antianxiety (Anxiolytic) Agents

Used in the treatment of generalized anxiety, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), phobic disorders, insomnia, and others and include:

- Benzodiazepines (alprazolam, clonazepam, lorazepam, oxazepam)
- Azaspirone (buspirone)
- Alpha-2 adrenergics (clonidine)
- Antihistamines (hydroxyzine)
- Beta blockers (propranolol)
- Antidepressants (doxepin, escitalopram)
- Hypnotics for insomnia, such as barbiturates (phenobarbital) and imidazopyridine (zolpidem).

Antidepressant Agents

Used in the treatment of depression, bipolar (depressed), OCD, and others, and include:

- Tricyclics (amitriptyline, desipramine, doxepin, imipramine)
- Monoamine oxidase inhibitors (MAOIs) (phenelzine, tranylcypromine)
- Selective serotonin reuptake inhibitors (SSRIs) (fluoxetine, paroxetine, sertraline)
- Serotonin norepinephrine reuptake inhibitors (SNRIs) (venlafaxine, duloxetine)
- Others (aminoketone/triazolopyridine) (bupropion [Wellbutrin], trazodone [Desyrel])

Mood-Stabilizing Agents

Used in the treatment of bipolar disorder (mania/depression), aggression, schizoaffective, and others, and include:

- Lithium
- Anticonvulsants (valproic acid, carbamazepine, lamotrigine, topiramate)
- Calcium channel blockers (verapamil)
- Alpha-2 adrenergics (clonidine) and beta adrenergics (propranolol)

Antipsychotic (Neuroleptic) Agents

Used in the treatment of schizophrenia, psychotic episodes (depression/organic [dementia]/substance-induced), bipolar disorder, agitation, delusional disorder, and others, and include:

- Phenothiazines (chlorpromazine, thioridazine)
- Butyrophenones (haloperidol)
- Thioxanthenes (thiothixene)
- Diphenylbutyl piperidines (pimozide)
- Dibenzoxazepine (loxapine)
- Dihydroindolone (molindone)

- Dibenzodiazepine (clozapine)
- Benzisoxazole (risperidone)
- Thienobenzodiazepine (olanzapine)
- Benzothiazolyl piperazine (ziprasidone)
- Dihydrocarbostyryl (aripiprazole)

Although other agents (e.g., stimulants) may be used in the treatment of psychiatric disorders, the most common therapeutic classes and agents are listed above.

Pharmacokinetics

- **The Cytochrome P-450 Enzyme System** is involved in drug biotransformation and metabolism. It is important to develop a knowledge of this system to understand drug metabolism and especially drug interactions. Over 30 P-450 isoenzymes have been identified. The major isoenzymes include CYP1A2/2A6/2B6/2C8/2C9/2C18/2C19/2D6/2E1/3A4/3A5-7.
- **Half-Life** is the time (hours) that it takes for 50% of a drug to be eliminated from the body. Time to total elimination involves halving the remaining 50%, and so forth, until total elimination. Half-life is considered in determining dosing frequency and time to steady state. The rule of thumb for **steady state** (stable concentration/manufacture effect) **attainment** is 4-5 half-lives. *Because of fluoxetine's long half-life, a 5-week washout is recommended after stopping fluoxetine and before starting an MAOI to avoid a serious and possibly fatal reaction.*
- **Protein Binding** is the amount of drug that binds to the blood's plasma proteins; the remainder circulates unbound. It is important to understand this concept when prescribing two or more highly protein-bound drugs as one drug may be displaced, causing increased blood levels and adverse effects.

Attention Deficit Hyperactivity Disorder (ADHD) Agents

Chemical Class	Generic/Trade	Dosage Range/Day
Amphetamines	Dextroamphetamine sulfate (Dexadrine)	5–60 mg
	Methamphetamine (Desoxyn)	5–25 mg
Amphetamine mixtures	Dextroamphetamine/amphetamine (Adderall)	5–60 mg

Attention Deficit Hyperactivity Disorder (ADHD) Agents (*Continued*)

Chemical Class	Generic/Trade	Dosage Range/Day
Miscellaneous	Methylphenidate (Ritalin; Methylin; Concerta; Metadate)	10–60 mg
	Dexmethylphenidate (Focalin)	5–20 mg
	Pemoline (Cylert)	37.5–112.5 mg
	Atomoxetine (Strattera)	>70 kg: 40–100 mg; ≤70 kg: 0.5–1.4 mg/kg
	Bupropion (Wellbutrin)	3 mg/kg

From Townsend 2006. Used with permission.

Antidepressants in Childhood and Adolescence

ALERT: Childhood depression has been on the rise in the United States, coupled with an increase in the prescribing of antidepressants for adolescents and also for children under age 5. In 2003, in the UK, suicidality in children was linked to Seroxat (Paxil), and now all antidepressants are linked to the possibility of increased suicidality in children and adolescents as well as young adults. Clearly, all children treated with antidepressants, as well as adults, need to be closely monitored (face to face), especially early in treatment, and assessed for suicidal ideation and risk (Johnson 2003; Seroxat 2004; Health Canada 2004).

Antiparkinsonian Agents

These are *anticholinergics* used to treat drug-induced parkinsonism, Parkinson's disease, and extrapyramidal symptoms (EPS). These include:

- Benztropine (Cogentin)
- Biperiden (Akineton)
- Trihexyphenidyl (Artane)
- Amantadine (dopaminergic) and diphenhydramine (antihistaminic) and others

Anticholinergic side effects include:

- Blurred vision, dry mouth, constipation
- Sedation, urinary retention, tachycardia

ALERT: Use cautiously in the elderly and in cardiac arrhythmias.

Antipsychotic Use Contraindications

- Addison's disease
- Bone marrow depression
- Glaucoma (narrow angle)
- Myasthenia gravis

Antipsychotic-Induced Movement Disorders

Extrapyramidal Symptoms (EPS)

EPS are caused by antipsychotic treatment and need to be monitored/evaluated for early intervention.

- Akinesia – rigidity and bradykinesia
- Akathisia – restlessness; movement of body; unable to keep still; movement of feet (do not confuse with anxiety)
- Dystonia – spasmodic and painful spasm of muscle (torticollis [head pulled to one side])
- Oculogyric crisis – eyes roll back toward the head. **This is an emergency situation.**
- Pseudoparkinsonism – simulates Parkinson's disease with shuffling gait, drooling, muscular rigidity, and tremor
- Rabbit syndrome – rapid movement of the lips that simulate a rabbit's mouth movements

Tardive Dyskinesia

Permanent dysfunction of voluntary muscles. Affects the mouth – tongue protrudes, smacking of lips, mouth movements.

ALERT: Evaluate clients on antipsychotics for possible tardive dyskinesia by using the Abnormal Involuntary Movement Scale (AIMS) (see AIMS form in Assessment Tab).

Drug-Herbal Interactions

Antidepressants should not be used concurrently with: St. John's wort or SAME (serotonin syndrome and/or altered antidepressant metabolism).

Benzodiazepines/sedative/hypnotics should not be used concurrently with chamomile, skullcap, valerian, or kava. St. John's wort may reduce the effectiveness of benzodiazepines metabolized by CYP P450 3A4.

Conventional antipsychotics (haloperidol, chlorpromazine) that are sedating should not be used in conjunction with chamomile, skullcap, valerian, or kava. Carbamazepine, clozapine, and olanzapine should not be used concurrently with St. John's wort (altered drug metabolism/effectiveness).

ALERT: Ask all clients specifically what, if any, herbal or OTC medications they are using to treat symptoms.

Elderly and Medications (Start Low, Go Slow)

- Relevant drug guides provide data about dosing for the elderly and debilitated clients; also see Drugs A-Z Tab.
- The elderly or debilitated clients are started at lower doses, often half the recommended adult dose. This is due to:
 - Decreases in GI absorption
 - Decrease in total body water (decreased plasma volume)
 - Decreased lean muscle and increased adipose tissue
 - Reduced first-pass effect in the liver and cardiac output
 - Decreased serum albumin
 - Decreased glomerular filtration and renal tubular secretion
 - Time to steady state is prolonged

Because of decrease in lean muscle mass and increase in fat (retains lipophilic drugs [fat-storing]), reduced first-pass metabolism, and decreased renal function, drugs may remain in the body longer and produce an additive effect.

ALERT: With the elderly, start doses low and titrate slowly. Drugs that result in postural hypotension, confusion, or sedation should be used cautiously or not at all.

- **Poor Drug Choices for the Elderly** – Drugs that cause postural hypotension or anticholinergic side effects (sedation).
 - *TCA*s – anticholinergic (confusion, constipation, visual blurring); cardiac (conduction delay; tachycardia); alpha-1 adrenergic (orthostatic hypotension [falls])
 - *Benzodiazepines* – longer the half-life; greater the risk of falls. Choose a shorter half-life. Lorazepam ($T_{1/2}$ 12–15 h) is a better choice than diazepam ($T_{1/2}$ 20–70 h; metabolites up to 200 h).
 - *Lithium* – use cautiously in elderly, especially if debilitated.
 - Consider age, weight, mental state, and medical disorders and compare with side-effect profile in selecting medications.

MAOI Diet (Tyramine) Restrictions

Foods: Must Avoid Completely

- Aged red wines (cabernet sauvignon/merlot/chianti)
- Aged (smoked, aged, pickled, fermented, marinated, and processed) meats (pepperoni/bologna/salami, pickled herring, liver, frankfurters, bacon, ham)

(Text continued on following page)

- Aged/mature cheeses (blue/cheddar/provolone/brie/romano/parmesan/Swiss)
- Overripe fruits and vegetables (overripe bananas/sauerkraut/all overripe fruit)
- Beans (fava, Italian, Chinese pea pod, fermented bean curd, soya sauce, tofu, Miso soup)
- Condiments (bouillon cubes/meat tenderizers/canned soups/gravy/sauces/soy sauce)
- Soups (prepared/canned/frozen)
- Beverages (beer/ales/vermouth/whiskey/liqueurs/nonalcoholic wines and beers)

Foods: Use With Caution (Moderation)

- Avocados (not overripe)
- Raspberries (small amounts)
- Chocolate (small amount)
- Caffeine (2 – 8 oz. servings per day or less)
- Dairy products (limit to buttermilk, yogurt, and sour cream [small amounts]); cream cheese, cottage cheese, milk OK if fresh.

Medications: Must Avoid

- Stimulants
- Decongestants
- OTC medications (check with PCP/pharmacist)
- Opioids
- Meperidine
- Ephedrine/epinephrine
- Methyl dopa
- Herbal remedies

Any questions about foods, OTC medications, herbals, medications (newly prescribed) should be discussed with the psychiatrist, pharmacist, or advanced practice nurse because of serious nature of any food-drug, drug-drug combinations.

Neuroleptic Malignant Syndrome (NMS)

A serious and potentially fatal syndrome caused by antipsychotics and other drugs that block dopamine receptors. Important not to allow client to become *dehydrated* (predisposing factor). More common in warm climates, in summer. Possible genetic predisposition.

Signs and Symptoms

- Fever: 103°–105° F or greater
- Blood pressure lability (hypertension or hypotension)

- Tachycardia (>130 bpm)
- Tachypnea (>25 rpm)
- Agitation (respiratory distress, tachycardia)
- Diaphoresis, pallor
- Muscle rigidity (arm/abdomen like a board)
- Change in mental status (stupor to coma)

Stop antipsychotic immediately.

ALERT: NMS is a medical emergency (10% mortality rate); hospitalization needed. Lab test: creatinine kinase (CK) to determine injury to the muscle. Drugs used to treat NMS include: bromocriptine, dantrolene, levodopa, lorazepam.

Serotonin Syndrome

Can occur if client is taking one or more serotonergic drugs (e.g., SSRIs; also St. Johns wort), especially higher doses. Do not combine SSRIs/SNRIs/clomipramine with MAOI; also tryptophan, dextromethorphan combined with MAOI can produce this syndrome.

If stopping fluoxetine (long half-life) to start an MAOI – must allow a 5-week washout period. At least 2 weeks for other SSRIs before starting an MAOI. Discontinue MAOI for 2 weeks before starting another antidepressant or other interacting drug.

Signs and Symptoms

- Change in mental status, agitation, confusion, restlessness, flushing
- Diaphoresis, diarrhea, lethargy
- Myoclonus (muscle twitching or jerks), tremors

If serotonergic medication is not discontinued, progresses to:

- Worsening myoclonus, hypertension, rigor
- Acidosis, respiratory failure, rhabdomyolysis

ALERT: Must discontinue serotonergic drug immediately. Emergency medical treatment and hospitalization needed to treat myoclonus, hypertension, and other symptoms.

NOTE: Refer to *Physicians' Desk Reference* or product insert for complete drug information (dosages, warnings, indications, adverse effects, interactions, etc.) needed to make appropriate choices in the treatment of clients. Although every effort has been made to provide key information about medications and classes of drugs, such information is not and cannot be all-inclusive in a reference of this nature. Professional judgment, training, supervision, relevant references, and current drug information is critical to the appropriate selection, evaluation, monitoring, and management of clients and their medications.

Labs/Plasma Levels

Therapeutic Plasma Levels — Mood Stabilizers

- Lithium: 1.0–1.5 mEq/L (acute mania)
0.6–1.2 mEq/L (maintenance)
Toxic: >2.0 mEq/L
- Carbamazepine: 4–12 μ g/mL
Toxic >15 μ g/mL
- Valproic acid: 50–100 μ g/mL

NOTE: Lithium blood level should be drawn in the morning about 12 hours after last oral dose and before first morning dose.

Plasma Level/Lab Test Monitoring

- **Lithium** – Initially check serum level every 1–2 wk (for at least 2 mo), then every 3–6 mo; renal function every 6–12 mo; TFTs every year.
- **Carbamazepine** – Serum levels every 1–2 wk (at least for 2 mo); CBC and LFTs every mo, then CBCs/LFTs every 6–12 mo; serum levels every 3–6 mo as appropriate.
- **Valproic acid** – Serum level checks every 1–2 wk; CBC/LFTs every mo; serum level every 3–6 mo; CBC/LFT every 6–12 mo.

Disorders and Labs/Tests

- Labs and tests should be performed on all clients before arriving at a diagnosis to rule out a physical cause that may mimic a psychological disorder and before starting treatments. Tests should be repeated as appropriate after diagnosis to monitor treatments/reevaluate.

Disorder	Labs/Tests
Anxiety	Physical exam, psych eval, mental status exam, TFTs (hyperthyroidism), CBC, general chemistry, toxicology screens (substance abuse); anxiety inventories/rating scales
Dementia	Physical exam, psych eval, mental status exam, Mini-Mental State Exam, TFTs, LFTs, CBC, sed rate, general chemistry, toxicology screens (substance abuse), B ₁₂ , folate, UA, HIV, FTA-ABS (syphilis), depression inventories/rating scales (Geriatric Rating Scale) (R/O depression), CT/MRI

Disorder	Labs/Tests (<i>Continued</i>)
Depression	Physical exam, psych eval, mental status exam, Mini-Mental State Exam (R/O dementia), TFTs (hypothyroidism), LFTs, CBC, general chemistry, toxicology screens (substance abuse); depression inventories/rating scales (R/O pseudodementia), CT/MRI
Mania	Physical exam, psych eval, mental status exam, Young Mania Rating Scale (bipolar I), TFTs (hyperthyroidism), LFTs, toxicology screens (substance abuse), CBC, UA, ECG (>40 y), serum levels (VA, CBZ, Li), BMI, general chemistry/metabolic panel, pregnancy test, CT/MRI
Postpartum depression	Physical exam, psych eval (history of previous depression/psychosis), mental status exam, TFTs, CBC, general chemistry, Edinburgh Postnatal Depression Scale, monitor/screen during postpartal period
Schizophrenia	Physical exam, psych eval, mental status exam, TFTs (hyperthyroidism), LFTs, toxicology screens (substance abuse), CBC, UA, serum glucose, BMI, general chemistry/metabolic panel, pregnancy test, CT/MRI; Positive and Negative Syndrome Scale, AIMS

Clozaril Protocol – Clozaril Patient Management System

Indications for use: Patients with a diagnosis of schizophrenia, unresponsive or intolerant to *three* different neuroleptics from at least *two* different therapeutic groups, when given adequate doses for adequate duration.

- System for monitoring WBCs of patients on clozapine. Important because of *possible (life-threatening) agranulocytosis and leukopenia*.
- Need to monitor WBCs, absolute neutrophil count (ANC), and differential before initiating therapy and after.
- WBC and ANC weekly first 6 mo, then bi-weekly, then weekly for 1 month after discontinuation.
- Only available in 1-wk supply (requires WBCs, patient monitoring, and controlled distribution through pharmacies).
- If WBC <3000 mm³ or granulocyte count <1500 mm³ — withhold clozapine (monitor for signs & symptoms of infection).
- Monthly monitoring approved under certain situations (FDA approval 2005).
- Patients must be registered with the Clozaril National Registry (see www.clozaril.com).

General Chemistry

Note: Reference ranges vary according to brand of laboratory assay materials used. Check normal reference ranges from your facility's laboratory when evaluating results.

Lab	Conventional	SI Units
Albumin	3.5–5.0 g/100 mL	35–50 g/L
Aldolase	1.3–8.2 U/L	22–137 nmol sec ⁻¹ /L
Alkaline phosphatase	13–39 U/L, infants and adolescents up to 104 U/L	217–650 nmol · sec ⁻¹ /L, up to 1.26 μ mol/L
Ammonia	12–55 μ mol/L	12–55 μ mol/L
Amylase	4–25 units/mL	4–25 arb. unit
Anion gap	8–16 mEq/L	8–16 mmol/L
AST, SGOT	Male: 8–46 U/L Female: 7–34 U/L	0.14–0.78 μ kat/L 0.12–0.58 μ kat/L
Bilirubin, direct	Up to 0.4 mg/100 mL	Up to 7 μ mol/L
Bilirubin, total	Up to 1.0 mg/100 mL	Up to 17 μ mol/L
BUN	8–25 mg/100 mL	2.9–8.9 mmol/L
Ca ⁺ (calcium)	8.5–10.5 mg/100 mL	2.1–2.6 mmol/L
Calcitonin	Male: 0–14 pg/mL Female: 0–28 pg/mL	0–4.1 pmol/L 0–8.2 pmol/L
Carbon dioxide (CO ₂)	24–30 mEq/L	24–30 mmol/L
Chloride (Cl ⁻)	100–106 mEq/L	100–106 mmol/L
Cholesterol	< 200 mg/dL	<5.18 mmol/L
Cortisol	(AM) 5–25 μ g/100 mL (PM) <10 μ g/100 mL	0.14–0.69 μ mol/L 0–0.28 μ mol/L
Creatine	Male: 0.2–0.5 mg/dL Female: 0.3–0.9 mg/dL	15–40 μ mol/L 25–70 μ mol/L
Creatine kinase (CK)	Male: 17–148 U/L Female: 10–79 U/L	283–2467 nmol sec ⁻¹ /L 167–1317 nmol sec ⁻¹ /L
Creatinine	0.6–1.5 mg/100 mL	53–133 μ mol/L
Ferritin	10–410 ng/dL	10–410 μ g/dL
Folate	2.0–9.0 ng/mL	4.5–0.4 nmol/L
Glucose	70–110 mg/100 mL	3.9–5.6 mmol/L
Ionized calcium	4.25–5.25 mg/dL	1.1–1.3 mmol/L

General Chemistry (*Continued*)

Lab	Conventional	SI Units
Iron (Fe)	50–150 $\mu\text{g}/100\text{ mL}$	9.0–26.9 $\mu\text{mol/L}$
Iron binding capacity (IBC)	250–410 $\mu\text{g}/100\text{ mL}$	44.8–73.4 $\mu\text{mol/L}$
K^+ (potassium)	3.5–5.0 mEq/L	3.5–5.0 mmol/L
Lactic acid	0.6–1.8 mEq/L	0.6–1.8 mmol/L
LDH (lactic dehydrogenase)	45–90 U/L	750–1500 $\text{nmol} \cdot \text{sec}^{-1}/\text{L}$
Lipase	2 units/mL or less	Up to 2 arb. unit
Magnesium	1.5–2.0 mEq/L	0.8–1.3 mmol/L
Mg^{++} (magnesium)	1.5–2.0 mEq/L	0.8–1.3 mmol/L
Na^+ (sodium)	135–145 mEq/L	135–145 mmol/L
Osmolality	280–296 mOsm/kg water	280–296 mmol/kg
Phosphorus	3.0–4.5 mg/100 mL	1.0–1.5 mmol/L
Potassium (K^+)	3.5–5.0 mEq/L	3.5–5.0 mmol/L
Prealbumin	18–32 mg/dL	180–320 mg/L
Protein, total	6.0–8.4 g/100 mL	60–84 g/L
PSA	< 4.0 ng/mL	< 4 $\mu\text{g/L}$
Pyruvate	0–0.11 mEq/L	0–0.11 mmol/L
Sodium (Na^+)	135–145 mEq/L	135–145 mmol/L
T3	75–195 ng/100 mL	1.16–3.00 nmol/L
T4, free	Male: 0.8–1.8 ng/dL Female: 0.8–1.8 ng/dL	10–23 pmol/L 10–23 pmol/L
T4, total	4–12 $\mu\text{g}/100\text{ mL}$	52–154 nmol/L
Thyroglobulin	3–42 $\mu\text{g/mL}$	3–42 $\mu\text{g/L}$
Triglycerides	40–150 mg/100 mL	0.4–1.5 g/L
TSH	0.5–5.0 $\mu\text{U/mL}$	0.5–5.0 arb. unit
Urea nitrogen	8–25 mg/100 mL	2.9–8.9 mmol/L
Uric acid	3.0–7.0 mg/100 mL	0.18–0.42 mmol/L

Hematology		
Lab	Conventional	SI Units
Blood volume	8.5%–9.0% of body weight in kg	80–85 mL/kg
Red Blood Cell (RBC)	Male: 4.6–6.2 million/mm ³ Female: 4.2–5.9 million/mm ³	4.6–6.2 × 10 ¹² /L 4.2–5.9 × 10 ¹² /L
Hemoglobin (Hgb)	Male: 13–18 g/100 mL Female: 12–16 g/100 mL	Male: 8.1–11.2 mmol/L Female: 7.4–9.9 mmol/L
Hematocrit (Hct)	Male: 45%–52% Female: 37%–48%	Male: 0.45–0.52 Female: 0.37–0.48
Leukocytes (WBC)	4,300–10,800/mm ³	4.3–10.8 × 10 ⁹ /L
■ Bands	0–5%	0.03–0.08 × 10 ⁹ /L
■ Basophils	0–1%	0–0.01 × 10 ⁹ /L
■ Eosinophils	1%–4%	0.01–0.04 × 10 ⁹ /L
■ Lymphocytes	25%–40%	0.25–0.40 × 10 ⁹ /L
■ <i>B-Lymphocytes</i>	10%–20%	0.10–0.20 × 10 ⁹ /L
■ <i>T-Lymphocytes</i>	60%–80%	0.60–0.80 × 10 ⁹ /L
■ Monocytes	2%–8%	0.02–0.08 × 10 ⁹ /L
■ Neutrophils	54%–75%	0.54–0.75 × 10 ⁹ /L
Platelets	150,000–350,000/mm ³	150–350 × 10 ⁹ /L
Erythrocyte Sedimentation Rate (ESR)	Male: 1–13 mm/hr Female: 1–20 mm/hr	Male: 1–13 mm/hr Female: 1–20 mm/hr
Thyroid Panel		
T ₃ Total	75–195 ng/100 mL	1.16–3.00 nmol/L
T ₃ Uptake (RT ₃ U)	25%–35%	0.25–0.35
T ₃ Uptake Ratio	0.1–1.35	0.1–0.35
T ₄ Total	4–12 µg/100 mL	52–154 nmol/L
T ₄ Free	0.9–2.3 ng/dL	10–30 nm/L
TSH	0.5–5.0 µU/mL	0.5–5.0 arb. unit

Renal/Kidney

Lab	Conventional	SI Units
BUN	6–23 mg/dL	2.5–7.5 mmol/L
Creatinine	15–25 mg/kg of body weight/day	0.13–0.22 mmol kg ⁻¹ /day
Uric acid	Male: 4.0–9.0 mg/dL	238–535 μmol/L
	Female: 3.0–6.5 mg/dL	178–387 μmol/L

Urinalysis (UA)

Color	Yellow-straw	
Specific Gravity	1.005–1.030	
pH	5.0–8.0	
Glucose	Negative	
Sodium	10–40 mEq/L	
Potassium	< 8 mEq/L	
Chloride	< 8 mEq/L	
Protein	Negative-trace	
Osmolality	500–800 mOsm/L	

Psychotropic Drugs A – Z

The following drugs are listed alphabetically within this tab by generic name (example trade name in parentheses):

Alprazolam (Xanax) 127	Loxapine (Loxitane) 143
Amitriptyline (Elavil) 128	Mirtazapine (Remeron) 144
Aripiprazole (Abilify) 128	Molindone (Moban) 144
Benzotropine (Cogentin) 129	MAOIs (Nardil) 145
Bupropion (Wellbutrin) 129	Nadolol (Corgard) 146
Buspiron (BuSpar) 130	Nefazodone (Serzone) 146
Carbamazepine (Tegretol) 130	Nortriptyline (Pamelor) 147
Chlordiazepoxide (Librium) 131	Olanzapine (Zyprexa) 147
Chlorpromazine (Thorazine) 131	Olanzapine and Fluoxetine HCl (Symbax)* 148
Citalopram (Celexa) 132	Oxazepam (Serax) 148
Clomipramine (Anafranil) 132	Paliperidone (Invega)* 149
Clonazepam (Klonopin) 133	Paroxetine (Paxil) 149
Clozapine (Clozaril) 133	Phenobarbital (Luminal) 150
Desipramine (Norpramin) 134	Pimozide (Orap) 150
Diazepam (Valium) 134	Propranolol (Inderal) 151
Divalproex sodium (Depakote) 135	Quetiapine (Seroquel) 151
Doxepin (Sinequan) 135	Ramelteon (Rozerem)* 152
Duloxetine (Cymbalta) 136	Risperidone (Risperdal) 153
Escitalopram (Lexapro) 136	Selegiline patch (Emsam)* 154
Eszopiclone (Lunesta) 137	Sertraline (Zoloft) 155
Fluoxetine (Prozac) 137	Thioridazine (Mellaril) 156
Fluphenazine (Prolixin) 138	Topiramate (Topamax) 157
Flurazepam (Dalmane) 138	Trazodone (Desyrel) 158
Fluvoxamine (Luvox) 139	Trihexyphenidyl (Artane) 159
Gabapentin (Neurontin) 139	Venlafaxine (Effexor) 160
Haloperidol (Haldol) 140	Zalephon (Sonata) 161
Hydroxyzine (Atarax) 140	Ziprasidone (Geodon) 161
Imipramine (Tofranil) 141	Zolpidem (Ambien) 162
Lamotrigine (Lamictal) 141	
Lithium (Eskalith) 142	
Lorazepam (Ativan) 143	

* Latest drugs approved/released into the marketplace.

Psychotropic Drugs A – Z (Alphabetical Listing)

Psychotropic Drug Tables that follow include each drug's half life ($T^{1/2}$), protein binding, Canadian drug trade names (*in italics*), dose ranges and adult doses, most common side effects (CSE), geriatric and dose considerations, and LIFE-THREATENING (ALL CAPS) side effects, listed alphabetically by generic name. (*See Alert at end of tab as well as FDA Warnings.*)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Alprazolam (Xanax, Xanax XR, Apo- Alpraz, Novo-Alprazol, Nu-Alpraz) Intermediate $T^{1/2}$ = 12–15 h	0.25–0.5 mg po 2–3 times daily (anxiety); <i>panic</i> : 0.5 mg 3 times daily; not to exceed 10 mg/d; <i>XR</i> : 0.5–1 mg once daily in AM; usual range 3–6 mg/d.	<i>Use</i> : Anxiety, panic; <i>unlabeled</i> : PMS <i>CSE</i> : Dizziness, drowsiness, lethargy; some- times confu- sion, hangover, paradoxical excitation, con- stipation, diar- rhea, nausea, vomiting	↓ Dose required; begin 0.25 mg 2–3 times/d; assess CNS and risk for falls. Elderly have ↑ sensi- tivity to benzo- diazepines.	Antianxiety agent Monitor CBC, liver, renal function in long-term therapy; avoid grapefruit juice; risk for psychological/ physical depend- ence; seizures on abrupt discontinu- ation. Interacts with alcohol, antidepressants, antihistamines, other benzos and opioids.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Amitriptyline (Elavil, Apo- Amitriptyline) $T_{1/2} = 10\text{--}50\text{ h}$ Protein binding = >95%	Range: 50–300 mg/d; dosage: 75 mg/d po in divided doses up to 150 mg/d or 50–100 mg hs; increase by 25–50 mg to 150 mg (in hospital: start 100 mg/d up to 300 mg).	<i>Use:</i> Depression; <i>unlabeled:</i> chronic pain <i>CSE:</i> Blurred vision, dry eyes, dry mouth, sedation, hypotension, constipation, ARRHYTHMIAS	Use caution: Orthostatic hypotension, sedation, confusion (falls); CV disease; titrate slowly.	Antidepressant [TCA] Hx CV disease or high doses: Monitor ECG prior to and through Rx.
Aripiprazole (Abilify) $T_{1/2} = 75\text{ h}$; dehydroari- piprazole = 94 h Protein binding = >99%	<i>Schizophrenia:</i> 10- 15 mg/d po (up to 30 mg/d); ↑ only after 2 wk at a given dose. <i>Bipolar:</i> 30 mg/d (start at 15 mg/d if larger dose not tolerated).	<i>Use:</i> Schizophrenia, acute bipolar mania (manic/mixed) <i>CSE:</i> Nausea, anxiety, confusion, con- stipation, orthosta- tic hypotension, ↑ salivation, ecchy- moses, NMS	Orthostatic hypotension; caution with CV disease. ↑ mortality in elderly with dementia- related psychosis.	Antipsychotic Contraindicated: Lactation; caution with CV/ cerebrovascular diseases; avoid dehydration; NEUROLEPTIC MALIGNANT SYNDROME.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Benztropine (Cogentin, Apo- Benzotropine) $T^{1/2}$ = Unknown	<i>Parkinsonism:</i> 0.5–6 mg/d <i>EPS:</i> PO/IM/ IV: 1–4 mg qd or bid or 1–2 mg po 2–3 times daily; <i>acute dystonia:</i> IM/IV: 1–2 mg; then 1–2 mg po bid.	<i>Use:</i> Parkinson's, drug-induced EPS, and acute dystonia <i>CSE:</i> Blurred vision, dry mouth, dry eyes, constipation, urinary retention	Use cautiously; ↑ risk of adverse reactions.	Antiparkinson agent Contraindicated: Narrow-angle glaucoma and TD; assess parkin- sonian/EPS symptoms; bowel function (constipation)/ urinary retention <i>IM/IV:</i> Monitor pulse/BP closely; advise slow position changes.
Bupropion (Wellbutrin, Wellbutrin SR, Wellbutrin XL) $T^{1/2}$ = 14 h (metabolites possibly longer)	200–450 mg/d po <i>IR:</i> 100 mg po bid; after 3 d ↑ to tid; wk 4 to 450 mg/d in divided doses, not to exceed 150 mg/dose.	<i>Use:</i> Depression; adult ADHD (SR only); ↑ female sexual desire <i>CSE:</i> Agitation, headache, dry mouth, nausea, vomiting, SEIZURES	Use cautiously; increased risk of drug accumulation.	Antidepressant Contraindicated: Hx bulimia or anorexia; seizure disorder. Seizure risk ↑ at doses >450 mg; avoid alcohol.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Buspirone (BuSpar) $T^{1/2}$ = 2–3 h Protein binding = >95%	15–60 mg/d po	<i>Use:</i> Anxiety management <i>CSE:</i> Dizziness, drowsiness, blurred vision, palpitations, chest pain, nausea, rashes, myalgia, sweating	<i>Contraindicated:</i> Severe renal/hepatic disease.	Antianxiety agent <i>Contraindicated:</i> Severe renal/hepatic impairment; does not appear to cause dependence.
Carbamazepine (Tegretol, Tegre- tol XR, Equetro, Epitol, Apo- Carbamazepine, Tegretol CR) $T^{1/2}$ = single dose = 25–65 h; chronic dosing = 8–29 h	<i>Range:</i> 400–1200 mg/d <i>Start:</i> 200 mg/d or 100 mg bid; increase weekly by 200 mg/d until reach therapeutic level/mania improvement with tolerable side effects. (Do not crush Tegretol XR)	<i>Use:</i> Bipolar: Acute mania/mixed; seizures, trigem- inal pain <i>CSE:</i> Ataxia, drowsiness, blurred vision. APLASTIC ANEMIA, AGRANULOCY- TOSIS, THROMBOCYTO- PENIA, STEVENS- JOHNSON SYNDROME (SJS)	Use cautiously CV/hepatic disease; BPH and increased intraocular pressure.	Anticonvulsant <i>Caution:</i> Impaired liver/cardiac functions. Monitor CBC, platelets, reticulocytes, & serum iron wkly first 2 mo, then yearly. D/C if bone marrow depression. Therapeutic Range (4–12 $\mu\text{g/mL}$). <i>Sx of SJS:</i> cough, FUO, mucosal lesions, rash; stop CBZ.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Chlordiazepoxide (Librium, Apo- Chlordiazepoxide) $T^{1/2}$ = 5–30 h	<i>Anxiety:</i> 5–25 mg po 3–4 × daily. <i>Alcohol withdrawal:</i> IM: 50–100 mg; may repeat in 3–4 h or po 50–100 mg; repeat until agitation ↓ (to 400 mg/d).	<i>Use:</i> Adjunct anxiety management; alcohol withdrawal <i>CSE:</i> Dizziness, drowsiness, pain at IM site	May cause prolonged sedation in the elderly and is associated with increased risk of falls. Must reduce dose or consider short-acting benzodiazepine.	Antianxiety agent <i>Contraindicated:</i> Narrow-angle glaucoma, porphyria; caution with hepatic/renal impairment and history of suicide attempt/substance abuse.
Chlorpromazine (Thorazine, Thor-Prom, Chlorpromanyl, Largactil, Novo-Chlorpromazine) $T^{1/2}$ = initial 2 h; end 30 h Protein binding = ≥90%	<i>Range:</i> 40–800 mg/d po <i>Psychoses:</i> 10–25 mg po 2–4 times/d; may ↑ q 3–4 d up to 1 g/d; <i>IM:</i> Start 25–50 mg IM to max. 400 mg q 3–12 h (max. 1 g/d).	<i>Use:</i> Psychosis; combativeness <i>CSE:</i> Hypotension (esp IM), dry eyes, sedation, blurred vision, constipation, dry mouth, photosensitivity, NMS, AGRANULOCYTOSIS	<i>Caution:</i> Sedating; decrease initial dose. <i>Caution:</i> BPH	Antipsychotic <i>Contraindicated:</i> Glaucoma, bone marrow depression, severe liver/CV disease. <i>Monitor</i> BP, pulse, and respirations, CBCs, LFTs, and eye exams; EPS, akathisia, NMS.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Citalopram (Celexa) $T^{1/2} = 35$ h	<i>Range:</i> 20–60 mg/d po Start 20 mg po daily, increased weekly, if needed, by 20 mg/d up to 60 mg/d (usual dose: 40 mg/d).	<i>Use:</i> Depression <i>CSE:</i> Apathy, confusion, drowsiness, insomnia, abdominal pain, anorexia, diarrhea, dyspepsia, nausea, sweating, tremor	20 mg po once daily; may increase to 40 mg/d only in those not responding. Lower doses with hepatic/renal impairment.	Antidepressant [SSRI] <i>Contraindicated:</i> Use within 14 days of MAOI; <i>Caution:</i> hx of mania or seizures; serotonin syndrome with SAmE or St. John's wort; monitor for mood changes and assess for suicide.
Clomipramine (Anafranil, Apo- Clomipramine) $T^{1/2} = 20$ –30 h	<i>Range:</i> 25–250 mg/d po Start 25 mg/d po; gradually increase to 100 mg/d (up to 250 mg/d).	<i>Use:</i> OCD <i>CSE:</i> Dizziness, drowsiness, increased appetite, weight gain, constipation, nausea	Use with caution in elderly (sedation, orthostatic hypotension; CV disease; BPH).	Antidepressant [TCA] <i>Caution:</i> CV disease including conduc- tion abnormalities, hx: seizures, bipolar, hypotensive disorders; avoid alcohol; <i>fatal with MAOIs.</i>

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Clonazepam (Klonopin, Rivotril, Syn- Clonazepam) $T_{1/2}$ = 18–50 h	<i>Range:</i> 1.5–4 mg/d po (panic/anxi- ety); as high as 6 mg/d; up to 20 mg/d for seizures.	<i>Use:</i> Panic disorder, seizure disorders; restless leg syndrome. <i>CSE:</i> Behavioral changes, drowsiness, ataxia	<i>Caution:</i> Drowsiness; <i>Contraindi- cated:</i> Liver disease	Antianxiety agent <i>Contraindicated:</i> Severe liver disease; <i>assess</i> for drowsiness: dose- related. <i>Monitor:</i> CBC/LFTs with prolonged therapy.
Clozapine (Clozaril, FazaClo) $T_{1/2}$ = 8–12 h Protein binding = 95% [FazaClo—orally disintegrating tablets]	<i>Range:</i> 300–900 mg/d po Start 25 mg po 1–2 × daily; ↑ 25–50 mg/d over 2 wk up to 300–450 mg/d (not to exceed 900 mg/d). FazaClo: start 12.5 mg 1–2 × daily; no water needed.	<i>Use:</i> Refractive schizophrenia (unresponsive to other treatments) <i>CSE:</i> Dizziness, sedation, hypotension, tachycardia, constipation, NMS, SEIZURES, AGRANULOCYTO- SIS, LEUKOPENIA, MYOCARDITIS (D/C clozapine)	Use cautiously with CV/ hepatic/renal disease; sedating; ↑ mortality in elderly with dementia- related psychosis	Antipsychotic <i>Must follow Clozaril protocol:</i> Monitor BP/pulse; CBC (WBC/diff <3000/ mm ³ —withhold clozapine). (See Clozaril Protocol in Drug-Lab Tab.) Monitor for signs of myocarditis, akathisia, EPS, and NMS. (For FazaClo Protocol, see www.Fazaclo.com)

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Desipramine (Norpramin, Pertofrane) $T_{1/2}$ = 12–27 h Protein binding = 90%–92%	<i>Range:</i> 25–300 mg/d 100–200 mg/d po single or divided doses (up to 300 mg/d).	<i>Use:</i> Depression; <i>unlabeled:</i> chronic pain <i>CSE:</i> Blurred vision, dry eyes, dry mouth, sedation, hypotension, constipation ARRHYTHMIAS	<i>Reduce dosage:</i> 25–50 mg/d po (in divided doses (up to 150 mg/d); sedation. <i>Caution</i> with CV disease, BPH; monitor BP & pulse.	Antidepressant (TCA) <i>Contraindicated:</i> Narrow-angle glaucoma. <i>Monitor</i> BP/ pulse; ECG prior to and through Rx if hx of CV disease or high doses.
Diazepam (Valium, Apo- Diazepam, Vivol) $T_{1/2}$ = 20–50 h (up to 100 h for metabolites)	<i>Range:</i> 4–40 mg/d <i>Anxiety:</i> po: 2–10 mg 2–4 × daily; <i>IM/IV:</i> 2–10 mg q 4 h prn. <i>Alcohol WD:</i> po: 10 mg 3–4 × first 24 h; then 5 mg 3–4 × daily; <i>IM/IV:</i> 10 mg, then 5–10 mg in 3–4 h as needed.	<i>Use:</i> Anxiety adjunct; alcohol withdrawal <i>CSE:</i> Dizziness, drowsiness, lethargy	Dosage reduction required; <i>caution:</i> hepatic/renal disease; <i>assess:</i> risk for falls; prolonged sedation in the elderly.	Antianxiety agent <i>Monitor:</i> BP/pulse/ respirations; CBC, LFTs; renal tests periodically with prolonged therapy; monitor for dependence. <i>Alcoholics:</i> ETOH withdrawal— <i>assess for:</i> tremors, delirium, agitation, hallucinations.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Divalproex sodium (Depakote, Depakote ER, <i>Epival</i>) [Valproate] $T^{1/2}$ = 5–20 h	<i>Range:</i> 500–1500 mg/d po [up to 4000 mg/d] <i>Initially:</i> 750 mg/d in divided doses, titrated to clinical effect/plasma levels; <i>ER:</i> Single dose at bedtime.	<i>Use:</i> Bipolar, acute mania & prophylaxis <i>CSE:</i> Nausea, vomiting, indigestion, HEPATOTOXICITY, PANCREATITIS	Caution with renal impairment, organic brain disease, assess for excessive somnolence.	Anticonvulsant Contraindicated: Hepatic impairment; Monitor LFTs, serum ammonia before and throughout Rx. Hyperammonemia: D/C VA. Caution: Renal/ bleeding disorders; bone marrow depression; <i>terato-</i> <i>genicity</i> ; need VA levels (50–100 μ g/mL).
Doxepin (Sinequan, Zonalon, <i>Triadapin</i>) $T^{1/2}$ = 8–25 h	<i>Range:</i> 25–300 mg/d po 25 mg po 3 $\times$ daily, up to 150 mg (inpatient up to 300 mg/d).	<i>Use:</i> Depression/ anxiety <i>CSE:</i> Blurred vision, dry eyes, dry mouth, sedation, hypotension, constipation, ARRHYTHMIAS	<i>Dose reduction:</i> 25–50 mg/d po initially, increase as needed; <i>caution</i> with preexisting CV disease, BPH; <i>assess</i> for falls and anticholinergic effects.	Antidepressant Monitor blood pres- sure and pulse; ECGs with hx of CV disease; WBC w diff, LFTs, and serum glucose periodically.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Duloxetine (Cymbalta) $T_{1/2} = 12$ h Protein binding = >90%	<i>Range:</i> 40–60 mg/d 20–30 mg po twice daily	<i>Use:</i> Major depres- sive disorder <i>CSE:</i> fatigue, drowsiness, insomnia, ↓ appetite, constipation, dry mouth, nausea, dysuria, ↑sweating, SEIZURES	Use with caution; increase slowly.	Antidepressant [SNRI] <i>Contraindicated:</i> Concurrent MAOIs, hepatic impairment/ETOH use; with renal impairment: start with lower dose. <i>Monitor</i> BP (↑ BP dose-related) & LFTs; <i>monitor</i> for suicidality.
Escitalopram (Lexapro) $T_{1/2}$ = increased in hepatic impairment	<i>Range:</i> 10–20 mg/d; 10 mg po once daily, may increase to 20 mg/d after 1 wk.	<i>Use:</i> Depression, generalized anxiety disorder <i>CSE:</i> Insomnia, diarrhea, nausea, sexual dysfunction	↓ dose in elderly; caution with hepatic/renal impairment (10 mg po once daily); $T_{1/2}$ increased in the elderly	Antidepressant [SSRI] <i>Contraindicated:</i> Concurrent MAOIs or citalopram. <i>Caution:</i> hx mania/seizures or risk for suicide; <i>monitor</i> for suicidality.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Eszopiclone (Lunesta) $T^{1/2}$ = 6 h Protein binding = weakly bound	<i>Range:</i> 1–3 mg po Start at 2 mg po hs, may ↑ to 3 mg if needed.	<i>Use:</i> Insomnia: Sleep latency/ maintenance <i>CSE:</i> Anxiety, confusion, depression, headache, migraine, dizziness, hallucinations	Elderly should start with 1 mg po dose and take <i>immediately before</i> bedtime; should not exceed 2 mg/hs.	Sedative/hypnotic <i>Severe hepatic impairment: Start 1 mg. Caution: Concomitant illness, drug/ETOH abuse, psychiatric illness, abrupt withdrawal (See FDA warning).</i>
Fluoxetine (Prozac, Prozac Weekly, Serafem [PMDD]) $T^{1/2}$ = 1-3 d (norfluoxetine: 5-7 d) Protein binding = 94.5%	<i>Range:</i> 20–80 mg po <i>Depression/OCD:</i> Start 20 mg/d po, may ↑ weekly up to 80 mg; <i>Panic disorder:</i> Start 10 mg/d po up to 60 mg/d; <i>Prozac Weekly:</i> 90 mg/wk	<i>Use:</i> Depression (also geriatric), OCD, bulimia nervosa, panic disorder <i>CSE:</i> Anxiety, drowsiness, headache, insomnia, nervousness, diarrhea, sexual dysfunction, ↑ sweating, pruritus, tremor	<i>Starting dose:</i> 10 mg/d (not to exceed 60 mg); <i>Caution</i> with hepatic/renal impairment and with multiple medications (long $T^{1/2}$). Elderly at risk for excessive CNS stimulation, sleep distur- bances, and agitation.	Antidepressant [SSRI] <i>Serious fatal reactions with MAOIs, long washout needed. Caution: Hepatic/renal/ pregnancy/ seizures. Peds/Adol (18–24y): May increase risk of suicidal thinking and behavior; must closely monitor.</i>

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Fluphenazine hydrochloride (Prolixin, Apo-Fluphenazine) $T_{1/2}$ = 4.7–15.3 h Fluphenazine decanoate (Prolixin Decanoate, Modecate) $T_{1/2}$ = 6.8–9.6 d Fluphenazine Enanthate $T_{1/2}$ = 3.7 d Protein binding ≥ 90%	<i>Range:</i> 1–40 mg/d <i>Fluphenazine HCl:</i> Start: 2.5–10 mg/d po (divided dose q 6–8 h); maintenance: 1–5 mg/d; <i>IM:</i> 1.25–2.5 mg q 6–8 h <i>Decanoate:</i> Start 12.5–25 mg IM/SC q 1–4 wk (may ↑ to 100 mg/dose).	<i>Use:</i> Psychotic disorders, schizophrenia, chronic schizophrenia <i>CSE:</i> EPS, photosensitivity, sedation, tardive dyskinesia, AGRANULOCYTOSIS	Use lower doses: <i>Fluphenazine HCl:</i> Start with 1–2.5 mg/d po; caution with BPH, respiratory disease; <i>Contraindicated:</i> severe liver/CV disease.	Antipsychotic <i>Contraindicated:</i> Severe liver/CV disease, use with pimozide, glaucoma, bone marrow depression. <i>Monitor</i> BP, pulse, respiration, ECG changes, EPS, akathisia, TD, NMS (report immediately). Periodic CBCs, LFTs, eye exams.
Flurazepam (Dalmane, Apo-Flurazepam, Somnol) $T_{1/2}$ = 2.3 h (active metabolite may be 30–200 h) Protein binding = 97%	<i>Range:</i> 15–30 mg <i>Usual dose:</i> 15–30 mg po hs.	<i>Use:</i> Short-term insomnia management (<4 wk) <i>CSE:</i> Drowsiness, confusion, dizziness, paradoxical excitation, blurred vision, constipation	Initial dose ↓: 15 mg po initially hs; hepatic disease; warn patient and family about ↑ risk for falls and requires assessment for falls and fall prevention.	Sedative/hypnotic <i>Contraindicated:</i> CNS depression, narrow-angle glaucoma, pregnancy, lactation. <i>Caution:</i> Hepatic disease, hx suicide attempts. Avoid alcohol. (See FDA warning.)

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Fluvoxamine (Luvox) $T_{1/2} = 13.6\text{--}15.6\text{ h}$	<i>Range:</i> 50–300 mg/d <i>Start:</i> 50 mg/d po hs, $\uparrow$ 50 mg q 4–7 d (divide equally, if dose >100 mg) (do not exceed 300 mg/d)	<i>Use:</i> OCD. <i>Unla- beled:</i> depression. <i>CSE:</i> Headache, dizziness, drowsiness, nervousness, insomnia, nausea, diarrhea, constipation	Reduce dose, titrate slowly; caution with impaired hepatic function	Antidepressant [SSRI] Serious fatal reactions with MAOIs. Peds/Adol (18–24y): Weigh risk vs benefit. Monitor closely for suicidality.
Gabapentin (Neurontin, Gabarone) $T_{1/2} = 5\text{--}7\text{ h}$	<i>Range:</i> 900–1800 mg/d <i>Start:</i> 300 mg po 3 $\times$ daily; titrate up to 1800 mg/d in divided doses (doses up to 3600 mg/d have been used)	<i>Use:</i> Partial seizures. <i>Unlabeled:</i> Bipolar disorder and chronic pain <i>CSE:</i> Drowsiness, ataxia, confusion, depression; may also cause dizzi- ness, hostility, vertigo, hyperten- sion, anorexia	Use cautiously; especially with renal impairment ($\downarrow$ dose and/or $\uparrow$ dosing interval).	Anticonvulsant Caution: Renal impairment ($\downarrow$ dose). Discontinuation requires at least a wk; should be done gradually; dosages no more than 12 h apart. Risk of CNS depression with alcohol, opioids, other CNS depressants.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Haloperidol (Haldol, Apo- Haloperidol) Haloperidol decanoate $T^{1/2} = 21\text{--}24$ h Protein Binding = 90%	<i>Range:</i> 1–100 mg/d <i>Haloperidol:</i> 0.5–5 mg po 2–3 × d (to 100 mg/d). <i>Decanoate:</i> 10–15 times the oral dose.	<i>Use:</i> Psychotic disorders, aggressive states, schizophrenia <i>CSE:</i> EPS, blurred vision, constipation, dry mouth/eyes, NMS, SEIZURES	<i>Dosage reduction required:</i> 0.5–2 mg po two × daily; increasing gradually; <i>caution:</i> CV/diabetes, BPH.	Antipsychotic Monitor BP, pulse, respiration, akathisia, EPS, tardive dyskine- sia, NMS (report immediately). Perform CBC w diff, LFTs, eye exams periodically. Avoid alcohol/CNS depressants. Caution: Toxic encephalopathy w haloperidol + lithium.
Hydroxyzine (Atarax, Vistaril, Apo-Hydroxy- zine, Novohy- droxyzin) $T^{1/2} = 3$ h	<i>Range:</i> 100–400 mg/d 25–100 mg po 4 × daily (do not exceed 600 mg/d).	<i>Use:</i> Anxiety, pruritis, preop sedation <i>CSE:</i> Drowsiness, dry mouth, pain at IM site	Dosage reduction; severe hepatic disease; at ↑ risk for falls and CNS effects. Monitor for drowsiness, agitation, sedation.	Antianxiety/sedative/ hypnotic Contraindicated in pregnancy. Use cautiously severe hepatic dysfunc- tion. Avoid alcohol/CNS depressants.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Imipramine (Tofranil, Apo- Imipramine) $T^{1/2}$ = 8–16 h Protein binding = 89–95%	<i>Range:</i> 30–300 mg/d 25–50 mg po 3–4 × daily (not to exceed 300 mg/d).	<i>Use:</i> Depression <i>CSE:</i> Blurred vision, dry eyes, dry mouth, sedation, constipation, hypotension, ARRHYTHMIAS	25 mg po hs initially, up to 100 mg/d, divided doses. Use cautiously in elderly, preex- isting CV disease (monitor ECGs), BPH.	Antidepressant [tricyclic] Monitor ECGs in heart disease; also BP and pulse. Contraindicated: Concurrent MAOIs; avoid use with SSRIs, or clonidine.
Lamotrigine (Lamictal) $T^{1/2}$ = 25.4 h (on lamotrigine alone)	<i>Range:</i> 75–250 mg/d <i>Bipolar pt not on CBZ/VA:</i> Start 25 mg/d po × 2 wk, then 50 mg/d × 2 wk, then 100 mg/d × 1 wk, then 200 mg/d.	<i>Use:</i> Partial seizures, bipolar disorder maintenance <i>CSE:</i> Nausea, vomiting, dizzi- ness, headache, ataxia photo- sensitivity, rash, STEVENS JOHNSON SYNDROME (SJS)	May cause dizziness/ drowsiness. <i>Caution</i> with impaired renal/CV/ hepatic disease.	Anticonvulsant Contraindicated: Lactation. Caution: Impaired renal/ cardiac/hepatic function, hx rash on lamotrigine. Avoid abrupt discontinuation. Assess for skin rash. Sx of SJS: Cough, FEO, mucosal lesions, rash; stop lamotrigine.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Lithium (Eskalith, Eskalith CR, Lithobid, Lithonate, Lithotabs, Carbolith, Duralith) $T^{1/2} = 20-27$ h	<i>Acute mania:</i> 1800-2400 mg/d; <i>Maintenance:</i> 300-1200 mg/d. <i>Start:</i> 300-600 mg po 3 × daily; usual main- tenance: 300 mg 3-4 × daily. <i>Slow release:</i> 200-300 mg po 3 × daily to start, up to 1800 mg/d (divided doses); <i>Extended release:</i> 300-600 mg po 3 × daily to start.	<i>Use:</i> Bipolar disorder: Acute manic episodes; prophylaxis against recurrence <i>CSE:</i> Fatigue, headache, impaired memory, ECG changes, bloating, diarrhea, nausea, abdominal pain, leukocytosis, polyuria, acne, hypothyroidism, tremors, weight gain, SEIZURES, ARRHYTHMIAS	Initial dose reduction recom- mended; <i>caution</i> w CV/renal/ thyroid disease, diabetes mellitus.	Antimanic <i>Serum lithium levels:</i> <i>Acute mania:</i> 1.0-1.5 mEq/L; <i>Mainte- nance:</i> 0.6-1.2 mEq/L. <i>Narrow therapeutic range;</i> <i>Signs of toxicity:</i> vomiting, diarrhea, slurred speech, drowsiness, ↓ coordination. Li ↓ thyroid function (hypothyroidism)/ renal changes. <i>Monitor</i> thyroid/ kidney function, WBC w diff, electrolytes, glucose, ECG, weight (also BMI). <i>Caution:</i> Toxic encephalopathy w haloperidol + lithium.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Lorazepam (Ativan, Apo- Lorazepam) $T_{1/2}$ = 10–16 h	<i>Range:</i> 2–6 mg/d (up to 10 mg/d); 1–3 mg po 2–3 x daily; <i>Insomnia:</i> 2–4 mg po hs.	<i>Use:</i> Anxiety, insomnia <i>CSE:</i> Dizziness, drowsiness, lethargy; rapid IV: APNEA, CARDIAC ARREST	Dosage reduction; <i>caution</i> hepatic/renal/ pulmonary impairment; more susceptible to CNS effects and increased risk for falls.	Antianxiety/sedative/ hypnotic. <i>Contraindicated:</i> Comatose or CNS depression, preg- nancy, lactation, glaucoma. <i>Caution:</i> In hepatic/renal/ pulmonary impairment/ drug abuse.
Loxapine (Loxitane, Loxapac) $T_{1/2}$ = 5 h/ 12–19 h	<i>Range:</i> 20–250 mg/d <i>Start:</i> 10 mg po 2 x daily, ↑ until psychotic symptom improvement.	<i>Use:</i> Psychotic disorders, schizophrenia <i>CSE:</i> Drowsiness, orthostatic hypotension, ataxia, constipation, nausea, blurred vision	<i>Evaluate/monitor</i> for confusion, orthostatic hypotension, sedation, ↓ dose; at risk for falls.	Antipsychotic <i>Contraindicated:</i> Severe CNS depression/coma. <i>Caution:</i> Parkinson's, bone marrow suppression, cardiac, renal, respiratory disease; sedating, <i>Monitor</i> for EPS, NMS, TD.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Mirtazapine (Remeron, Remeron Soltabs) $T^{1/2}$ = 20–40 h Protein binding = 85%	<i>Range:</i> 15–45 mg/d <i>Start:</i> 15 mg/d po hs, increase q 1–2 wk up to 45 mg/d.	<i>Use:</i> Depression <i>CSE:</i> Drowsiness, constipation, dry mouth, increased appetite, weight gain	Lower dose; use <i>cautiously</i> w hepatic/renal disease.	Antidepressant [tetracyclic] <i>Contraindicated:</i> Concurrent MAOI therapy; <i>caution</i> w hx seizures, suicide attempt. Closely <i>monitor</i> for suicidality/ safety not deter- mined in children, lactation, preg- nancy. Periodic CBCs, LFTs.
Molindone (Moban) $T^{1/2}$ = 1.5 h	<i>Range:</i> 15–225 mg/d <i>Start:</i> 50–75 mg/d po, increase at 4 d intervals (up to 225 mg).	<i>Use:</i> Psychotic disorders, schizophrenia <i>CSE:</i> Sedation, drowsiness, constipation, weight gain, blurred vision	Initial ↓ dose; <i>caution</i> w diabetes, BPH, respiratory disease; increased risk for falls (sedation/ orthostatic hypotension).	Antipsychotic <i>Contraindicated w</i> CNS depression. <i>Monitor</i> for EPS, NMS, and TD. <i>Caution</i> with cardiac, renal, hepatic, respiratory disease.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
MAOIs: Phenelzine (Nardil) Tranylcypromine (Parnate) Isocarboxazid (Marplan) $T^{1/2}$ = Unknown [See selegiline patch]	Phenelzine: <i>Range:</i> 45–90 mg/d <i>Start:</i> 15 mg po 3 × daily and increase to 60–90 mg/d. Tranylcypromine: <i>Range:</i> 30–60 mg/d <i>Start:</i> 30 mg/d po divided dose (AM/PM) up to 60 mg/d. Isocarboxazid: <i>Range:</i> 20–60 mg/d <i>Start:</i> 10 mg/d po, increasing every few days (up to 60 mg/d in 2–4 divided doses).	<i>Use:</i> Atypical depression, panic disorder; other Rx ineffective or not tolerated <i>CSE:</i> Dizziness, headaches, insomnia, restlessness, blurred vision, arrhythmias, orthostatic hypotension, diarrhea, SEIZURES, HYPERTENSIVE CRISIS	Use cautiously, titrate slowly, ↑ risk of adverse reactions.	Antidepressant Potentially fatal reactions with other antide- pressants (SSRIs, TCAs, etc). Five wk washout w fluoxetine. Must follow MAOI diet (foods high in tyramine) to avoid hypertensive crisis (emergency) [See MAOI diet in Drug- Lab Tab]; hyperten- sive crisis from caffeine; also amphetamines, levodopa, dopamine, epinephrine, reserpine, and others. Avoid opioids (meperidine).

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Nadolol (Corgard; Syn-Nadolol) $T^{1/2} = 10-24$ h	40 mg/d po (up to 240 mg)	<i>Use:</i> Tremors, akathisia <i>CSE:</i> Fatigue, impotence, ARRYTHMIAS, CHF, BRADY- CARDIA, PULMONARY EDEMA	Initial dose reduction recommended; increased sensitivity to beta blockers.	Antianginal; beta blocker <i>Contraindicated:</i> CV diseases (CHF, bradycardia, heart block, etc.); <i>renal impairment:</i> ↑ dosing intervals.
Nefazodone (Serzone*)	200-600 mg/d po	<i>Use:</i> Depression <i>CSE:</i> Insomnia, dizziness, drowsiness, HEPATIC FAILURE; HEPATIC TOXICITY	Initiate lower dose. HEPATIC FAILURE; HEPATIC TOXICITY.	Antidepressant <i>Serzone has been withdrawn from the North American market for rare but serious liver failure; generic is still available.</i>

*Withdrawn from North American market

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Nortriptyline (Pamelor, Aventyl) $T_{1/2}$ = 18–28 h Protein binding = 92%	<i>Range:</i> 75–150 mg/d <i>Start:</i> 25 mg po 3–4 × daily up to 150 mg/d.	<i>Use:</i> Depression <i>CSE:</i> Drowsiness, fatigue, blurred vision, dry eyes/mouth, hypotension, constipation, ARRYTHMIAS	<i>Susceptible to side effects:</i> ↓ <i>dose:</i> 30–50 mg/d po in divided doses; <i>caution</i> w BPH, CV disease; <i>monitor</i> ECGs in elderly.	Antidepressant [TCA] <i>Contraindicated in narrow-angle glaucoma. Potential fatal reaction with MAOIs. Monitor ECGs w heart disease.</i>
Olanzapine (Zyprexa, Zyprexa Zydis, Zyprexa Intramuscular) $T_{1/2}$ = 21–54 h Protein binding = 93%	<i>Range:</i> 5–20 mg/d Schizophrenia: <i>Start:</i> 5–10 mg po/d (not to exceed 20 mg/d). Bipolar: <i>Start:</i> 10–15 mg/d po (not to exceed 20 mg/d); <i>IM (acute agitation):</i> 5–10 mg, may repeat in 2 h/4 h.	<i>Use:</i> Schizophre- nia, psychotic disorders; bipolar: Acute mania; mixed episodes; long-term maintenance <i>CSE:</i> Agitation, dizziness, seda- tion, orthostatic hypotension, constipation, weight gain. NMS, SEIZURES	Dosage reduction may be needed; reduce dosage for debilitated or nonsmoking females ≥65: <i>start</i> at 5 mg/d po. <i>Caution</i> w CV, CVA, BPH, hepatic disease. ↑ <i>mortality in elderly with dementia- related psychosis.</i>	Antipsychotic <i>Monitor for treatment- emergent diabetes (serum glucose, BMI), akathisia, EPS, NMS; perform CBCs, LFTs, eye exams. Monitor BP, pulse, respiratory rate, ECG.</i>

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Olanzapine and fluoxetine HCl (Symbox) Olanzapine $T_{1/2}$ = 21–54 h Protein binding = 93% Fluoxetine $T_{1/2}$ = 1–3 d (norfluoxetine: 5–7 d) Protein binding = 94.5%	<i>Dosing options:</i> 6/25, 6/50, 12/25, 12/50 mg/d <i>Efficacy:</i> fluoxetine 6–12 mg and olanzapine 25–50 mg. Start 6/25 mg once daily po in evening.	<i>Use:</i> Bipolar depressive disorder <i>CSE:</i> Drowsiness, weight gain, dry mouth, diarrhea, increased appetite, tremor, sore throat, weakness, NMS, TD	Start with 6/25 mg/d, especially if hypotensive or hepatic impairment or slow metabolism.	Antipsychotic/Antidepressant Same as olanzapine and fluoxetine
Oxazepam (Serax, Apo-Oxazepam) $T_{1/2}$ = 5–15 h Protein binding = 97%	<i>Range:</i> 30–120 mg/d <i>Anxiety:</i> 10–30 mg po 3–4 × daily. <i>Sedative/alcohol withdrawal:</i> 15–30 mg po 3–4 × daily.	<i>Use:</i> Anxiety, alcohol withdrawal <i>CSE:</i> Dizziness, drowsiness, hangover, impaired memory, blurred vision, constipation, nausea	↓ <i>dose:</i> Start 5 mg po 1–2 × daily, may increase as needed; caution w hepatic, severe COPD disease; ↑ risk for falls.	Antianxiety/Sedative/Hypnotic <i>Contraindicated:</i> CNS depression, coma, narrow-angle glaucoma, pregnancy, lactation. <i>Caution:</i> Hepatic dysfunction; monitor CBCs, LFTs, avoid alcohol.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Paliperidone (Invega) Major active metabolite of risperidone Protein binding = 74%	<i>Range:</i> 3–12 mg/d Usual dose: 6 mg/d po extended- release tab in AM (once daily dosing).	<i>Use:</i> Schizophrenia <i>CSE:</i> Somnolence, orthostatic hypotension, akathisia, EPS, parkinsonism	<i>Caution</i> w decreased renal function; moderate to severe renal impairment (dose: 3 mg/d); ↑ mortality with dementia-related psychosis.	Antipsychotic <i>Causes</i> ↑ in QT interval; avoid drugs that prolong QT int. (e.g., quinidine)
Paroxetine (Paxil, Paxil CR) $T_{1/2}$ = 24 h Protein binding = 95%	<i>Range:</i> 10–60 mg/d; <i>CR:</i> 12.5–75 mg/d. Depression: <i>Start</i> 20 mg po q AM, (may increase by 10 mg/d at weekly intervals) <i>CR:</i> <i>Start</i> 25 mg po once daily, may increase weekly by 1.25 mg, up to 62.5 mg/d.	<i>Use:</i> Depression, panic disorder, OCD, GAD, PTSD, PMDD <i>CSE:</i> Anxiety, dizzi- ness, drowsiness, dry mouth, headache, insomnia, nausea, constipation, diarrhea, weak- ness, ejaculatory disturbance, sweating, tremor	↓ <i>dose:</i> start 10 mg/d po, up to 40 mg/d; <i>CR:</i> Start 12.5 mg po daily, up to 50 mg/d. <i>Caution</i> w hepatic, renal impairment.	Antidepressant/ Antianxiety [SSRI] <i>Caution:</i> Hepatic, renal, seizure disorders/ pregnancy/ lactation. <i>Withdrawal</i> <i>syndrome:</i> Do not stop abruptly. <i>Peds/Adol (18–24y):</i> ↑ risk for suicide; weigh risks vs benefits; <i>closely</i> monitor for suicidality. (See FDA warning.)

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Phenobarbital (Luminal, Ancalixir) $T^{1/2} = 2-6$ d	<i>Range:</i> 30–320 mg/d <i>Sedation:</i> 30–120 mg/d po/IM (divided doses) <i>Hypnotic:</i> 120–320 mg hs (PO, SC, IV, IM)	<i>Use:</i> Sedative/hypnotic (short term) <i>CSE:</i> Hangover, drowsiness, excitation	Use cautiously; ↓ dose; hepatic/renal disease.	Sedative/Hypnotic <i>Life-threatening side effects:</i> ANGIOEDEMA, SERUM SICKNESS, LARYNGOSPASM (IV). <i>IV:</i> Monitor BP, pulse, respiratory status. Resuscitation equipment available.
Pimozide (Orap) $T^{1/2} = 50$ h Protein binding = 99%	<i>Range:</i> 2–10 mg/d Start 1–2 mg/d po, increase as needed every other day.	<i>Use:</i> Tourette's, psychosis <i>CSE:</i> Orthostatic hypotension, palpitations, QT prolongation, drowsiness, dizziness, blurred vision	Moderately sedating; <i>caution</i> in Parkinson's, arrhythmias, cerebrovascular, cardiovascular disease; may cause orthostatic hypotension.	Antipsychotic <i>Contraindicated:</i> CNS depression, prolonged QT syndrome, dysrhythmias. <i>Caution</i> in respiratory, CV, hepatic, renal disease. <i>Assess</i> for EPS, TD, akathisia, NMS.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Propranolol (Inderal, Apo- propranolol) $T^{1/2}$ = 3.4–6 h Protein binding = 93%	<i>Tremors:</i> 80– 120 mg/d po (up to 320 mg/d) <i>Akathisia:</i> 30– 120 mg/d po	<i>Use:</i> Essential tremor, anxiety, akathisia <i>CSE:</i> Fatigue, weakness, impotence, ARRHYTHMIAS, BRADYCARDIA, CHF, PULMONARY EDEMA	↓ dose (elderly have increased sensitivity to beta blockers); renal, hepatic, pulmo- nary disease, diabetes.	Antianginal/beta blocker <i>Contraindicated:</i> Heart block, CHF, bradycardia. <i>Monitor</i> BP, pulse, & for orthostatic hypotension. <i>Abrupt withdrawal:</i> life-threatening arrhythmias.
Quetiapine (Seroquel) $T^{1/2}$ = 6 h [Seroquel XR— once daily dosing available late 2007]	<i>Range:</i> 150–800 mg/d <i>Schizophrenia:</i> Start 25 mg po 2 × daily, gradually increase to 300- 400/800 mg/d. <i>Bipolar mania:</i> Start 100 mg/d po 2 divided doses, up to 800 mg/d	<i>Use:</i> Schizophrenia, bipolar mania <i>CSE:</i> Dizziness, headache, somnolence, weight gain, NMS, SEIZURES	May require dose reduction; use cautiously in Alzheimer's, pts ≥65 y, & hx seizures. <i>Warn- ing:</i> ↑ mortality in elderly with dementia-related psychosis. Also caution w CV/ hepatic disease.	Antipsychotic <i>Contraindicated:</i> Lactation. <i>Caution</i> in CV disease; cerebrovascular disease, dehydration. <i>Monitor</i> for EPS, NMS. <i>Monitor</i> BP (hypotension), pulse during dose titration.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Ramelteon (Rozerem) [melatonin receptor agonist] $T_{1/2} = 1\text{--}2.6\text{ h}$; M-II metabolite 2–5 h Protein binding = 82%	Adult dose: 8 mg po within 30 min of sleep. Do not administer with high-fat meal.	Use: Insomnia (difficulty with sleep onset) CSE: Somnolence, dizziness, nausea, fatigue, headache FDA warning: Risk of severe allergic reaction and complex sleep- related behaviors (e.g., sleep- driving).	As with any drug that causes somnolence and dizziness, use with caution.	Hypnotic Contraindicated: Severe liver disease and fluvoxamine (CYP 1A2 inhibitor). Interactions with rifampin and azole antifungals (ketoconazole). Effect on reproductive hormones in adults ($\downarrow$ testos- terone, $\uparrow$ prolactin). Avoid alcohol. In pregnancy, benefit must outweigh risk. Report: $\downarrow$ menses, galactorrhea, $\downarrow$ libido, $\downarrow$ fertility.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Risperidone (Risperdal, Risperdal M- Tab, Risperdal Consta) $T^{1/2}$ = <i>Metabo- lizers</i> : 3 h (9-hydroxy- risperidone, 21 h) <i>Poor metabo- lizers</i> : 20 h (9-hydroxy- risperidone, 30 h)	<i>Range</i> : 4–12 mg/d Dosing may be once/d (↑ risk of EPS w dose > 6 mg). <i>Schizophrenia</i> : Start 1 mg po 2 × daily, ↑ to 3 mg 2 × daily (up to 16 mg/d). <i>IM</i> : 25 mg q 2 wk, may ↑ 37.5/50 mg. <i>Bipolar Mania</i> : 2–3 mg/d po (range: 1–5 mg/d).	<i>Use</i> : Schizophrenia; bipolar: mania, acute or mixed; new indication: irritability asso- ciated with autism <i>CSE</i> : EPS (akathisia), dizziness, aggres- sion, insomnia, sedation, dry mouth, pharyn- gitis, cough, visual disturbances, itching, skin rash, constipation, diarrhea, libido, weight gain/loss, NMS	Warning: ↑ mortality in elderly with dementia-related psychosis. <i>Caution</i> : Renal/ hepatic disease/CV disease. <i>Bipolar mania</i> : Start 0.5 mg po 2 × daily, up to 1.5 mg 2 × daily (gradually increase weekly if necessary at small incre- ments).	Antipsychotic <i>Caution</i> : Renal/hepatic impairment. Dosing may be once daily or bid and increments should be small (1 mg). Maximal effect seen with 4–8 mg/d, and doses above 6 mg/d not more efficacious, and with ↑ risk of EPS. Monitor BP, pulse during titration: may cause tachycardia, hypotension, QT prolongation. Establish oral dosing tolerance before using IM.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Selegiline Patch (Emsam) [MAOI] First transdermal patch delivering medication systemically over 24 h period. Protein binding = 90% over a 2- 500 ng/mL concentration range.	<i>Range:</i> 6 mg/24 h to 12 mg/24 h <i>Recommended starting and target dose:</i> 6 mg/24 h.	<i>Use:</i> Major depressive disorder <i>CSE:</i> Mild skin reaction/ redness at patch site. D/C if redness continues for several hours after patch removal; hypotension. HYPERTENSION	Patients 50 yr and older at higher risk for rash.	Antidepressant <i>With doses above 6 mg/24 h, must follow MAOI diet (foods high in tyramine).</i> Hypertensive crisis is an emergency. <i>Contraindicated:</i> Amphetamines, pseudoephedrine, etc; other selegiline products (Eldepryl). <i>Monitor BP, also for headache, nausea, stiff neck, palpi- tations. Close monitoring of children for suicidality. Read full prescribing information.</i>

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Sertraline (Zoloft) $T^{1/2}$ = 24 h Protein binding = 98%	<i>Range:</i> 50–200 mg/d <i>Depression/OCD:</i> <i>Start:</i> 50 mg/d po AM or PM, may ↑ slowly/weekly to 200 mg/d. <i>Panic disorder:</i> Start: 25 mg/d po, up to 50 mg/d. <i>PTSD/SAD:</i> Start: 25 mg/d po (to 200 mg/d).	<i>Use:</i> Depression, panic disorder, OCD, PTSD, social anxiety disorder (SAD), PMDD. <i>CSE:</i> Drowsiness, dizziness, headache, fatigue, insomnia, nausea, diarrhea, dry mouth, sexual dysfunction, sweating, tremor.	Caution with drowsiness, hepatic/renal impairment. Start with lower dose.	Antidepressant [SSRI] <i>Contraindicated:</i> Concurrent Pimozide or MAOIs (serious fatal reactions), need 14 d washout period. Do not use with St. John's wort or SAME. <i>Caution:</i> Hepatic/renal/ pregnancy/ lactation/seizures/ hx mania. <i>Peds/Adol:</i> May increase the risk of suicidal thinking and behavior and must be closely monitored.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Thioridazine (Mellaril, Mellaril-S, Apo-thioridazine, Novo-Ridazine) $T^{1/2}$ = 21–24 h Protein binding = ≥90%	Range: 150–800 mg/d Start: 50–100 mg po tid, increase gradually up to 800 mg/d.	Use: Schizophrenia CSE: Sedation, blurred vision, dry eyes, hypotension, constipation, dry mouth, photosensitivity. NMS, ARRYTHMIAS QTC PROLONG- GATION, AGRAN- ULOCYTOSIS.	Use cautiously, at risk for EPS/CNS adverse effects. ↑ risk for falls (sedation/ dehydration/ hypotension). Caution with CV disease, BPH. Be especially careful with debilitated patients.	Antipsychotic Contraindicated: QTc interval >450 msec; agents that prolong QTc interval; also, narrow-angle glaucoma, bone marrow depres- sion, severe liver or cardiovascular disease. Monitor BP, pulse, resp, and ECGs, CBCs, eye exams. Monitor for agranulocytosis; occurs between 4–10 wk of Rx. Assess for NMS, TD, akathisia.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Topiramate (Topamax) $T_{1/2} = 21$ h	<i>Range:</i> 50–400 mg/d (maximum dose: 1600 mg/d) <i>Start:</i> 50 mg/d po, increase 50 mg/wk up to 200 mg bid.	<i>Use:</i> Seizures, migraines (<i>unlabeled:</i> bipolar, treatment-resistant) <i>CSE:</i> Dizziness, drowsiness, impaired memory/ concentration, nervousness, diplopia, nystagmus, nausea, weight loss, ataxia, paresthesias, INCREASED SEIZURES, SUICIDE ATTEMPT	Adjust dose ↓ for renal/hepatic impairment. Dosage reduction recommended if $CCr < 70$ mL/min/ 1.73 m^2 for adults and geriatric population.	<i>Anticonvulsant</i> <i>Contraindicated:</i> <i>Lactation.</i> <i>Topiramate has not been shown to be as effective as monotherapy in bipolar disorder, may be efficacious as adjunctive treatment.</i> <i>Concomitant use with valproic acid associated with hyperammonemia (with or without encephalopathy).</i> <i>Monitor for alterations in LOC, cognitive function, lethargy, vomiting.</i>

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Trazodone (Desyrel, Trialodine, Trazon) $T_{1/2}$ = 5–9 h Protein binding = 89%–95%	<i>Range:</i> 150–400 mg/d (hospitalized up to 600 mg/d) <i>Depression:</i> 50 mg po tid (150 mg/d), up to 400 mg/d (titrate 50 mg every 4 d). <i>Insomnia:</i> 25–100 mg hs.	<i>Use:</i> Major depression. <i>Unlabeled:</i> Insomnia <i>CSE:</i> Drowsiness, hypotension, dry mouth, PRIAPISM; may also experience confusion, dizziness, insomnia, nightmares, palpitations, impotence, myalgia	Reduce dose initially. <i>Start:</i> 75 mg/d po in divided doses, increase every 4 d; titrate slowly; <i>caution</i> w CV, hepatic, renal disease. Observe elderly for drowsiness & hypotension; caution about slow positional changes.	Antidepressant/sedative PRIAPISM (prolonged erection): Medical emergency; avoid alcohol, concomitant use with fluoxetine, opioids, and drugs that inhibit and induce the CYP3A4 enzyme system; also kava, valerian (↑ CNS depression), St. John's wort and SAMe (serotonin syndrome).

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Trihexiphenidyl (Artane, Artane Sequels, Apo- Trihex) $T_{1/2} = 3.7$ h	<i>Range:</i> 6–10 mg/d (up to 15 mg/d) <i>Start:</i> 1–2 mg/d po; ↑ by 2 mg every 3–5 d. <i>Sequels (ER):</i> q 12 h after dose is determined w tabs/elixir. Monitor for decreased signs & symptoms of parkinsonian syndrome: ↓ tremors/rigidity.	<i>Use:</i> Parkinson's, drug- induced parkinsonism <i>CSE:</i> Dizziness, nervousness, drowsiness, blurred vision, mydriasis, dry mouth, nausea; may also experience orthostatic hypotension, tachycardia, and urinary hesitancy	<i>Caution w elderly:</i> Causes drowsiness/ dizziness (↑ risk-adverse reactions); BPH, chronic renal, hepatic, CV, pulmonary disease.	Antiparkinson <i>Contraindicated:</i> Glaucoma, thyrotoxicosis, tachycardia (due to cardiac insufficiency), acute hemor- rhage. Alcohol intoler- ance (Elixir only). Additive effects with anticholin- ergic drugs and CNS depres- sants.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Venlafaxine (Effexor, Effexor XR) $T^{1/2}$ = venlafaxine: 3–5 h; O-desmethylenlafaxine (ODV) 9–11 h	<i>Range:</i> 75–225 mg/d; do not exceed 375 mg/d. <i>Start:</i> 75 mg/d po (2–3 divided doses), up to 225 mg/d (divided doses) (do not exceed 375 mg/d). <i>XR:</i> 37.5–75 mg po once daily; increase q 4 d up to 225 mg.	<i>Use:</i> Major depression, generalized anxiety disorder (XR) and social anxiety disorder (XR) <i>CSE:</i> Anxiety, abnormal dreams, dizziness, insomnia, nervousness, visual disturbances, anorexia, dry mouth, weight loss, sexual dysfunction, ecchymoses (bruising), SEIZURES.	Use cautiously with CV disease (hypertension); reduce dose in renal/hepatic impairment.	Antidepressant <i>Caution with pre-existing hypertension. Monitor blood pressure (risk of sustained hypertension [treatment emergent]); may be dose-related.</i> Concurrent MAOI therapy <i>contraindicated.</i> Avoid alcohol/CNS depressants. Possible serotonin syndrome with SAMe, St. John's wort. <i>Hepatic impairment:</i> ↓ dose by 50%. <i>Renal impairment:</i> ↓ dose by 25%–50%.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Zalephon (Sonata) $T^{1/2}$ = Unknown	<i>Range:</i> 5–20 mg hs <i>Usual:</i> 10 mg po hs. Use no longer than 7–10 d.	<i>Use:</i> Short-term insomnia, unable to initiate sleep <i>CSE:</i> Drowsiness, dizziness, anxiety, amnesia (See FDA Warning)	<i>Lower dose:</i> Start at 5 mg hs, to maxi- mum of 10 mg po hs. <i>Caution:</i> Mild/ moderate hepatic impairment.	Sedative/hypnotic Contraindicated: Severe hepatic impairment. Avoid other CNS depressants (alcohol, opioids, kava).
Ziprasidone (Geodon) $T^{1/2}$ = po 7h; IM 2–5 h	<i>Range:</i> 40–160 mg/d <i>Schizophrenia:</i> Start: 20 mg po bid, up to 80 mg bid. <i>Mania:</i> Start: 40 mg po bid, up to 80 mg bid; <i>IM:</i> 10–20 mg prn (up to 40 mg/d).	<i>Use:</i> Schizophrenia, bipolar (manic and mixed), <i>IM:</i> acute agitation <i>CSE:</i> Dizziness, drowsiness, restlessness, nausea, constipation, diarrhea, PROLONGED QT INTERVAL, NMS	↓ Dose in elderly. Contraindicated: QT prolongation, caution w CV/ hepatic disease and CV drugs; >65 y; Alzheimer's dementia. Risk of falls. Warning: ↑mortality in elderly with dementia-related psychosis.	Antipsychotic Persistent QTc measurements >500: D/C ziprasidone. Evaluate palpitations, syncope. Agents (pimozide) that prolong QT interval are contraindicated. Avoid CNS depressants. Monitor BP, pulse, ECG, and for EPS, NMS, and TD.

Psychotropic Drugs A – Z (Alphabetical Listing)

Generic (Trade)	Dose Range/ Adult Daily Dose	Use/Common Side Effects (CSE)	Geriatric & Dose Considerations	Classification Assessment Cautions
Zolpidem (Ambien, Ambien CR) $T_{1/2} = 2.5\text{--}2.6\text{ h}$	<i>Range:</i> 5–10 mg hs <i>Usual:</i> 10 mg po hs; CR: 12.5 mg po hs.	<i>Use:</i> Insomnia <i>CSE:</i> Amnesia, daytime drowsiness, “drugged” feeling, diarrhea, physical/ psychological dependence (See FDA warning 2007)	Initial ↓ dose; <i>geriatric or hepatic disease:</i> <i>Start:</i> 5 mg po hs, may increase to 10 mg; CR: 6.25 mg po hs.	Sedative/hypnotic Caution in alcohol abuse and avoid use with CNS depressants. For short-term treatment of insomnia; after 2 wk avoid abrupt withdrawal.

ALERT: Refer to the Physicians Desk Reference or product insert (prescribing information) for complete and current drug information (dosages, warnings, indications, adverse effects, interactions, etc.) needed to make appropriate choices in the treatment of clients before administering any medications. Although every effort has been made to provide key information about medications and classes of drugs, such information is not and cannot be all-inclusive in a reference of this nature and should not be used for prescribing or administering of medications. Professional judgment, training, supervision, relevant references, and “current” drug information are critical to the appropriate selection, evaluation, and use of drugs, as well as the monitoring and management of clients and their medications.

FDA WARNINGS (2007): The US Food and Drug Administration wants all makers of **antidepressants** to include warnings about increased risk for suicidality in young adults ages 18-24 during initial treatment. The FDA also wants all manufacturers of **sedatives-hypnotics** to warn about possible severe allergic reactions as well as complex-sleep related behaviors, such as sleep-driving.

Crisis/Suicide/Grief/Abuse

Abuse, Child (Physical/Sexual), Signs of 169
 Abuse, Other Kinds 170
 Abuse, Victims of 168
 Anger Escalation, Signs of 164
 Anger, Early Signs 163
 Assaultive Behaviors, Prevention/Management 163
 Crisis Intervention 163
 Death and Dying/Grief 167
 Incest 170
 Safety Plan (to Escape Abuser) 168
 Suicide 164
 Suicide Assessment 165
 Suicide Interventions 166
 Suicide, Groups at Risk 165
 Terrorism/Disasters 166

Crisis Intervention

Phases

- I. Assessment** – What caused the crisis, and what are the individual's responses to it?
- II. Planning intervention** – Explore individual's strengths, weaknesses, support systems, and coping skills in dealing with the crisis.
- III. Intervention** – Establish relationship, help understand event and explore feelings, and explore alternative coping strategies.
- IV. Evaluation/reaffirmation** – Evaluate outcomes/Plan for future/Evaluate need for follow-up (Aguilera, 1998).

Prevention/Management of Assaultive Behaviors

Assessment of signs of anger is very important in prevention and in intervening *before anger escalates to assault/violence*.

Early Signs of Anger

- **Muscular tension:** clenched fist
- **Face:** furled brow, glaring eyes, tense mouth, clenched teeth, flushed face
- **Voice:** raised or lowered

If anger is not identified and recognized at **the preassaultive tension state**, it can progress to aggressive behavior.

(Continued on following page)

Anger Management Techniques

- Remain calm
- Help client recognize anger
- Find an outlet: verbal (talking) or physical (exercise)
- Help client accept angry feelings; *not acceptable to act on them*
- Do not touch an angry client
- Medication may be needed

Signs of Anger Escalation

- Verbal/physical threats
- Pacing/appears agitated
- Throwing objects
- Appears suspicious/disproportionate anger
- Acts of violence/hitting

Anger Management Techniques

- Speak in short command sentences: *Joe, calm down.*
- Never allow yourself to be cornered with an angry client; *always have an escape route* (open door behind you)
- *Request assistance of other staff*
- Medication may be needed; *offer voluntarily first*
- Restraints and/or seclusion may be needed (*see Use of Restraints in Basics tab*)
- Continue to *assess/reassess* (ongoing)
- When stabilized, *help client identify early signs/triggers of anger and alternatives* to prevent future anger/escalation

Suicide**Risk Factors Include:**

- Mood disorders such as depression and bipolar disorder
- Substance abuse (dual diagnosis)
- Previous suicide attempt
- Loss – marital partner, partner, close relationship, job, health
- Expressed hopelessness or helplessness (does not see a future)
- Impulsivity/aggressiveness
- Family suicides, significant other or friend/peer suicide
- Isolation (lives alone/few friends, support relationships)
- Stressful life event
- Previous or current abuse (emotional/physical/sexual)
- Sexual identity crisis/conflict
- Available lethal method, such as a gun
- Legal issues/incarceration (USPHS, HHS 1999)

Suicide Assessment

- *Hopelessness* – a key element; client is unable to see a future or self in that future.
- *Speaks of suicide (suicidal ideation)* – important to ask client if he/she has thoughts of suicide; if so, should be considered suicidal.
- *Plan* – client is able to provide an exact method for ending life; must take seriously and consider immediacy of act.
- *Giving away possessions* – any actions such as giving away possessions, putting affairs in order (recent will), connecting anew with old friends/family members as a final goodbye.
- *Auditory hallucinations* – commanding client to kill self.
- *Lack of support network* – isolation, few friends or withdrawing from friends/support network.
- *Alcohol/other substance abuse* – drinking alone.
- *Previous suicide attempt or family history of suicide.*
- *Precipitating event* – death of a loved one; loss of a job, especially long-term job; holidays; tragedy; disaster.
- *Media* – suicide of a famous personality or local teenager (Rakel 2000).

CLINICAL PEARL – Do not confuse self-injurious behavior (cutting) with suicide attempts, although those who repeatedly cut themselves to relieve emotional pain could also attempt suicide. “Cutters” may want to stop cutting self but find stopping difficult, as this has become a *pattern of stress reduction*.

Groups at Risk for Suicide

- *Elderly* – especially those who are isolated, widowed; multiple losses, including friends/peers.
- *Males* – especially widowed and without close friends; sole emotional support came from marriage partner who is now deceased.
- *Adolescents and young adults.*
- *Serious/terminal illness* – not all terminally ill clients are suicidal, but should be considered in those who become depressed or hopeless.
- *Mood disorders* – depression and especially bipolar; always observe and assess those receiving treatment for depression, as suicide attempt may take place with improvement of depressive symptoms (client has the energy to commit suicide).
- *Schizophrenia* – newly diagnosed schizophrenics and those with command hallucinations.
- *Substance abusers* – especially with a mental disorder.
- *Stress and loss* – stressful situations and loss can trigger a suicide attempt, especially multiple stressors and losses or a significant loss.

Suicide Interventions

- Effective assessment and knowledge of risk factors
- Observation and safe environment (no “sharps”)
- Psychopharmacology, especially the selected serotonin reuptake inhibitors (SSRIs) (children, adolescents, and young adults on SSRIs need to be closely monitored)
- Identification of triggers; educating client as to triggers to seek help early on
- Substance abuse treatment; treatment of pain disorders
- Psychotherapy/cognitive behavioral therapy/electroconvulsive therapy
- Treatment of medical disorders (thyroid/cancer)
- Increased activity if able
- Support network/family involvement
- Involvement in outside activities/avoid isolation – join outside groups, bereavement groups, organizations, care for a pet
- Client and family education

Elder Suicide (see Geriatric tab)

Terrorism/Disasters

With the increase in **worldwide terrorism and natural disasters**, health-care professionals need to increase their knowledge and awareness of the effects of psychological damage on individuals and communities affected by these disasters. In large-scale disasters, loss can involve individual homes/lives as well as whole communities (neighborhoods). Neighbors and friends may be lost as well as reliable and familiar places and supports (neighborhoods, towns, rescue services).

With **terrorism and war**, loss may involve body parts (self-image) and a sense of trust and safety. Previous beliefs may be challenged. Individuals may experience shock, disorientation, anger, withdrawal, to name a few feelings/responses. People’s ability to experience these disasters almost immediately through the media can result in *vicarious traumatization*. The long-term effects on both individuals and future generations cannot be underestimated, and all health-care professionals need to familiarize themselves with disaster and terrorism preparedness. The psychological effects cannot be minimized, and mental health (and all health-care) professionals need to recognize the signs of post-traumatic stress disorder, acute stress disorder, substance abuse, suicide, and grief. (See *Posttraumatic Stress Disorder* and *Substance Use Disorders* in the Disorders-Interventions tab; see also *Suicide Assessment*, *Stages of Death and Dying*, and *Complicated Versus Uncomplicated Grief* below)

Death and Dying/Grief

Stages of Death and Dying (Kübler-Ross)

1. *Denial and isolation* – usually temporary state of being unable to accept the possibility of one's death or that of a loved one.
2. *Anger* – replacement of temporary "stage one" with the reality that death is possible/going to happen. This is the realization that the future (plans/hopes) will have an end; a realization of the finality of the self. May fight/argue with health-care workers/push family/friends away.
3. *Bargaining* – seeks one last hope or possibility; enters an agreement or pact with God for "one last time or event" to take place before death. (*Let me live to see my grandchild born or my child graduate from college.*)
4. *Depression* – after time, loss, pain, the person realizes that the situation and course of illness will not improve; necessary stage to reach acceptance.
5. *Acceptance* – after working/passing through the previous stages, the person finally accepts what is going to happen; this is not resignation (giving up) or denying and fighting to the very end: it is a stage that allows for peace and dignity (Kübler-Ross 1997).

Complicated Versus Uncomplicated Grief

Complicated Grief	Uncomplicated Grief
■ Excessive in duration (may be delayed reaction or compounded by losses [multiple losses]); usually longer than 3 – 6 mo ■ Disabling symptoms, morbid preoccupation with deceased/physical symptoms ■ Substance abuse, increased alcohol intake ■ Risk factors: limbo states (missing person), ambivalent relationship, multiple losses; long-term partner (sole dependency); no social network; history of depression ■ Suicidal thoughts – may want to join the deceased	■ Follows a major loss ■ Depression perceived as normal ■ Self-esteem intact ■ Guilt specific to lost one (should have telephoned more) ■ Distress usually resolves within 12 wk (though mourning can continue for 1 or more years) ■ Suicidal thoughts transient or unusual (Shader 2003)

Victims of Abuse

Cycle of Battering

Phase I. Tension Building – Anger with little provocation; minor battering and excuses. Tension mounts and victim tries to placate. (Victim assumes guilt: *I deserve to be abused.*)

Phase II. Acute Battering – Most violent, up to 24 hours. Beating may be severe, and victim may provoke to get it over. Minimized by abuser. Help sought by victim if life-threatening or fear for children.

Phase III. Calm, Loving, Respite – Batterer is loving, kind, contrite. Fear of victim leaving. Lesson taught, and now batterer believes victim “understands.”

- Victim believes batterer can change, and batterer uses guilt. Victim believes this (calm/loving in phase III) is *what batterer is really like*. Victim hopes the previous phases will not repeat themselves.
- Victim stays because of fear for life (batterer threatens more, and self-esteem lowers), society values marriage, divorce is viewed negatively, financial dependence.

Starts all over again – dangerous, and victim often killed (Walker 1979).

Be aware that victims (of batterers) can be wives, husbands, intimate partners (female/female, male/male, male/female), and pregnant women.

Safety Plan (to Escape Abuser)

- Doors, windows, elevators – *rehearse exit plan*.
- *Have a place to go* – friends, relatives, motel – where you will be and feel safe.
- *Survival kit* – pack and *include money* (cab); change of clothes; identifying info (passports, birth certificate); legal documents, including protection orders; address books; jewelry; important papers.
- Start an *individual checking/savings account*.
- *Always have a safe exit* – do not argue in areas with no exit.
- *Legal rights/domestic hotlines* – know how to contact abuse/legal/domestic hotlines (see Web sites).
- *Review safety plan consistently* (monthly) (Reno 2004).

Signs of Child Abuse (Physical/Sexual)

Physical Abuse	Sexual Abuse
■ Pattern of bruises/welts ■ Burns (e.g., from cigarettes, scalds) ■ Lesions resembling bites or fingernail marks ■ Unexplained fractures or dislocations, especially in child younger than 3 y ■ Areas of baldness from hair pulling ■ Injuries in various stages of healing ■ Other injuries or untreated illness, unrelated to present injury ■ X-rays revealing old fractures	■ Signs of genital irritation, such as pain or itching ■ Bruised or bleeding genitalia ■ Enlarged vaginal or rectal orifice ■ Stains and/or blood on underwear ■ Unusual sexual behavior

Signs Common to Both

■ Signs of "failure to thrive" syndrome ■ Details of injury changing from person to person ■ History inconsistent with developmental stages ■ Parent blaming child or sibling for injury ■ Parental anger toward child for injury ■ Parental hostility toward health-care workers	■ Exaggeration or absence of emotional response from parent regarding child's injury ■ Parent not providing child with comfort ■ Toddler or preschooler not protesting parent's leaving ■ Child showing preference for health-care worker over parent
--	--

Adapted from Myers RNotes 2e, 2006, page 156, with permission.

Child Abuser Characteristics

Characteristics associated with those who may be child abusers:

- In a stressful situation, such as unemployed
- Poor coping strategies; may be suspicious or lose temper easily

(Continued on following page)

- Isolated; few support systems or none
- Do not understand needs of children, basic care, or child development
- Expect child perfection, and child behavior blown out of proportion (Murray & Zentner 1997)

Incest

Often a father-daughter relationship (biological/stepfather) but can be father-son as well as mother-son.

- Child is made to feel special (*It is our special secret*); gifts given.
- Favoritism (becomes intimate friend/sex partner replacing mother/other parent).
- Serious boundary violations and no safe place for child (child's bedroom usually used).
- May be threats if child tells about the sexual activities (Christianson & Blake 1990).

Signs of Incest

- Low self-esteem, sexual acting out, mood changes, sudden poor performance in school
- Parent spends inordinate amount of time with child, especially in room or late at night; very attentive to child
- Child is apprehensive (fearing sexual act/retaliation)
- Alcohol and drugs may be used (Christianson & Blake 1990)

ALERT: All child abuse (physical/sexual/emotional) or child neglect must be reported.

Elder Abuse (see Geriatric Tab)

Other Kinds of Abuse

- **Emotional Neglect** – parental/caretaker behaviors include:
 - Ignoring child
 - Ignoring needs (social, educational, developmental)
 - Rebuffing child's attempts at establishing interactions that are meaningful
 - Little to no positive reinforcement (KCAPC 1992)
- **Emotional Injury** – results in serious impairment in child's functioning on all levels.
 - Treatment of child is harsh, with cruel and negative comments, belittling child
 - Child may behave immaturely, with inappropriate behaviors for age
 - Child demonstrates anxiety, fearfulness, sleep disturbances

- Child shows inappropriate affect, self-destructive behaviors
- Child may isolate, steal, cheat, as indication of emotional injury (KCAPC 1992)
- **Male Sexual Abuse** – Males are also sexually abused by mothers, fathers, uncles, pedophiles, and others in authority (coach, teacher, minister, priest)
 - Suffer from depression, shame, blame, guilt, and other effects of child sexual abuse
 - Issues related to masculinity, isolation, and struggles with seeking or receiving help

Geriatric/Elderly

Age-Related Changes and Their Implications	172
Disorders of Late Life	173
Elder Abuse – Behavioral Signs	175
Elder Abuse – Medical and Psychiatric History	175
Elder Abuse – Physical Signs	175
Elder Abuse	175
Elder Suicide	176
Elder Suicide – Warning Signs	176
Geriatric Assessment	172
Pharmacokinetics in the Elderly	174

Geriatric Assessment

Key Points

- Be mindful that the elderly client may be hard of hearing, but do not assume that all elderly are hard of hearing.
- Approach and speak to elderly clients as you would any other adult client. It is insulting to speak to the elderly client as if he/she were a child.
- Eye contact helps instill confidence and, in the presence of impaired hearing, will help the client to better understand you.
- Be aware that both decreased tactile sensation and ROM are normal changes with aging. Care should be taken to avoid unnecessary discomfort or even injury during a physical exam/assessment.
- Be aware of generational differences, especially gender differences (i.e., modesty for women, independence for men).
- Assess for altered mental states.
 - **Dementia:** Cognitive deficits (memory, reasoning, judgment, etc.)
 - **Delirium:** Confusion/excitement marked by disorientation to time and place, usually accompanied by illusions and/or hallucinations
 - **Depression:** Diminished interest or pleasure in most/all activities

Age-Related Changes and Their Implications

Decreased skin thickness	Elderly clients are more prone to skin breakdown
Decreased skin vascularity	Altered thermoregulation response can put elderly at risk for heatstroke
Loss of subcutaneous tissue	Decreased insulation can put elderly at risk for hypothermia

Age-Related Changes and Their Implications (*Continued*)

Decreased aortic elasticity	Produces increased diastolic blood pressure
Calcification of thoracic wall	Obscures heart and lung sounds and displaces apical pulse
Loss of nerve fibers/neurons	The elderly client needs extra time to learn and comprehend and to perform certain tasks
Decreased nerve conduction	Response to pain is altered
Reduced tactile sensation	Puts client at risk for accidental self-injury

From Myers, RNotes, 2e, 2006, p.96, with permission

Disorders of Late Life

- **Dementia** – Dementia of the Alzheimer's type (AD), dementia with Lewy bodies, vascular and other dementias, delirium, and amnestic disorder (*see Delirium, Dementia, and Amnestic Disorders in the Disorders-Interventions tab*).
- **Geriatric depression** – Depression in old age is often assumed to be normal; however, depression at any age is not normal and needs to be diagnosed and treated. Factors can include:
 - Physical and cognitive decline
 - Loss of function/self-sufficiency
 - Loss of marriage partner, friends (narrowing support group), isolation
 - The elderly may have many somatic complaints (head hurts, stomach upsets) that mask the depression (Chenitz 1991) (*see Geriatric Depression Scale in Assessment tab*).
- **Pseudodementia** – Cognitive difficulty that is *actually caused by depression but may be mistaken for dementia*.
 - Need to consider and rule out dementia (Mini-Mental State Examination) and actually differentiate from depression (Geriatric Depression Scale)
 - Can be depressed with cognitive deficits as well
- **Late-onset schizophrenia** – Presents later in life, after age 60 y.
 - Psychotic episodes (delusions or hallucinations) may be overlooked (schizophrenia is considered to be a young-adult disease)
 - Organic brain disease should be considered as part of the differential diagnosis

(Continued on following page)

Characteristics of Late-Onset Schizophrenia

- *Delusions of persecution* common, hallucinations prominent; “partition” delusion (people/objects pass through barriers and enter home) common; rare in early onset.
- *Sensory deficits* – often auditory/visual impairments
- May have been *previously paranoid, reclusive*, yet functioned otherwise
- *Lives alone/isolated/unmarried*
- *Negative symptoms/thought disorder* rare
- *More common in women* (early onset: equally common) (Lubman & Castle 2002)

Psychotropic Drugs – Geriatric Considerations

(See Drugs A–Z tab for geriatric considerations; and the Elderly and Medications [Drugs/Labs tab].)

Pharmacokinetics in the Elderly

Pharmacokinetics is the way that a drug is absorbed, distributed and used, metabolized, and excreted by the body. Age-related physiological changes affect body systems, altering pharmacokinetics and increasing or altering a drug's effect.

Physiological	Effect on Change	Pharmacokinetics
Absorption	■ Decreased intestinal motility	■ Delayed peak effect
	■ Diminished blood flow to the gut	■ Delayed signs/symptoms of toxic effects
Distribution	■ Decreased body water	■ Increased serum concentration of water-soluble drugs
	■ Increased percentage of body fat	■ Increased half-life of fat-soluble drugs
	■ Decreased amount of plasma proteins	■ Increased amount of active drug
	■ Decreased lean body mass	■ Increased drug concentration
Metabolism	■ Decreased blood flow to liver	■ Decreased rate of drug clearance by liver
	■ Diminished liver function	■ Increased accumulation of some drugs

Physiological	Effect on Change	Pharmacokinetics
Excretion	■ Diminished kidney function	■ Increased accumulation of drugs excreted by kidney
	■ Decreased creatinine clearance	

From Myers, RNotes, 2e, 2006, p. 97, with permission

Elder Abuse

There are many types of elder abuse, which include:

- *Elder neglect* (lack of care by omission or commission)
- *Psychological or emotional abuse* (verbal assaults, insults, threats)
- *Physical* (physical injury, pain, drugs, restraints)
- *Sexual abuse* (nonconsensual sex: rape, sodomy)
- *Financial abuse* (misuse of resources: social security, property)
- *Self-neglect* (elder cannot provide appropriate self care)

Elder Abuse – Physical Signs

- Hematomas, welts, bites, burns, bruises, and pressure sores
- Fractures (various stages of healing), contractures
- Rashes, fecal impaction
- Weight loss, dehydration, substandard personal hygiene
- Broken dentures, hearing aids, other devices; poor oral hygiene; traumatic alopecia; subconjunctival hemorrhage

Elder Abuse – Behavioral Signs

Caregiver

- Caregiver insistence on being present during entire appointment
- Answers for client
- Caregiver expresses indifference or anger, not offering assistance
- Caregiver does not visit hospitalized client

Elder

- Hesitation to be open, appearing fearful, poor eye contact, ashamed, baby talk
- Paranoia, anxiety, anger, low self-esteem
- *Physical signs*: contractures, inconsistent medication regimen (subtherapeutic levels), malnutrition, poor hygiene, dehydration
- *Financial*: signed over power of attorney (unwillingly), possessions gone, lack of money

Elder Abuse – Medical and Psychiatric History

- Mental health/psychiatric interview
- Assess for depression, anxiety, alcohol (substance) abuse, insomnia
- Functional independence/dependence
- Cognitive impairment (Stiles et al. 2002)

ALERT: All elder abuse must be reported.

Elder Suicide

Warning Signs

- Failed suicide attempt
- *Indirect clues* – stockpiling medications; purchasing a gun; putting affairs in order; making/changing a will; donating body to science; giving possessions/money away; relationship, social downturns; recent appointment with a physician
- *Situational clues* – recent move, death of spouse/friend/child
- *Symptoms* – depression, insomnia, agitation, others

Elder Profile for Potential Suicide

- Male gender
- White
- Divorced or widowed
- Lives alone, isolated, moved recently
- Unemployed, retired
- Poor health, pain, multiple illnesses, terminal
- Depressed, substance abuser, hopeless
- Family history of suicide, depression, substance abuse; harsh parenting, early trauma in childhood
- Wish to end hopeless, intolerable situation
- *Lethal means*: guns, stockpiled sedatives/hypnotics
- Previous attempt
- Not inclined to reach out; often somatic complaints

Suspected Elder Suicidality

Ask direct questions:

- *Are you so down you see no point in going on?* (If answer is yes, explore further: *Tell me more*)
- *Have you (ever) thought of killing yourself? (When? What stopped you?)*
- *How often do you have these thoughts?*
- *How would you kill yourself?* (Lethality plan) (Holkup 2002)

Gather information – keep communication open in a nonjudgmental way; do not minimize or offer advice in this situation

Tools/References/Index

Abbreviations	179
Assessment Tools	180
Community Resources/Phone Numbers	177
DSM-IV-TR Classification: Axes I and II Categories and Codes	180
Nursing Diagnoses (NANDA): Accepted for Use and Research (2007–2008)	196
Nursing Diagnoses (NANDA), Assigning to Client Behaviors	194
Psychiatric Terminology (Glossary)	201
References	215
Index	223

Community Resources/Phone Numbers

Name/Program	Phone Number
--------------	--------------

Sexual and Physical Abuse

Substance Abuse

Communicable Disease (AIDs/Hepatitis)

Homeless Shelters

Child/Adolescent Hotlines

Suicide Hotlines

Hospitals (Medical/Psychiatric)

Other

--

Abbreviations

AD Dementia of Alzheimer's type	EPS Extrapyrarnidal symptoms
ADHD Attention deficit hyperactivity disorder	FBS Fasting blood sugar
AE Adverse event	GABA Gamma-aminobutyric acid
AIMS Abnormal Involuntary Movement Scale	GAD Generalized anxiety disorder
BAI Beck Anxiety Inventory	GDS Geriatric Depression Scale
BDI Beck Depression Inventory	Hx History
BP Blood pressure	LFTs Liver function tests
BPD Borderline personality disorder	IM Intramuscular
BPH Benign prostatic hypertrophy	IV Intravenous
CBC Complete blood count	kg Kilogram
CBT Cognitive behavioral therapy	L Liter
CHF Congestive heart failure	MAOI Monoamine oxidase inhibitor
CK Creatine kinase	MCV Mean corpuscular volume
CNS Central nervous system	MDD Major depressive disorder
COPD Chronic obstructive pulmonary disease	µg Microgram
CT scan Computed tomography scan	mEq Milliequivalent
CV Cardiovascular	MH Mental health
DBT Dialectical behavioral therapy	mL Milliliter
d/c Discontinue	MMSE Mini-Mental State Exam
ECA Epidemiologic Catchment Area Survey	MRI Magnetic resonance imaging
ECG Electrocardiogram	MSE Mental Status Exam
ECT Electroconvulsive therapy	NAMI National Association for the Mentally Ill
EMDR Eye movement desensitization and reprocessing	NE Norepinephrine
	NMS Neuroleptic malignant syndrome
	OCD Obsessive-compulsive disorder
	OCPD Obsessive-compulsive personality disorder
	OTC Over the counter
	PANSS Positive and Negative Syndrome Scale

(Continued on following page)

PCOS Polycystic Ovarian Syndrome PMDD Premenstrual dysphoric disorder PTSD Posttraumatic stress disorder SMAST Short Michigan Alcohol Screening Test SNRI Serotonin-norepinephrine reuptake inhibitor	SSRI Selective serotonin reuptake inhibitor T_{1/2} Drug's half-life TCA Tricyclic antidepressant TFT Thyroid function test TIA Transient ischemic attack TPR Temperature, pulse, respiration UA Urinalysis UTI Urinary tract infection
--	--

Assessment Tools

See Assessment Tab for the following tools/rating scales:

- Abnormal Involuntary Movement Scale (AIMS)
- CAGE Screening Questionnaire
- Depression-Arkansas Scale (D-ARK scale)
- DSM-IV Multiaxial Assessment Tool
- Edinburgh Postnatal Depression Scale (EPDS)
- Geriatric Depression Scale (GDS)
- Global Assessment of Functioning (GAF) Scale
- Ethnocultural Assessment Tool
- Mental Status Assessment Tool
- Psychiatric History and Assessment Tool
- Short Michigan Alcohol Screening Test (SMAST)
- Substance History and Assessment

DSM-IV-TR Classification: Axes I and II Categories and Codes

Text/image rights not available.

Text/image rights not available.

Text/image rights not available.

Text/image rights not available.

Text/image rights not available.

Text/image rights not available.

Text/image rights not available.

Text/image rights not available.

Text/image rights not available.

Text/image rights not available.

Text/image rights not available.

Text/image rights not available.

Text/image rights not available.

Text/image rights not available.

DSM-IV-TR criteria in Disorders Tab, Global Assessment of Functioning (GAF) form, Multiaxial System, and DSM-IV-TR classifications: Axes I and II categories and codes, reprinted with permission from the Diagnostic and Statistical Manual of Mental Disorders, 4th ed., Text Revision. Washington, DC: American Psychiatric Association, 2000.

Assigning Nursing Diagnoses (NANDA) to Client Behaviors

Following is a list of client behaviors and the NANDA nursing diagnoses that correspond to the behaviors and that may be used in planning care for the client exhibiting the specific behavioral symptoms.

Behaviors	NANDA Nursing Diagnoses
Aggression; hostility	Risk for injury; Risk for other-directed violence
Anorexia or refusal to eat	Imbalanced nutrition: Less than body requirements
Anxious behavior	Anxiety (specify level)
Confusion; memory loss	Confusion, acute/chronic; Disturbed thought processes
Delusions	Disturbed thought processes
Denial of problems	Ineffective denial
Depressed mood or anger turned inward	Dysfunctional grieving
Detoxification; withdrawal from substances	Risk for injury
Difficulty making important life decision	Decisional conflict (specify)
Difficulty with interpersonal relationships	Impaired social interaction
Disruption in capability to perform usual responsibilities	Ineffective role performance
Dissociative behaviors (depersonalization; derealization)	Disturbed sensory perception (kinesthetic)
Expresses feelings of disgust about body or body part	Disturbed body image
Expresses lack of control over personal situation	Powerlessness
Flashbacks, nightmares, obsession with traumatic experience	Post-trauma syndrome
Hallucinations	Disturbed sensory perception (auditory; visual)
Highly critical of self or others	Low self-esteem (chronic; situational)

Behaviors	NANDA Nursing Diagnoses
HIV-positive; altered immunity	Ineffective protection
Inability to meet basic needs	Self-care deficit (feeding; bathing/hygiene; dressing/grooming; toileting)
Insomnia or hypersomnia	Disturbed sleep pattern
Loose associations or flight of ideas	Impaired verbal communication
Manic hyperactivity	Risk for injury
Manipulative behavior	Ineffective coping
Multiple personalities; gender identity disturbance	Disturbed personal identity
Orgasm, problems with; lack of sexual desire	Sexual dysfunction
Overeating, compulsive	Risk for imbalanced nutrition: More than body requirements
Phobias	Fear
Physical symptoms as coping behavior	Ineffective coping
Projection of blame; rationalization of failures; denial of personal responsibility	Defensive coping
Ritualistic behaviors	Anxiety (severe); Ineffective coping
Seductive remarks; inappropriate sexual behaviors	Impaired social interaction
Self-mutilative behaviors	Self-mutilation; Risk for self-mutilation
Sexual behaviors (difficulty, limitations, or changes in; reported dissatisfaction)	Ineffective sexuality patterns
Stress from caring for chronically ill person	Caregiver role strain
Stress from locating to new environment	Relocation stress syndrome
Substance use as a coping behavior	Ineffective coping
Substance use (denies use is a problem)	Ineffective denial

Behaviors	NANDA Nursing Diagnoses
Suicidal	Risk for suicide; Risk for self-directed violence
Suspiciousness	Disturbed thought processes; Ineffective coping
Vomiting, excessive, self induced	Risk for deficient fluid volume
Withdrawn behavior	Social isolation

Used with permission from Townsend, 5e, 2006

Nursing Diagnoses (NANDA): Accepted for Use and Research (2007–2008)

A

Activity Intolerance [specify level]
 Activity Intolerance, risk for
 Airway Clearance, ineffective
 Allergy Response, latex
 Allergy Response, latex, risk for
 Anxiety [specify level]
 Anxiety, death
 Aspiration, risk for
 Attachment, risk for impaired parent/infant/child
 Autonomic Dysreflexia
 Autonomic Dysreflexia, risk for

B

Blood Sugar, risk for unstable
 Body Image, disturbed
 Body Temperature, risk for imbalanced
 Bowel Incontinence
 Breastfeeding, effective
 Breastfeeding, ineffective
 Breastfeeding, interrupted
 Breathing Pattern, ineffective

C

Cardiac Output, decreased
 Caregiver Role Strain
 Caregiver Role Strain, risk for
 Comfort, readiness for enhanced
 Communication, impaired verbal
 Communication, readiness for enhanced

Conflict, parental role
 Confusion, acute
 Confusion, risk for acute
 Confusion, chronic
 Constipation
 Constipation, perceived
 Constipation, risk for
 Contamination
 Contamination, risk for
 Coping, compromised family
 Coping, disabled family
 Coping, readiness for enhanced family
 Coping, defensive
 Coping, ineffective
 Coping, ineffective community
 Coping, readiness for enhanced
 Coping, readiness for enhanced community

D

Death Syndrome, risk for sudden infant
 Decisional Conflict (specify)
 Decision-Making, readiness for enhanced
 Denial, ineffective
 Dentition, impaired
 Development, risk for delayed
 Diarrhea
 Disuse Syndrome, risk for
 Diversional Activity, deficient

E

Energy Field, disturbed (revised)
 Environmental Interpretation Syndrome, impaired

F

Failure to Thrive, adult
 Falls, risk for
 Family Processes: alcoholism, dysfunctional
 Family Processes, interrupted
 Family Processes, readiness for enhanced
 Fatigue
 Fear (specify focus)
 Fluid Balance, readiness for enhanced
 [Fluid Volume, deficient hyper/hypotonic]
 Fluid Volume, deficient [isotonic]

Fluid Volume, excess
 Fluid Volume, risk for deficient
 Fluid Volume risk for imbalanced

G

Gas Exchange, impaired
 Glucose, risk for unstable level
 Grieving
 Grieving, complicated
 Grieving, risk for complicated
 Growth, risk for disproportionate
 Growth & Development, delayed

H

Health Behavior, risk prone
 Health Maintenance, ineffective
 Health-Seeking Behaviors (specify)
 Home Maintenance, impaired
 Hope, readiness for enhanced
 Hopelessness
 Human Dignity, risk for compromised
 Hyperthermia
 Hypothermia

I

Identify, disturbed personal
 Immunization Status, readiness for enhanced
 Infant Behavior, disorganized
 Infant Behavior, organized, readiness for enhanced
 Infant Behavior, risk for disorganized
 Infant Feeding Pattern, ineffective
 Infection, risk for
 Injury, risk for
 Injury, risk for perioperative positioning
 Insomnia
 Intracranial Adaptive Capacity, decreased

K

Knowledge, deficient [Learning Need] [specify]
 Knowledge [specify], readiness for enhanced

L

Lifestyle, sedentary
 Liver Function, risk for impaired
 Loneliness, risk for

M

Memory, impaired
 Mobility, impaired bed
 Mobility, impaired physical
 Mobility, impaired wheelchair
 Moral Distress

N

Nausea
 Noncompliance, [Adherence, ineffective] [specify]
 Nutrition, less than body requirements, imbalanced
 Nutrition, more than body requirements, imbalanced
 Nutrition, readiness for enhanced
 Nutrition, more than body requirements, risk for imbalanced

O

Oral Mucous Membrane, impaired

P

Pain, acute
 Pain, chronic
 Parenting, impaired
 Parenting, readiness for enhanced
 Parenting, risk for impaired
 Perioperative Positioning, risk for
 Peripheral Neurovascular Dysfunction, risk for
 Poisoning, risk for
 Post-Trauma Syndrome [specify stage]
 Post-Trauma Syndrome, risk for
 Power, readiness for enhanced
 Powerlessness [specify level]
 Powerlessness, risk for
 Protection, ineffective

R

Rape-Trauma Syndrome
 Rape-Trauma Syndrome: compound reaction
 Rape-Trauma Syndrome: silent reaction
 Religiosity, impaired
 Religiosity, risk for impaired
 Religiosity, readiness for enhanced
 Relocation Stress Syndrome
 Relocation Stress Syndrome, risk for
 Role Performance, ineffective

S

Self-Care, readiness for enhanced
 Self-Care Deficit: bathing/hygiene
 Self-Care Deficit: dressing/grooming
 Self-Care Deficit: feeding
 Self-Care Deficit: toileting
 Self-Concept, readiness for enhanced
 Self-Esteem, chronic low
 Self-Esteem, situational low
 Self-Esteem, risk for situational low
 Self-Mutilation
 Self-Mutilation, risk for
 Sensory Perception, disturbed: (specify: visual, auditory, kinesthetic, gustatory, tactile, olfactory)
 Sexual Dysfunction
 Sexuality Pattern, ineffective
 Skin Integrity, impaired
 Skin Integrity, risk for impaired
 Sleep, readiness for enhanced
 Sleep Deprivation
 Social Interaction, impaired
 Social Isolation
 Sorrow, chronic
 Spiritual Distress
 Spiritual Distress, risk for
 Spiritual Well-Being, readiness for enhanced
 Stress Overload
 Suffocation, risk for
 Suicide, risk for
 Surgical Recovery, delayed
 Swallowing, impaired

T

Therapeutic Regimen Management, effective
 Therapeutic Regimen Management, ineffective
 Therapeutic Regimen Management, ineffective community
 Therapeutic Regimen Management, ineffective family
 Therapeutic Regimen Management, readiness for enhanced
 Thermoregulation, ineffective
 Thought Processes, disturbed
 Tissue Integrity, impaired
 Tissue Perfusion, ineffective (specify type: cerebral, cardiopulmonary, renal, gastrointestinal, peripheral)

Transfer Ability, impaired
Trauma, risk for

U

Unilateral Neglect Syndrome
Urinary Elimination, impaired
Urinary Elimination, readiness for enhanced
Urinary Incontinence, functional
Urinary Incontinence, overflow
Urinary Incontinence, reflex
Urinary Incontinence, stress
Urinary Incontinence, total
Urinary Incontinence, urge
Urinary Incontinence, risk for urge
Urinary Retention [acute/chronic]

V

Ventilation, impaired spontaneous
Ventilatory Weaning Response, dysfunctional
Violence, [actual/] risk for other-directed
Violence, [actual/] risk for self-directed

W

Walking, impaired
Wandering [specify sporadic or continual]

Used with permission from NANDA International: Definitions and Classification, 2007–2008. NANDA, Philadelphia, PA, 2007

Psychiatric Terminology

A

abreaction. “Remembering with feeling”; bringing into conscious awareness painful events that have been repressed and reexperiencing the emotions that were associated with the events.

adjustment disorder. A maladaptive reaction to an identifiable psychosocial stressor that occurs within 3 months after onset of the stressor. The individual shows impairment in social and occupational functioning or exhibits symptoms that are in excess of a normal and expectable reaction to the stressor.

affect. The behavioral expression of emotion; may be appropriate (congruent with the situation); inappropriate (incongruent with the situation); constricted or blunted (diminished range and intensity); or flat (absence of emotional expression).

- agoraphobia.** The fear of being in places or situations from which escape might be difficult (or embarrassing) or in which help might not be available in the event of a panic attack.
- akathisia.** Restlessness; an urgent need for movement. A type of extrapyramidal side effect associated with some antipsychotic medications.
- akinesia.** Muscular weakness or a loss or partial loss of muscle movement; a type of extrapyramidal side effect associated with some antipsychotic medications.
- amnesia.** An inability to recall important personal information that is too extensive to be explained by ordinary forgetfulness.
- anhedonia.** The inability to experience or even imagine any pleasant emotion.
- anorexia.** Loss of appetite.
- anorgasmia.** Inability to achieve orgasm.
- anticipatory grief.** A subjective state of emotional, physical, and social responses to an anticipated loss of a valued entity. The grief response is repeated once the loss actually occurs, but it may not be as intense as it might have been if anticipatory grieving had not occurred.
- antisocial personality disorder.** A pattern of socially irresponsible, exploitative, and guiltless behavior, evident in the tendency to fail to conform to the law, develop stable relationships, or sustain consistent employment; exploitation and manipulation of others for personal gain is common.
- anxiety.** Vague diffuse apprehension that is associated with feelings of uncertainty and helplessness.
- associative looseness.** Sometimes called loose associations, a thinking process characterized by speech in which ideas shift from one unrelated subject to another. The individual is unaware that the topics are unconnected.
- ataxia.** Muscular incoordination.
- attitude.** A frame of reference around which an individual organizes knowledge about his or her world. It includes an emotional element and can have a positive or negative connotation.
- autism.** A focus inward on a fantasy world and distorting or excluding the external environment; common in schizophrenia.
- autistic disorder.** The withdrawal of an infant or child into the self and into a fantasy world of his or her own creation. There is marked impairment in interpersonal functioning and communication and in imaginative play. Activities and interests are restricted and may be considered somewhat bizarre.

B

behavior modification. A treatment modality aimed at changing undesirable behaviors, using a system of reinforcement to bring about the modifications desired.

belief. An idea that one holds to be true. It can be rational, irrational, taken on faith, or stereotypical.

bereavement overload. An accumulation of grief that occurs when an individual experiences many losses over a short period and is unable to resolve one before another is experienced. This phenomenon is common among the elderly.

bipolar disorder. Characterized by mood swings from profound depression to extreme euphoria (mania), with intervening periods of normalcy. Psychotic symptoms may or may not be present.

borderline personality disorder. A disorder characterized by a pattern of intense and chaotic relationships, with affective instability, fluctuating and extreme attitudes regarding other people, impulsivity, direct and indirect self-destructive behavior, and lack of a clear or certain sense of identity, life plan, or values.

boundaries. The level of participation and interaction between individuals and between subsystems. Boundaries denote physical and psychological space individuals identify as their own. They are sometimes referred to as limits.

C

catatonia. A type of schizophrenia that is typified by stupor or excitement: stupor characterized by extreme psychomotor retardation, mutism, negativism, and posturing; excitement by psychomotor agitation, in which the movements are frenzied and purposeless.

circumstantiality. In speaking, the delay of an individual to reach the point of a communication owing to unnecessary and tedious details.

clang associations. A pattern of speech in which the choice of words is governed by sounds. Clang associations often take the form of rhyming.

codependency. An exaggerated dependent pattern of learned behaviors, beliefs, and feelings that make life painful. It is a dependence on people and things outside the self, along with neglect of the self to the point of having little self-identity.

cognition. Mental operations that relate to logic, awareness, intellect, memory, language, and reasoning powers.

cognitive therapy. A type of therapy in which the individual is taught to control thought distortions that are considered to be a factor in the development and maintenance of emotional disorders.

compensation. Covering up a real or perceived weakness by emphasizing a trait one considers more desirable.

- concrete thinking.** Thought processes that are focused on specifics rather than on generalities and immediate issues rather than eventual outcomes. Individuals who are experiencing concrete thinking are unable to comprehend abstract terminology.
- confidentiality.** The right of an individual to the assurance that his or her case will not be discussed outside the boundaries of the health-care team.
- crisis.** Psychological disequilibrium in a person who confronts a hazardous circumstance that constitutes an important problem, which for the time he or she can neither escape nor solve with usual problem-solving resources.
- crisis intervention.** An emergency type of assistance in which the intervener becomes a part of the individual's life situation. The focus is to provide guidance and support to help mobilize the resources needed to resolve the crisis and restore or generate an improvement in previous level of functioning. Usually lasts no longer than 6 to 8 weeks.
- culture.** A particular society's entire way of living, encompassing shared patterns of belief, feeling, and knowledge that guide people's conduct and are passed down from generation to generation.
- curandera.** A female folk healer in the Latino culture.
- curandero.** A male folk healer in the Latino culture.
- cycle of battering.** Three phases of predictable behaviors that are repeated over time in a relationship between a batterer and a victim: the tension-building phase; the acute battering incident; and the calm, loving respite (honeymoon) phase.
- cyclothymia.** A chronic mood disturbance involving numerous episodes of hypomania and depressed mood, of insufficient severity or duration to meet the criteria for bipolar disorder.

D

- delayed grief.** Also called inhibited grief. The absence of evidence of grief when it ordinarily would be expected.
- delirium.** A state of mental confusion and excitement characterized by disorientation to time and place, often with hallucinations, incoherent speech, and a continual state of aimless physical activity.
- delusions.** False personal beliefs, not consistent with a person's intelligence or cultural background. The individual continues to have the belief in spite of obvious proof that it is false and/or irrational.
- dementia.** Global impairment of cognitive functioning that is progressive and interferes with social and occupational abilities.
- denial.** Refusal to acknowledge the existence of a real situation and/or the feelings associated with it.
- depersonalization.** An alteration in the perception or experience of the self so that the feeling of one's own reality is temporarily lost.

derealization. An alteration in the perception or experience of the external world so that it seems strange or unreal.

Diagnostic and Statistical Manual of Mental Disorders, 4th edition, Text Revision (DSM-IV-TR). Standard nomenclature of emotional illness published by the American Psychiatric Association (APA) and used by all health-care practitioners. It classifies mental illness and presents guidelines and diagnostic criteria for various mental disorders.

displacement. Feelings are transferred from one target to another that is considered less threatening or neutral.

double-bind communication. Communication described as contradictory that places an individual in a "double bind." It occurs when a statement is made and succeeded by a contradictory statement or when a statement is made accompanied by nonverbal expression that is inconsistent with the verbal communication.

dyspareunia. Pain during sexual intercourse.

dysthymia. A depressive neurosis. The symptoms are similar to, if somewhat milder than, those ascribed to major depression. There is no loss of contact with reality.

dystonia. Involuntary muscular movements (spasms) of the face, arms, legs, and neck; may occur as an extrapyramidal side effect of some antipsychotic medications.

E

echolalia. The parrot-like repetition by an individual with loose ego boundaries of the words spoken by another.

ego. One of the three elements of the personality identified by Freud as the rational self, or "reality principle." The ego seeks to maintain harmony between the external world, the id, and the superego.

electroconvulsive therapy (ECT). A type of somatic treatment in which electric current is applied to the brain through electrodes placed on the temples. A grand mal seizure produces the desired effect. This is used with severely depressed patients refractory to antidepressant medications.

empathy. The ability to see beyond outward behavior and sense accurately another's inner experiencing. With empathy, one can accurately perceive and understand the meaning and relevance in the thoughts and feelings of another.

enmeshment. Exaggerated connectedness among family members. It occurs in response to diffuse boundaries in which there is overinvestment, overinvolvement, and lack of differentiation between individuals or subsystems.

ethnicity. The concept of people identifying with each other because of a shared heritage.

exhibitionism. A paraphilic disorder characterized by a recurrent urge to expose one's genitals to a stranger.

extrapyramidal symptoms (EPS). A variety of responses that originate outside the pyramidal tracts and in the basal ganglion of the brain. Symptoms may include tremors, chorea, dystonia, akinesia, and akathisia, and others may occur as a side effect of some antipsychotic medications.

F

family system. A system in which the parts of the whole may be the marital dyad, parent-child dyad, or sibling groups. Each of these subsystems is further divided into subsystems of individuals.

family therapy. A type of therapy in which the focus is on relationships within the family. The family is viewed as a system in which the members are interdependent, and a change in one creates change in all.

fight or flight. A syndrome of physical symptoms that result from an individual's real or perceived perception that harm or danger is imminent.

free association. A technique used to help individuals bring to consciousness material that has been repressed. The individual is encouraged to verbalize whatever comes into his or her mind, drifting naturally from one thought to another.

G

gains. The reinforcements an individual receives for somaticizing.

gender identity disorder. A sense of discomfort associated with an incongruence between biologically assigned gender and subjectively experienced gender.

generalized anxiety disorder. A disorder characterized by chronic (at least 6 months), unrealistic, and excessive anxiety and worry.

genogram. A graphic representation of a family system. It may cover several generations. Emphasis is on family roles and emotional relatedness among members. Genograms facilitate recognition of areas requiring change.

grief. A subjective state of emotional, physical, and social responses to the real or perceived loss of a valued entity. Change and failure can also be perceived as losses. The grief response consists of a set of relatively predictable behaviors that describe the subjective state that accompanies mourning.

group therapy. A therapy group, founded in a specific theoretical framework, led by a person with an advanced degree in psychology, social work, nursing, or medicine. The goal is to encourage improvement in interpersonal functioning.

H

hallucinations. False sensory perceptions not associated with real external stimuli. Hallucinations may involve any of the five senses.

histrionic personality disorder. Conscious or unconscious overly dramatic behavior used for drawing attention to oneself.

human immunodeficiency virus (HIV). The virus that is the etiological agent that produces the immunosuppression resulting in AIDS.

hypersomnia. Excessive sleepiness or seeking excessive amounts of sleep.

hypertensive crisis. A potentially life-threatening syndrome that results when an individual taking monoamine oxidase inhibitors (MAOIs) eats a product high in tyramine or uses a selective serotonin reuptake inhibitor too soon either before or after stopping an MAOI.

hypnosis. A treatment for disorders brought on by repressed anxiety. The individual is directed into a state of subconsciousness and assisted, through suggestions, to recall certain events that he or she cannot recall when conscious.

hypomania. A mild form of mania. Symptoms are excessive hyperactivity but not severe enough to cause marked impairment in social or occupational functioning or to require hospitalization.

I

id. One of the three components of the personality identified by Freud as the "pleasure principle." The id is the locus of instinctual drives, is present at birth, and compels the infant to satisfy needs and seek immediate gratification.

illusion. A misperception of a real external stimulus.

incest. Sexual exploitation of a child under 18 years of age by a relative or nonrelative who holds a position of trust in the family.

integration. The process used with individuals with dissociative identity disorder in an effort to bring all the personalities together into one; usually achieved through hypnosis.

intellectualization. An attempt to avoid expressing actual emotions associated with a stressful situation by using the intellectual processes of logic, reasoning, and analysis.

introjection. The beliefs and values of another individual are internalized and symbolically become a part of the self to the extent that the feeling of separateness or distinctness is lost.

isolation. The separation of a thought or a memory from the feeling, tone, or emotions associated with it (sometimes called emotional isolation).

J

justice. An ethical principle reflecting that all individuals should be treated equally and fairly.

K

kleptomania. A recurrent failure to resist impulses to steal objects not needed for personal use or monetary value.

Korsakoff's psychosis. A syndrome in alcoholics of confusion, loss of recent memory, and confabulation, caused by a deficiency of thiamine. It often occurs together with Wernicke's encephalopathy and may be termed Wernicke-Korsakoff syndrome.

L

libido. Freud's term for the psychic energy used to fulfill basic physiological needs or instinctual drives such as hunger, thirst, and sexuality.

limbic system. The part of the brain that is sometimes called the "emotional brain." It is associated with feelings of fear and anxiety; anger and aggression; love, joy, and hope; and with sexuality and social behavior.

long-term memory. Memory for remote events, or those that occurred many years ago. The type of memory that is preserved in the elderly individual.

loss. The experience of separation from something of personal importance.

luto. The word for mourning in the Mexican-American culture, which is symbolized by wearing black, black and white, or dark clothing and by subdued behavior.

M

magical thinking. A primitive form of thinking in which an individual believes that thinking about a possible occurrence can make it happen.

mania. A type of bipolar disorder in which the predominant mood is elevated, expansive, or irritable. Motor activity is frenzied and excessive. Psychotic features may or may not be present.

melancholia. A severe form of major depressive episode. Symptoms are exaggerated, and interest or pleasure in virtually all activities is lost.

mental imagery. A method of stress reduction that employs the imagination. The individual focuses imagination on a scenario that is particularly relaxing to him or her (e.g., a scene on a quiet seashore, a mountain atmosphere, or floating through the air on a fluffy white cloud).

milieu therapy. Also called therapeutic community, or therapeutic environment. This type of therapy consists of a scientific structuring of the environment in order to effect behavioral changes and to improve the individual's psychological health and functioning.

modeling. Learning new behaviors by imitating the behaviors of others.

mood. An individual's sustained emotional tone, which significantly influences behavior, personality, and perception.

mourning. The psychological process (or stages) through which the individual passes on the way to successful adaptation to the loss of a valued object.

N

narcissistic personality disorder. A disorder characterized by an exaggerated sense of self-worth. An individual lacks empathy and is hypersensitive to the evaluation of others.

neologism. New words a psychotic person invents that are meaningless to others but that have symbolic meaning to that individual.

neuroleptic. Antipsychotic medication used to prevent or control psychotic symptoms.

neuroleptic malignant syndrome (NMS). A rare but potentially fatal complication of treatment with neuroleptic drugs. Symptoms include severe muscle rigidity, high fever, tachycardia, fluctuations in blood pressure, diaphoresis, and rapid deterioration of mental status to stupor and coma.

neurotransmitter. A chemical that is stored in the axon terminals of the presynaptic neuron. An electrical impulse through the neuron stimulates the release of the neurotransmitter into the synaptic cleft, which in turn determines whether another electrical impulse is generated.

nursing diagnosis. A clinical judgment about individual, family, or community responses to actual and potential health problems/life processes. Nursing diagnoses provide the basis for selection of nursing interventions to achieve outcomes for which the nurse is accountable.

nursing process. A dynamic, systematic process by which nurses assess, diagnose, and identify outcomes; and plan, implement, and evaluate nursing care. It has been called "nursing's scientific methodology." Nursing process gives order and consistency to nursing intervention.

O

obesity. The state of having a body mass index of 30 or above.

object constancy. The phase in the separation/individuation process when the child learns to relate to objects in an effective, constant manner. A sense of separateness is established, and the child is able to internalize a sustained image of the loved object or person when out of sight.

obsessive-compulsive disorder. Recurrent thoughts or ideas (obsessions) that an individual is unable to put out of his or her mind, and actions that an individual is unable to refrain from performing (compulsions). The obsessions and compulsions are severe enough to interfere with social and occupational functioning.

oculogyric crisis. An attack of involuntary deviation and fixation of the eyeballs, usually in the upward position. It may last for several minutes or hours and may occur as an extrapyramidal side effect of some antipsychotic medications.

P

panic disorder. A disorder characterized by recurrent panic attacks, the onset of which is unpredictable and manifested by intense apprehension, fear, or terror, often associated with feelings of impending doom and accompanied by intense physical discomfort.

paranoia. A term that implies extreme suspiciousness. Paranoid schizophrenia is characterized by persecutory delusions and hallucinations of a threatening nature.

passive-aggressive behavior. Behavior that defends an individual's own basic rights by expressing resistance to social and occupational demands. Sometimes called indirect aggression, this behavior takes the form of sly, devious, and undermining actions that express the opposite of what the person is really feeling.

pedophilia. Recurrent urges and sexually arousing fantasies involving sexual activity with a prepubescent child.

perseveration. Persistent repetition of the same word or idea in response to different questions.

personality. Deeply ingrained patterns of behavior, which include the way one relates to, perceives, and thinks about the environment and oneself.

phobia. An irrational fear.

phobia, social. The fear of being humiliated in social situations.

postpartum depression. Depression that occurs during the postpartum period. It may be related to hormonal changes, tryptophan metabolism, or alterations in membrane transport during the early postpartum period. Other predisposing factors may also be influential.

post-traumatic stress disorder (PTSD). A syndrome of symptoms that develop following a psychologically distressing event that is outside the range of usual human experience (e.g., rape, war). The individual is unable to put the experience out of his or her mind and has nightmares, flashbacks, and panic attacks.

preassaultive tension state. Behaviors predictive of potential violence. They include excessive motor activity, tense posture, defiant affect, clenched teeth and fists, and other arguing, demanding, and threatening behaviors.

priapism. Prolonged painful penile erection; may occur as an adverse effect of some antidepressant medications, particularly trazodone.

progressive relaxation. A method of deep muscle relaxation in which each muscle group is alternately tensed and relaxed in a systematic order, with the person concentrating on the contrast of sensations experienced from tensing and relaxing.

projection. Attributing to another person feelings or impulses unacceptable to oneself.

pseudodementia. Symptoms of depression that mimic those of dementia.

psychomotor retardation. Extreme slowdown of physical movements. Posture slumps, speech is slowed, and digestion becomes sluggish. Common in severe depression.

psychotic disorder. A serious psychiatric disorder in which there is a gross disorganization of the personality, a marked disturbance in reality testing, and the impairment of interpersonal functioning and relationship to the external world.

R

rape. The expression of power and dominance by means of sexual violence, most commonly by men over women, although men may also be rape victims. Rape is considered an act of aggression, not of passion.

rappro. The development between two people in a relationship of special feelings based on mutual acceptance, warmth, friendliness, common interest, a sense of trust, and a nonjudgmental attitude.

rationalization. Attempting to make excuses or formulate logical reasons to justify unacceptable feelings or behaviors.

reaction formation. Preventing unacceptable or undesirable thoughts or behaviors from being expressed by exaggerating opposite thoughts or types of behaviors.

reframing. Changing the conceptual or emotional setting or viewpoint in relation to which a situation is experienced and placing it in another frame that fits the "facts" of the same concrete situation equally well or even better and thereby changing its entire meaning.

regression. A retreat to an earlier level of development and the comfort measures associated with that level of functioning.

reminiscence therapy. A process of life review by elderly individuals that promotes self-esteem and provides assistance in working through unresolved conflicts from the past.

repression. The involuntary blocking of unpleasant feelings and experiences from one's awareness.

ritualistic behavior. Purposeless activities that an individual performs repeatedly in an effort to decrease anxiety (e.g., hand washing); common in obsessive-compulsive disorder.

S

schizoid personality disorder. A profound defect in the ability to form personal relationships or to respond to others in any meaningful, emotional way.

schizotypal personality disorder. A disorder characterized by odd and eccentric behavior, not decompensating to the level of schizophrenia.

self-esteem. The amount of regard or respect that individuals have for themselves. It is a measure of worth that they place on their abilities and judgments.

- shaman.** The Native American “medicine man” or folk healer.
- shaping.** In learning, one shapes the behavior of another by giving reinforcements for increasingly closer approximations to the desired behavior.
- short-term memory.** The ability to remember events that occurred very recently. This ability deteriorates with age.
- social skills training.** Educational opportunities through role-play for the person with schizophrenia to learn appropriate social interaction skills and functional skills that are relevant to daily living.
- splitting.** A primitive ego defense mechanism in which the person is unable to integrate and accept both positive and negative feelings. In their view, people, including themselves, and life situations are all good or all bad. This trait is common in borderline personality disorder.
- stereotyping.** The process of classifying all individuals from the same culture or ethnic group as identical.
- sublimation.** The rechanneling of personally and/or socially unacceptable drives or impulses into activities that are tolerable and constructive.
- substance abuse.** Use of psychoactive drugs that poses significant hazards to health and interferes with social, occupational, psychological, or physical functioning.
- substance dependence.** Physical dependence is identified by the inability to stop using a substance despite attempts to do so; a continual use of the substance despite adverse consequences; a developing tolerance; and the development of withdrawal symptoms upon cessation or decreased intake. Psychological dependence is said to exist when a substance is perceived by the user to be necessary to maintain an optimal state of personal well-being, interpersonal relations, or skill performance.
- substitution therapy.** The use of various medications to decrease the intensity of symptoms in an individual who is withdrawing from, or experiencing the effects of excessive use of, substances.
- superego.** One of the three elements of the personality identified by Freud; represents the conscience and the culturally determined restrictions that are placed on an individual.
- suppression.** The voluntary blocking from one’s awareness of unpleasant feelings and experiences.
- symbiotic relationship.** A type of “psychic fusion” that occurs between two people; it is unhealthy in that severe anxiety is generated in one or both if separation is indicated. A symbiotic relationship is normal between infant and mother.
- sympathy.** The actual sharing of another’s thoughts and behaviors. Differs from empathy in that with empathy one experiences an objective understanding of what another is feeling rather than actually sharing those feelings.

systematic desensitization. A treatment for phobias in which the individual is taught to relax and then asked to imagine various components of the phobic stimulus on a graded hierarchy, moving from that which produces the least fear to that which produces the most.

T

tangentiality. The inability to get to the point of a story. The speaker introduces many unrelated topics until the original topic of discussion is lost.

tardive dyskinesia. Syndrome of symptoms characterized by bizarre facial and tongue movements, a stiff neck, and difficulty swallowing. It may occur as an adverse effect of long-term therapy with some antipsychotic medications.

thought-stopping technique. A self-taught technique that an individual uses each time he or she wishes to eliminate intrusive or negative unwanted thoughts from awareness.

triangles. A three-person emotional configuration that is considered the basic building block of the family system. When anxiety becomes too great between two family members, a third person is brought in to form a triangle. Triangles are dysfunctional in that they offer relief from anxiety through diversion rather than through resolution of the issue.

trichotillomania. The recurrent failure to resist impulses to pull out one's own hair.

tyramine. An amino acid found in aged cheeses or other aged, overripe, and fermented foods; broad beans; pickled herring; beef or chicken liver; preserved meats; beer and wine; yeast products; chocolate; caffeinated drinks; canned figs; sour cream; yogurt; soy sauce; and some over-the-counter cold medications and diet pills. If foods high in tyramine content are consumed when an individual is taking MAOIs, a potentially life-threatening syndrome called hypertensive crisis can result.

U

unconditional positive regard. Carl Rogers' term for the respect and dignity of an individual regardless of his or her unacceptable behavior.

undoing. A mechanism used to symbolically negate or cancel out a previous action or experience that one finds intolerable.

universality. One curative factor of groups (identified by Yalom) in which individuals realize that they are not alone in a problem and in the thoughts and feelings they are experiencing. Anxiety is relieved by the support and understanding of others in the group who share similar experiences.

V

values. Personal beliefs about the truth, beauty, or worth of a thought, object, or behavior that influences an individual's actions.

velorio. In the Mexican-American culture, large numbers of family and friends gather following a death for a festive watch over the body of the deceased person before burial.

W

Wernicke's encephalopathy. A brain disorder caused by thiamine deficiency and characterized by visual disturbances, ataxia, somnolence, stupor, and, without thiamine replacement, death.

word salad. A group of words that are put together in a random fashion without any logical connection.

References

- Aiken T. Legal, Ethical and Political Issues in Nursing, 2nd ed. Philadelphia: FA Davis, 2004
- American Hospital Association. A Patient's Bill of Rights (revised 1992). Accessed 11/27/2006 at: <http://joann980.tripod.com/myhomeontheweb/id20.html>
- American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders, 4th ed., Text Revision. Washington, DC: American Psychiatric Association, 2000
- American Psychiatric Nurses Association (APNA). Seclusion and Restraint: Position Statement & Standards of Practice, 2001
- Antai-Otong D. Psychiatric Nursing: Biological and Behavioral Concepts. Clifton Park, NY: Thomson Delmar Learning, 2003
- Anton RF et al. Comparison of bio-rad %CDTTIA and CD test as laboratory markers of heavy alcohol use and their relationships with γ -glutamyl transferase. *Clinical Chemistry* 2001; 47:1769–1775
- APA 2000 Gender Advisory Panel: Terms of Reference. Accessed 7/17/04 at: www.who.int/reproductive-health/pcc2001/documents/gapdorrev01.doc
- Arana GW, Rosenbaum JF. Handbook of Psychiatric Drug Therapy, 5th ed. Philadelphia: Lippincott Williams & Wilkins, 2005
- Aripiprazole. Mosby's Drug Consult. Accessed 8/1/04 at: <http://www.mosbysdrugconsult.com/DrugConsult/003577.html>
- Autonomic nervous system. Table 1: Responses of major organs to autonomic nerve impulses. Update in Anaesthesia 1995; issue 5, article 6. Accessed 1/24/04 at: http://www.nda.ox.ac.uk/wfsa/html/u05/u05_b02.htm
- Barr AM et al The need for speed: an update on methamphetamine addiction. *Psychiatr Neurosci* 2006 31(5):301–313
- Bateson G. Mind and Nature: A Necessary Unity. London: Wildwood House, 1979
- Bateson G. Steps to an Ecology of Mind. London: Paladin, 1973
- Bleuler E. Dementia Praecox or the Group of Schizophrenias (Zinkin J, trans.). New York: International University Press, 1911
- Boszormenyi-Nagy I, Krasner BR. Between Give and Take: A Clinical Guide to Contextual Therapy. New York: Brunner/Mazel, 1986
- Bowen M. Family Therapy in Clinical Practice. New Jersey: Aronson, 1994
- Brigham and Women's Hospital. Depression: A Guide to Diagnosis and Treatment. Boston, MA: Brigham and Women's Hospital, 2001:9

- Bromet EJ, Dew MA, Eaton W. Epidemiology of psychosis with special reference to schizophrenia. In: Tsuang MT, Tohen M, Zahner GEP, eds. *Textbook in Psychiatric Epidemiology*. New York: Wiley-Liss, 1995:283–300
- Brown AS, Susser ES. Epidemiology of schizophrenia: Findings implicate neurodevelopmental insults early in life. In: Kaufman CA, Gorman JM, eds. *Schizophrenia: New Directions for Clinical Research and Treatment*. Larchmont, NY: Mary Ann Liebert, Inc., 1996:105–119
- Brown GW, Birley JL, Wing JK. Influence of family life on the course of schizophrenic disorders: A replication. *Br J Psychiatry* 1972; 121(562):241–258
- Burgess AW, Hartman CR. Rape trauma and posttraumatic stress disorder. In: McBride AB, Austin JK, eds. *Psychiatric Mental Health Nursing: Integrating the Behavioral and Biological Sciences*. Philadelphia: WB Saunders, 1996:53–81
- Buse JB et al. A retrospective cohort study of diabetes mellitus and antipsychotic treatment in the United States. *J Clin Epidemiol* 2003; 56:164–170
- Chenitz WC, Stone JT, Salisbury SA. *Clinical Gerontological Nursing: A Guide to Advanced Practice*. Philadelphia: WB Saunders, 1991
- Child Abuse Prevention Treatment Act, originally enacted in 1974 (PL 93–247), 42 USC 5101 et seq; 42 USC 5116 et seq. Accessed 9/25/04 at: <http://www.acf.hhs.gov/programs/cb/laws/capta/>
- Christianson JR, Blake RH. The grooming process in father-daughter incest. In: Horton A, Johnson BL, Roundy LM, Williams D, eds. *The Incest Perpetrator: A Family Member No One Wants to Treat*. Newbury Park, CA: Sage, 1990:88–98
- Cruz M, Pincus HA. Research on the Influence that Communication in Psychiatric Encounters Has on Treatment. *Psychiatr Serv* 2002; 53:1253–1265
- Cyberonics (2005). Accessed 11/27/2006 at: <http://www.VNSTherapy.com>
- Cycle of Violence. Accessed 8/7/04 at: <http://www.ojp.usdoj.gov/ovc/help/cycle.htm>
- Davies T. Psychosocial factors and relapse of schizophrenia [editorial]. *BMJ* 1994; 309:353–354
- DeAngelis T: Is Internet addiction real? *Monitor on Psychology*. American Psychological Association 2000; 31: No. 4. Accessed 11/27/2006 at: www.apa.org/monitor/apr00/addiction.html
- Deglin JH, Vallerand AH. *Davis's Drug Guide for Nurses*, 10th ed. Philadelphia: FA Davis, 2007
- Emergency Commitments: Psychiatric emergencies. Accessed 1/24/04 at: <http://www.pinofpa.org/resources/fact-12.html>

- European College of Neuropsychopharmacology Congress (ECNP): Zyprexa (olanzapine) superior to depakote (Valproate) for acute mania in bipolar disorder. Accessed 11/29/2006 at: <http://www.pslgroup.com/dg/1E0626.htm>
- Ewing JA. Detecting alcoholism: The CAGE Questionnaire. *JAMA* 1984; 252:1905–1907
- Faraone S. Prevalence of adult ADHD in the US [abstract]. Presented at American Psychiatric Association, May 6, 2004. Accessed 9/24/04 at: <http://www.pslgroup.com/dg/2441a2.htm>
- Folstein M, Folstein SG, McHugh P. Mini-Mental State, a practical method for grading the cognitive state of patients for the clinician. *J Psychiatr Res* 1975; 12:189–198
- Frazer A, Molinoff P, Winokur A. *Biological Bases of Brain Function and Disease*. New York: Raven Press, 1994
- Freeman A, et al. *Clinical Applications of Cognitive Therapy*, 2nd ed. New York: Springer Verlag, 2004
- Fuller MA, Sajatovic M: *Drug Information Handbook for Psychiatry: A Comprehensive Reference of Psychotropic, Non-Psychotropic, and Herbal Agents*, 6th ed. Cleveland: Lexi-Comp, 2007
- Ghaemi SN, et al. Antidepressants in bipolar disorder: The case for caution. *Bipolar Disord* 2003; 5:421–433
- Goroll AH, Mulley AG Jr. *Primary Care Medicine*, 5th ed. Philadelphia: Lippincott Williams & Wilkins, 2006
- Guy W, ed. *ECDEU Assessment Manual for Psychopharmacology*. (DHEW Publ. No. 76–338), rev. ed. Washington, DC: US Department of Health, Education and Welfare, 1976
- Health Canada: Important drug safety information for paroxetine. Accessed 9/25/04 at: http://www.hc-sc.gc.ca/hpfb-dgpsa/tpd-dpt/paxil_hpc_e.html
- Health Insurance Portability and Accountability Act (HIPAA). Accessed 11/27/06 at: <http://www.ihs.gov/AdminMngrResources/HIPAA/index.cfm>
- Holkup P. Evidence-based protocol: Elderly suicide: Secondary prevention. Iowa City: University of Iowa Gerontological Nursing Interventions Research Center, Research Dissemination Core, June 2002:56
- Holtzheimer PE, Nemeroff CB. Advances in the treatment of depression. *NeuroRx* 2006; 3:42–56
- Hunt M. *The Story of Psychology*. New York: Anchor Books, 1994
- International Society of Psychiatric–Mental Health Nurses (ISPEN). ISPEN Position statement on the use of seclusion and restraint (November 1999). Accessed 11/27/2006 at: <http://www.ispen-psych.org>

- Jahoda M. *Current Concepts of Positive Mental Health*. New York: Basic Books, 1958
- Johnson TB. National Association of School Psychologists Communiqué. October 2003; vol. 32, No. 2. Accessed 9/25/2004 at: <http://www.nasponline.org/publications/cq322depressionwarnings.html>
- Joint Commission on Accreditation of Healthcare Organizations (JCAHO 2005): *Restraint and Seclusion*, revised April 1, 2005. Accessed 11/25/06 at: <http://www.jcaho.org/>
- Kansas Child Abuse Prevention Council (KCAPC). *A Guide about Child Abuse and Neglect*. Wichita, KS: National Committee for Prevention of Child Abuse and Parents Anonymous, 1992
- Kaplan HI, Sadock BJ. *Comprehensive Textbook of Psychiatry*, 5th ed. Baltimore: Williams & Wilkins, 1989
- Keck PE Jr. Evaluating treatment decisions in bipolar depression. MedScape July 30, 2003. Accessed 7/3/04 at: <http://www.medscape.com/viewprogram/2571>
- Keltner NL, Folks DG. *Psychotropic Drugs*, 4th ed. St. Louis: Mosby-Year Book, 2005
- Kerr ME, Bowen M. *Family Evaluation*. New York: WW Norton, 1988
- Kessler RC, et al. Lifetime and 12-month prevalence of DSM-III-R psychiatric disorders in the United States. Results from the National Comorbidity Survey. *Arch Gen Psychiatry* 1994; 51:8–19
- Krupnick SLW. Psychopharmacology. In Lego S (ed). *Psychiatric Nursing: A Comprehensive Reference*, 2nd ed. Philadelphia: Lippincott-Raven, 1996:499–541
- Kübler-Ross E. *On Death and Dying*. New York: Touchstone, 1997
- Kukull WA, Bowen JD. Dementia epidemiology. *Med Clin North Am* 2002; 86:3
- Laben JK, Crofts Yorker B. Legal issues in advanced practice psychiatric nursing. In Burgess AW, ed. *Advanced Practice Psychiatric Nursing*. Stamford, CT: Appleton & Lange, 1998:101–118
- Lego S. *Psychiatric Nursing. A Comprehensive Reference*, 2nd ed. Philadelphia: Lippincott-Raven 1996
- Linehan MM. *Cognitive-Behavioral Treatment of Borderline Personality Disorder*. New York: Guilford Press, 1993
- Lippitt R, White RK. An experimental study of leadership and group life. In Maccoby EE, Newcomb TM, Hartley EL, eds. *Readings in Social Psychology*, 3rd ed. New York: Holt Rinehart & Winston, 1958
- Lubman DI, Castle DJ. Late-onset schizophrenia: Make the right diagnosis when psychosis emerges after age 60. *Curr Psychiatry Online* 2002; 1(12).

Accessed 8/7/04 at: http://www.currentpsychiatry.com/2002_12/1202_schizo.asp

Major Theories of Family Therapy. Accessed 8/2/04 at: <http://www.goldentriadfilms.com/films/theory.htm>

Manos PJ. 10-point clock test screens for cognitive impairment in clinic and hospital settings. *Psychiatric Times* 1998; 15(10). Accessed 9/20/04 at: <http://www.psychiatrictimes.com/p981049.html>

Maxmen JS, Ward NG. *Psychotropic Drugs Fast Facts*, 3rd ed. New York: WW Norton, 2002

McGoldrick M, Giordano J, Garcia-Preto N. *Ethnicity and Family Therapy*, 3rd ed. New York: Guilford Press, 2005

Meltzer HY, Baldessarini RJ. Reducing the risk for suicide in schizophrenia and affective disorders: Academic highlights. *J Clin Psychiatry* 2003; 64:9

Mini-Mental State Examination form. Available from Psychological Assessment Resources, Inc., 16204 North Florida Ave, Lutz, Florida (see <http://www.parinc.com/index.cfm>)

M'Naughton Rule. *Psychiatric News* 2002; 37(8)

Murray RB, Zentner JP. *Health Assessment and Promotion Strategies through the Life Span*, 6th ed. Stamford, CT: Appleton & Lange, 1997

Myers E. *LPNotes*. Philadelphia: FA Davis, 2004

Myers E. *RNotes*, 2nd ed. Philadelphia: FA Davis, 2006

Nagy Ledger of Merits. Accessed 8/2/04 at: <http://www.behavenet.com/capsules/treatment/famsys/ldgermrts.htm>

Nemeroff CB et al. VNS therapy in treatment-resistant depression: Clinical evidence and putative neurobiological mechanisms. *Neuropsychopharmacology* 2006; 31:1345–1355

Ng BD, Wiemer-Hastings P. Addiction to the Internet and online gaming. *Cyberpsychol Behav* 2005; 8:110–113

Nonacs RM. Postpartum depression. *eMedicine* June 17, 2004. Accessed 7/17/04 at: <http://www.emedicine.com/med/topic3408.htm>

Olanzapine + VA, Lithium vs Valproic Acid, Lithium: Therapeutic Use: Bipolar Disorders Accessed 8/1/04 at: http://www.luinst.org/cp/en/CNSforum/literature/trial_reports/reports/889317.html

Paliperidone (Invega). Product insert/prescribing information. Issued December 2006, Janssen, LP. Accessed 12/29/06 at: <http://www.invega.com>

Paquette M. Managing Anger Effectively. Accessed 8/2/04 at: <http://www.nurseweek.com/ce/ce290a.html>

Patient's Bill of Rights: American Hospital Association. Accessed 1/18/04 at: <http://joann980.tripod.com/myhomeontheweb/id20.html>

- Peplau H. A working definition of anxiety. In: Bird S, Marshall M, eds. *Some Clinical Approaches to Psychiatric Nursing*. New York: Macmillan, 1963
- Peplau HE. *Interpersonal Relations in Nursing*. New York: Springer, 1992
- Poulin C, Webster I, Single E. Alcohol disorders in Canada as indicated by the CAGE Questionnaire. *Can Med Assoc J* 1997; 157:1529–1535
- Rachid F, Bertschy G. Safety and efficacy of repetitive transcranial magnetic stimulation in the treatment of depression: A critical appraisal of the last 10 years. *Neurophysiol Clin* 2006; 36:157–183
- Rakel R. *Saunders Manual of Medical Practice*, 2nd ed. Philadelphia: WB Saunders, 2000
- Reiger DA et al. Comorbidity of mental disorders with alcohol and other drug abuse. *JAMA* 1990; 246:2511–2518
- Ramelteon (Rozerem): Prescribing information. Accessed on 11/29/2006 at: <http://www.rozerem.com/images/pi.pdf>
- Reno J. Domestic Violence Awareness. Office of the Attorney General. Accessed on 9/25/04 at: <http://www.ojp.usdoj.gov/ovc/help/cycle.htm> (last updated 4/19/2001)
- Rupp A, Keith SJ. The costs of schizophrenia: Assessing the burden. *Psychiatr Clin North Am* 1993; 16:413–423
- Sadock BJ, Sadock VA: Kaplan & Sadock's *Comprehensive Textbook of Psychiatry*, 8th ed. Baltimore: Lippincott Williams & Wilkins, 2005
- Satcher D. *Mental Health: A Report of the Surgeon General*. Rockville, MD: US Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services, National Institutes of Health, National Institute of Mental Health, 1999. Accessed 1/19/04 at: <http://www.surgeongeneral.gov/library/mentalhealth/home.html>
- Scanlon VC, Sanders T. *Essentials of Anatomy and Physiology*, 5th ed. Philadelphia: FA Davis, 2007
- Schloendorff v. Society of New York Hospital, 105 NE 92 (NY 1914)
- Schnell ZB, Van Leeuwen AM, Kranpitz TR. *Davis's Comprehensive Handbook of Laboratory and Diagnostic Tests with Nursing Implications*. Philadelphia: FA Davis, 2003
- Selegiline Transdermal System (Emsam) Prescribing information. Accessed on 11/29/2006 at: <http://www.bms.com/>
- Selye H. *The Stress of Life*. New York: McGraw-Hill, 1976
- Selzer ML, Vinokur A, van Rooijen L. A self-administered Short Michigan Alcoholism Screening Test (SMAST). *J Stud Alcohol* 1975; 36:117–126
- Shader I. *Manual of Psychiatric Therapeutics*, 3rd ed. Philadelphia: Lippincott Williams and Wilkins, 2003

- Shapiro F. Eye Movement Desensitization and Reprocessing: Basic Principles, Protocols, and Procedures, 2nd ed. New York: Guilford Press, 2001
- Shea CA et al. American Psychiatric Nurses Association. Advanced Practice Nursing in Psychiatric and Mental Health Care. St. Louis: CV Mosby, 1999
- Sheikh JI, Yesavage JA. Geriatric Depression Scale (GDS): Recent evidence and development of a shorter version. In: Brink TL, ed. Clinical Gerontology: A Guide to Assessment and Intervention. New York: Haworth Press, 1986:165–173
- Skinner K. The therapeutic milieu: Making it work. J Psychiatr Nursing Mental Health Serv 1979; 17:38–44
- Smith GR, Kramer TL, Hollenberg JA et al. Validity of the Depression-Arkansas (D-ARK) scale: A tool for measuring major depressive disorder. Mental Health Services Research 2002; 4
- Sonne SC, Brady KT. Bipolar Disorder and Alcoholism. National Institute on Alcohol Abuse and Alcoholism (NIAAA). Posted November 2002. Accessed 7/3/04 at: <http://www.niaaa.nih.gov/publications/arh26-2/103-108.htm>
- Stiles MM, Koren C, Walsh K. Identifying elder abuse in the primary care setting. Clin Geriatr 2002; 10. Accessed 8/7/04 at: www.mmhc.com
- Stuart MR, Lieberman JA. The Fifteen Minute Hour: Applied Psychotherapy for the Primary Care Physician, 3rd ed. Westport, CT: Praeger, 1993:101–183
- Suicide Risk Factors. Accessed 8/7/04 at: <http://www.infoline.org/crisis/risk.asp>
- Tai B, Blaine J. Naltrexone: An Antagonist Therapy for Heroin Addiction. Presented at the National Institute on Drug Abuse, November 12–13, 1997. Accessed 7/3/2004 at: <http://www.nida.nih.gov/MeetSum/naltrexone.html>
- Tarasoff v. Regents of University of California (17 Cal. 3d 425 – July 1, 1976. S. F. No. 23042)
- Townsend MC. Essentials of Psychiatric Mental Health Nursing, 3rd ed. Philadelphia: FA Davis, 2005
- Townsend MC. Psychiatric Mental Health Nursing: Concepts of Care in Evidence-Based Practice, 5th ed. Philadelphia: FA Davis, 2006
- Travelbee J. Interpersonal Aspects of Nursing. Philadelphia: FA Davis, 1971
- Tucker K. Milan Approach to Family Therapy: A Critique. Accessed 8/2/04 at: <http://www.priory.com/psych/milan.htm>
- US Department of Health and Human Services: HIPAA. Accessed 11/27/2006.
- US Food and Drug Administration (FDA). Antidepressant Use in Children, Adolescents and Adults. Accessed 5/10/07 at: www.fda.gov/cder/drug/antidepressants/default.htm

US Food and Drug Administration (FDA). FDA Requests Label Change for All Sleep Disorder Drug Products. Accessed 5/11/07 at: www.fda.gov/bbs/topics/NEWS/2007/NEW01587.html

US Public Health Services (USPHS). The Surgeon General's Call to Action to Prevent Suicide. Washington, DC: US Department of Health and Human Services, 1999. Accessed 1/18/04 at:

<http://www.surgeongeneral.gov/library/calltoaction/calltoaction.htm>

Van der Kolk BA. Trauma and memory. In: Van der Kolk BA, McFarlane AC, Weisaeth L. Traumatic Stress. New York: Guilford Press, 1996

Virginia Satir. In Allyn & Bacon Family Therapy Web Site. Accessed 8/2/04 at: <http://www.abacon.com/famtherapy/satir.html>

Walker LE. The Battered Woman. New York: Harper & Row, 1979

Walter LJ et al. The Depression-Arkansas scale: A validation study of a new brief depression scale in an HMO. J Clin Psychol 2003; 59:465–481.

World Health Organization (WHO) (1975, 2002). Sexual health and Sex. Accessed 11/27/06 at: http://www.who.int/reproductive-health/gender/sexual_health.html

Yalom ID, Leszcz M. The Theory and Practice of Group Psychotherapy, 5th ed. New York: Perseus Books, 2005

Yatham LN et al. Bipolar depression: Treatment options. Can J Psychiatry 1997; 42(Suppl 2):87S-91S

Yesavage JA et al. Development and validation of a geriatric depression screening scale: A preliminary report. J Psychiatr Res 1983; 17:37–49

Young People Advised Not to Use Seroxat. 10 Downing Street, Newsroom, October 6, 2003. Accessed 9/25/04 at: <http://www.number-10.gov.uk/output/page3851.asp>

Zyprexa (Eli Lilly Company). Accessed 8/1/04 at: <http://pi.lilly.com/us/zyprexa-pi.pdf>

Credits

Dosage and drug data in Psychotropic Drug Tab from Table 21.3, p. 290 (Antianxiety Agents); Table 21.4, p. 292 (Antidepressants), Table 21.7, p. 297 (Mood Stabilizing Agents), and Table 21.9, p. 302 (Antipsychotics), in Townsend MC. Psychiatric Mental Health Nursing, 5th ed., 2006, and from Deglin JH, Vallerand AH: Davis's Drug Guide for Nurses, 10th ed. Philadelphia: FA Davis Company, 2007, with permission.

DSM-IV-TR criteria in Disorders tab, Global Assessment of Functioning (GAF) form, Multiaxial System, and DSM-IV-TR classifications: Axes I and II categories and codes, reprinted with permission from the Diagnostic and Statistical Manual of Mental Disorders, 4th ed., Text Revision. Washington, DC: American Psychiatric Association, 2000.

Index

Note: Page numbers followed by f refer to figures/illustrations.

A

Abbreviations, 179–180
 Abilify (aripiprazole), 128
 Abnormal involuntary movement scale (AIMS), 41–44
 Abused substances. *See* Substance use/abuse.
 Abusive behavior, 168–171
 child as victim of, 169, 170
 disorders related to, *DSM-IV-TR* categories of, 193
 elderly as victim of, 175
 escalation of anger to, 163–164
 reporting of, 16
 sexual, 169–170, 171
 Addiction, 65. *See also* Substance use/abuse.
 ADHD (attention deficit/hyperactivity disorder), 96–97
 treatment of, 96–97, 114–115
 Aging, 172–173. *See also* Geriatric patient(s).
 AIMS (abnormal involuntary movement scale), 41–44
 Alcoholism, screening for, 33
 Alprazolam (Xanax), 127
 Alternative therapies, 111
 Alzheimer's disease, 61, 62
 vs. dementia with Lewy bodies, 63
 Ambien (zolpidem), 162
 Amitriptyline (Elavil), 128
 Amnesic disorders, 61
 DSM-IV-TR categories of, 183
 AN (anorexia nervosa), 90
 Anafranil (clomipramine), 132
 Anger, 163–164
 Anorexia nervosa (AN), 90
 Antianxiety agents, 112–113
 Antidepressants, 113
 use of, in children, 115
 Antiparkinsonian agents, 115
 Antipsychotic agents, 113–114
 adverse effects of, 116, 118–119
 Anxiety disorders, 78–83
 diagnosis of, tests preceding, 120
 DSM-IV-TR categories of, 188
 pharmacotherapy for, 112–113
 Anxiolytics, 112–113
 APIE (assessment-problem-intervention-evaluation) charting, 58
 Aripiprazole (Abilify), 128
 Arkansas scale, for rating depression, 46–48

Artane (trihexyphenidyl), 159
 Assault. *See* Abusive behavior.
 Assessment, psychiatric, 20–58
 Assessment-problem-intervention-evaluation (APIE) charting, 58
 Atarax (hydroxyzine), 140
 Ativan (lorazepam), 143
 Attention deficit/hyperactivity disorder (ADHD), 96–97
 treatment of, 96–97, 114–115
 Autonomic nervous system, 13

B

Battering, cycle of, 168. *See also* Abusive behavior.
 Benzotropine (Cogentin), 129
 Bipolar disorders, 73
 DSM-IV-TR categories of, 188
 BN (bulimia nervosa), 91
 Borderline personality disorder (BPD), 93
 Brain, function-specific areas of, 11f
 limbic system of, 12f
 Bulimia nervosa (BN), 91
 Bupropion (Wellbutrin), 129
 Buspirone (BuSpar), 130

C

CAGE screening questionnaire, for alcoholism, 33
 Carbamazepine (Tegretol), 130
 CD (conduct disorder), 97
 Celexa (citalopram), 132
 Central nervous system, 10, 11f, 12f
 Charting/documentation systems, 57–58
 Child(ren), 6–9
 abuse of, 169, 170
 antidepressant use in, 115
 developmental tasks faced by, 6–9
 psychiatric disorders in, 95–97
 DSM-IV-TR categories of, 180–182
 Chlordiazepoxide (Librium), 131
 Chlorpromazine (Thorazine), 131
 Citalopram (Celexa), 132
 Clock-drawing test, 50
 Clomipramine (Anafranil), 132
 Clonazepam (Klonopin), 133
 Clozapine (Clozaril), 133
 monitoring of users of, 121
 Cogentin (benztropine), 129

Cognitive behavioral therapy, 109–110

Cognitive disorders, 61–64

DSM-IV-TR categories of, 182–183

Commitment, types of, 16

Communication, 101–102

nonverbal, 100

Complementary therapies, 111

Complicated grief, 167

Compulsions, 81

Conduct disorder (CD), 97

Confidentiality, 15–16

Consent, informed, 18

Corgard (nadolol), 146

Crisis intervention, 163

Cultural perceptions, differences among, 51–54

Cyclothymic disorder, 73

Cymbalta (duloxetine), 136

D

Dalmane (flurazepam), 138

D-Ark scale (Arkansas depression rating scale), 46–48

Data-action-response (DAR) charting, 57

Death and dying (Kübler-Ross), 167

Defense mechanisms, 5–6

Delirium, 61

DSM-IV-TR categories of, 182

Dementia, 61–64, 173

Alzheimer's, 61, 62

vs. dementia with Lewy bodies, 63

diagnosis of, tests preceding, 120

DSM-IV-TR categories of, 182

Depakote (divalproex), 135

Dependence, 64, 66. *See also* Substance use/abuse.

Depression, 73, 74, 75

DSM-IV-TR categories of, 188

geriatric, 173

scale for rating, 49

postpartum, 77

scale for rating, 44–46

tests preceding diagnosis of, 121

scales for rating, 44–49

tests preceding diagnosis of, 121

treatment of, 110, 113

in children, 115

Desipramine (Norpramin), 134

Desyrel (trazodone), 158

Developmental tasks, 6–9

Diagnostic and Statistical Manual of Mental Disorders, 38–40, 180–193

Diathesis-stress model, 4

Diazepam (Valium), 134

Disasters, 166

Divalproex (Depakote), 135

Documentation/charting systems, 57–58

Doxepin (Sinequan), 135

Drug abuse. *See* Substance use/abuse.

Drug-herbal interactions, 116

Drug therapy, 112–115, 127–162

DSM-IV-TR, 38–40, 180–193

Duloxetine (Cymbalta), 136

Dying, 167

Dyskinesia, tardive, in users of antipsychotic drugs, 116

Dysthymic disorder, 73

E

Eating disorders, 89–91

DSM-IV-TR categories of, 190

Edinburgh Postnatal Depression Scale (EPDS), 44–46

Effexor (venlafaxine), 160

Elavil (amitriptyline), 128

Elderly. *See* Geriatric patient(s).

Emsam (selegiline), 154

EPDS (Edinburgh Postnatal Depression Scale), 44–46

Erikson, E., developmental tasks identified by, 7–8

Escitalopram (Lexapro), 136

Eskalith (lithium), 142

Eszopiclone (Lunesta), 137

Ethical issues, 15–18

Ethnicity, 50

Ethnocultural assessment tool, 55–56

Ethnocultural perceptions, differences among, 51–54

Extrapyramidal symptoms, of adverse effects of antipsychotic agents, 116

F

Family therapy, 107

Fight-or-flight response, 4

Fluoxetine (Prozac), 137

Fluphenazine (Prolixin), 138

Flurazepam (Dalmane), 138

Fluvoxamine (Luvox), 139

Focus charting, 57

Freudian theory, 5, 6–7

G

Gabapentin (Neurontin), 139

GAD (generalized anxiety disorder), 80

GAF (global assessment of functioning scale), 40–41

Gender, 86
 Gender identity disorders, 87, 89
DSM-IV-TR categories of, 190
 General adaptation syndrome, 4
 Generalized anxiety disorder (GAD), 80
 Genogram(s), 107, 108f, 109f
 Geodon (ziprasidone), 161
 Geriatric patient(s), 172–176
 abuse of, 175
 assessment of, 172
 dementia in, 173
 depression in, 173
 scale for rating, 49
 pharmacokinetics in, 117, 174–175
 pseudodementia in, 173
 schizophrenia in, 173–174
 suicide by, 176
 Global assessment of functioning scale (GAF), 40–41
 Grief, 167
 Group interventions, 103–106

H

Hallucinations, 70
 Haloperidol (Haldol), 140
 Health, mental, 2, 3
 sexual, 86
 Health Insurance Portability and Accountability Act (HIPAA), 16
 Herbs, 25
 drug interactions with, 116
 Hierarchy of needs, identification of, by Maslow, 3
 HIPAA (Health Insurance Portability and Accountability Act), 16
 Hydroxyzine (Atarax), 140
 Hyperactivity, and attention deficit, 96–97
 treatment of, 96–97, 114–115
 Hypoactive sexual desire disorder, 88

I

Illness, mental, 2. *See also* Psychiatric disorders.
 biological aspects of, 9
 legal definition of, 2
 Imipramine (Tofranil), 141
 Impulse transmission, at synapse, 14f
 Incest, 170
 Inderal (propranolol), 151
 Informed consent, 18
 Internet addiction, 65
 Interpersonal development, stages of, 7, 9
 Interventions, 98–111, 163

Intoxication, 65. *See also* Substance use/abuse.
 Invega (paliperidone), 149
 Involuntary commitment, 16
 Involuntary movement, abnormal, assessment of, 41–44

J

Jahoda, M., mental health potentiators identified by, 3

K

Klonopin (clonazepam), 133

L

Laboratory reference values, 122–125
 Laboratory tests, preceding diagnoses of psychiatric disorders, 120–121
 Lamotrigine (Lamictal), 141
 Late-onset schizophrenia, 173–174
 Legal issues, 15–18
 Lewy bodies, dementia with, 63
 Lexapro (escitalopram), 136
 Librium (chlordiazepoxide), 131
 Limbic system, 12f
 Lithium (Eskalith), 142
 Lorazepam (Ativan), 143
 Loxapine (Loxitane), 143
 Luminal (phenobarbital), 150
 Lunesta (eszopiclone), 137
 Luvox (fluvoxamine), 139

M

Mahler, M., developmental tasks identified by, 8
 Mania, 76
 diagnosis of, tests preceding, 121
 MAOIs (monoamine oxidase inhibitors), 145
 food/medication restrictions for users of, 117–118
 Maslow, A., needs hierarchy identified by, 3
 Medical history, recording of, 25–31
 Mellaril (thioridazine), 156
 Memory, problems with, 61
 DSM-IV-TR categories of, 183
 Mental health, 2
 identification of potentiators of, by Jahoda, 3
 Mental illness, 2. *See also* Psychiatric disorders.
 biological aspects of, 9
 legal definition of, 2
 Mental retardation, 95
 Mental status assessment, 34–38
 Michigan Alcoholism Screening Test, 33
 Mind-body dualism, 9
 Mini-Mental State Examination, 50

Mirtazapine (Remeron), 144
 Molindone (Moban), 144
 Monoamine oxidase inhibitors (MAOIs), 145
 food/medication restrictions for users of, 117–118
 Mood disorders, 72–78. *See also* Depression.
 DSM-IV-TR categories of, 188
 Mood stabilizers, 113
 therapeutic plasma levels of, 120
 Movement, abnormal involuntary, assessment of, 41–44
 adverse effects of antipsychotics on, 116

N

Nadolol (Corgard), 146
 NANDA (North American Nursing Diagnosis Association) nomenclature, 196–201
 behaviors correlated with, 194–196
 Needs hierarchy, identification of, by Maslow, 3
 Nefazodone (Serzone), 146
 Neglect, 170. *See also* Abusive behavior.
 Nervous system, 10–13
 autonomic, 13
 central, 10, 11f, 12f
 peripheral, 10
 Neuroleptics, 113–114
 adverse effects of, 116, 118–119
 Neurontin (gabapentin), 139
 Neurotransmitters, 15
 Nonverbal communication, 100
 Norpromin (desipramine), 134
 North American Nursing Diagnosis Association (NANDA) nomenclature, 196–201
 behaviors correlated with, 194–196
 Nortriptyline (Pamelor), 147

O

Object relations theory, of personality development, 8
 Obsessive-compulsive disorder, 81
 Obsessive-compulsive personality disorder, 92
 Olanzapine (Zyprexa), 147
 Olanzapine/fluoxetine (Symbax), 148
 Older population. *See* Geriatric patient(s).
 Oppositional defiant disorder, 97
 Orap (pimozide), 150
 Orientation, sexual, 86
 Oxazepam (Serax), 148

P

Painful sexual dysfunctions, 86
 Paliperidone (Invega), 149
 Pamelor (nortriptyline), 147

Paraphilias, 87, 89
 DSM-IV-TR categories of, 190
 Parasympathetic nervous system effects, 13
 Parkinsonism, pharmacotherapy for, 115
 Paroxetine (Paxil), 149
 Patient's Bill of Rights, 18
 Paxil (paroxetine), 149
 Peplau, H., developmental tasks identified by, 9
 phases of relationship development, 99
 Peripheral nervous system, 10
 Personality development, stages of, 6–9
 Personality disorders, 92–94
 Pharmacokinetics, 114
 in elderly, 117, 174–175
 Pharmacotherapy, 112–115, 127–162
 Phenobarbital (Luminal), 150
 PIE (problem-intervention-evaluation) charting, 58
 Pimozide (Orap), 150
 POR (problem-oriented record), 57
 Postpartum depression, 77
 diagnosis of, tests preceding, 121
 scale for rating, 44–46
 Posttraumatic stress disorder (PTSD), 82
 Problem-intervention-evaluation (PIE) charting, 58
 Problem-oriented record (POR), 57
 Prolixin (fluphenazine), 138
 Propranolol (Inderal), 151
 Prozac (fluoxetine), 137
 Pseudodementia, 61, 173
 Psychiatric assessment, 20–58
 Psychiatric disorders, 61–97
 DSM-IV-TR categories of, 180–193
 tests preceding diagnoses of, 120–121
 Psychiatric interventions, 98–111
 Psychiatric terminology, 201–214
 Psychoanalytic theory, 5
 Psychosexual development, stages of, 6–7
 Psychosocial theory, of personality development, 7–8
 Psychotic disorders, 67–72
 DSM-IV-TR categories of, 187
 in geriatric patients, 173–174
 tests preceding diagnosis of, 121
 treatment of, 113–114
 adverse effects of agents used in, 116, 118–119
 Psychotropic drugs, 112–115, 127–162
 interactions of, with herbals, 116
 PTSD (posttraumatic stress disorder), 82

Q

Quetiapine (Seroquil), 151

R

Ramelteon (Rozerem), 152
 Refusal of treatment, right to, 18
 Remeron (mirtazapine), 144
 Restraints, 17–18
 Retardation, mental, 95
 Risperidone (Risperdal), 153
 Rozerem (ramelteon), 152

S

Safety plan, to escape abuser, 168
 Schizophrenia, 67–72
 diagnosis of, tests preceding, 121
 DSM-IV-TR categories of, 187
 late-onset, 173–174
 treatment of, 113–114
 adverse effects of agents used in, 116, 118–119
 Screening, for alcoholism, 33
 Seclusion, 17
 Section 302 commitment, 16
 Selegiline (Emsam), 154
 Senior citizens. *See* Geriatric patient(s).
 Serax (oxazepam), 148
 Seroquil (quetiapine), 151
 Serotonin syndrome, 119
 Sertraline (Zoloft), 155
 Serzone (nefazodone), 146
 Sex, 86
 Sexual abuse, 169–170, 171
 Sexual desire disorder, hypoactive, 88
 Sexual dysfunctions, 86, 88, 89
 DSM-IV-TR categories of, 189–190
 Sexual health, 86
 Sexual orientation, 86
 Short Michigan Alcoholism Screening Test, 33
 SIGECAP mnemonic, for depression, 74
 Sinequan (doxepin), 135
 Sleep disorders, *DSM-IV-TR* categories of, 190–191
 Somatoform disorders, 84–85
 DSM-IV-TR categories of, 189
 Sonata (zalephon), 161
 Stress, response to, 4
 traumatic, sequelae of, 82
 Substance use/abuse, 64–67
 disorders related to, 64–67
 DSM-IV-TR categories of, 183–187
 history of, recording of, 31–32
 Suicide, 164–166
 by elderly, 176
 Sullivan, H. S., developmental tasks identified by, 7

Symbax (olanzapine/fluoxetine), 148
 Sympathetic nervous system effects, 13
 Synapse, impulse transmission at, 14f

T

Tardive dyskinesia, in users of antipsychotic drugs, 116
 Tegretol (carbamazepine), 130
 Terrorism, 166
 Therapeutic milieu, 103
 Therapeutic relationship, 98–99
 Thioridazine (Mellaril), 156
 Thorazine (chlorpromazine), 131
 Thought disorders, 71
 302 (Section 302) commitment, 16
 Tofranil (imipramine), 141
 Tolerance, 65. *See also* Substance use/abuse.
 Topiramate (Topamax), 157
 Topographic model, of mind, 5
 Traumatic stress, sequelae of, 82
 Trazodone (Desyrel), 158
 Trihexyphenidyl (Artane), 159

U

Uncomplicated grief, 167

V

Valium (diazepam), 134
 Venlafaxine (Effexor), 160
 Violence. *See* Abusive behavior.
 Voluntary commitment, 16

W

War, 166
 Wellbutrin (bupropion), 129
 Withdrawal, 65. *See also* Substance use/abuse.

X

Xanax (alprazolam), 127

Y

Yalom, A., positive group experiences identified by, 106

Z

Zalephon (Sonata), 161
 Ziprasidone (Geodon), 161
 Zoloft (sertraline), 155
 Zolpidem (Ambien), 162
 Zyprexa (olanzapine), 147