Chapter 14
Depressive Disorders

Major Depressive Disorder

- Persistently depressed mood…
- Symptom include:

Depressive Disorders Classified

- Disruptive mood dysregulation disorder
- Dysthmic disorder
- Premenstrual dysphoric disorder
- Substance abuse depressive disorder
- Depressive disorder associated with another medical condition
Epidemiology

- Leading cause of disability in the United States
  - Children and adolescents
  - Older adults
- Comorbidity

Etiology

- Biological factors
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.

Etiology (Cont.)

- Psychological factors
  - Cognitive theory
  - Learned helplessness
Nursing Process

- Assessment
  - 1
  - 2
  - 3

Nursing Process (Cont.)

- Areas to assess
  - 1
  - 2
  - 3
  - 4
  - 5
  - 6
  - 7

Nursing Process (Cont.)

- Age considerations
  - Children and adolescents
  - Older adults
- Self assessment
- Feeling what the patient is feeling
Which question would be a priority when assessing for symptoms of major depression?

A. “Tell me about any special powers you believe you have.”
B. “You look really sad. Have you ever thought of harming yourself?”
C. “Your family says you never stop. How much sleep do you get?”
D. “Do you ever find that you don’t remember where you’ve been or what you’ve done?”

Nursing Process (Cont.)

- Nursing diagnosis
  - Risk for suicide—safety is always the highest priority
  - Hopelessness
  - Ineffective coping
  - Social isolation
  - Spiritual distress
  - Self-care deficit

Nursing Process (Cont.)

- Outcomes identification
- Recovery model
  - 1
  - 2
  - 3
Planning
- Geared toward
  1
  2
  3

Implementation (Cont.)
- Three phases
  - Acute phase
  - Continuation phase
  - Maintenance phase

Counseling and communication
Health teaching and health promotion
Promotion of self-care activities
Teamwork and safety
Psychopharmacology

- Antidepressants
  - Selective serotonin reuptake inhibitors (SSRIs)
    - First-line therapy
    - Indications
    - Adverse reactions
    - Potential toxic effects

Psychopharmacology (Cont.)

- Tricyclic antidepressants (TCAs)
  - Neurotransmitter effects
  - Indications
  - Adverse effects
  - Toxic effects
  - Adverse drug interactions
  - Contraindications
  - Patient and family teaching

Psychopharmacology (Cont.)

- Monoamine oxidase inhibitors (MAOIs)
  - Neurotransmitter effects
  - Indications
  - Adverse/toxic effects
  - Interactions
    - Drugs
    - Food
  - Contraindications
Case Study

- Your patient was just diagnosed with a major depressive disorder.
- What medication do you anticipate the healthcare provider will start the patient on?
- What side effects might the patient experience?

Other Treatments for Depression

- Electroconvulsive therapy (ECT)
- Transcranial magnetic stimulation
- Vagus nerve stimulation
- Deep brain stimulation
- Light therapy
- St. John’s wort
- Exercise

Advanced Practice Interventions

- Psychotherapy
  - Cognitive-behavioral therapy (CBT)
  - Interpersonal therapy (IPT)
  - Time-limited focused psychotherapy
  - Behavior therapy
- Group therapy
Nursing Process (Cont.)

- Evaluation
  - Suicide ideation
  - Intake
  - Sleep pattern
  - Personal hygiene and grooming
  - Self-esteem
  - Social interaction

Audience Response Questions

1. A patient with major depression walks and moves slowly. Which term should the nurse use to document this finding?

   A. Psychomotor retardation
   B. Psychomotor agitation
   C. Vegetative sign
   D. Anhedonia

Audience Response Questions

2. Which assessment finding in a patient with major depression represents a vegetative sign?

   A. Restlessness
   B. Hypersomnia
   C. Feelings of guilt
   D. Frequent crying