



CHAPTER 13

Bipolar and Related Disorders

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Clinical Picture

- ❑ Bipolar I disorder
- ❑ Bipolar II disorder
- ❑ Cyclothymia



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Case Study

- ❑ A patient was just admitted to your unit with bipolar disorder I and is in the manic state.
- ❑ What symptoms might you expect to see?



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Epidemiology

- ☐ Lifetime prevalence of bipolar disorder in the United States is 5.1%
- ☐ Bipolar I -
- ☐ Bipolar II -
- ☐ Cyclothymia -



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Etiology

- ☐ Biological factors
 - Genetic
 - Neurobiological
 - Neuroendocrine
- ☐ Psychological factors
- ☐ Environmental factors



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Assessment

- ☐ Mood
- ☐ Behavior
- ☐ Thought processes and speech patterns
 - Flight of ideas
 - Clang associations
 - Grandiosity
- ☐ Cognitive functioning



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Case Study (Cont.)

- ❑ What are some problems that can be avoided if your manic patient gets proper treatment?



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Self-Assessment

- ❑ Manic patient
 - Manipulative
 - Demanding
 - Splitting
- ❑ Staff member actions
 - Frequent staff meetings to deal with patient behavior and staff response
 - Set limits consistently



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Assessment Guidelines Bipolar Disorder

- ❑ Danger to self or others
- ❑ Need for protection from uninhibited behaviors
- ❑ Need for hospitalization
- ❑ Medical status
- ❑ Coexisting medical conditions
- ❑ Family's understanding



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Nursing Diagnosis

- ☐ Risk for injury
- ☐ Risk for violence
 - Other-directed
 - Self-directed
- ☐ Ineffective coping



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Outcomes Identification

- ☐ Acute phase
 - Prevent injury
- ☐ Continuation phase
 - Relapse prevention
- ☐ Maintenance phase
 - Limit severity and duration of future episodes



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Planning

- ☐ Acute phase
 - Medical stabilization
 - Maintaining safety
 - Self-care needs
- ☐ Continuation phase
 - Maintain medication adherence
 - Psychoeducational teaching
 - Referrals
- ☐ Maintenance phase
 - Prevent relapse





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Implementation


- ▣ Acute phase
 - Depressive episodes
 - Manic episodes
- ▣ Continuation phase
 - Prevent relapse with follow-up care
- ▣ Maintenance phase
 - Prevent recurrence

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Pharmacological Interventions


- ▣ Lithium carbonate
 - Indications
 - Therapeutic and toxic levels
 - Therapeutic blood level:
 - Maintenance blood level:
 - Toxic blood level:
 - Maintenance therapy
 - Contraindications



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Case Study (Cont.)

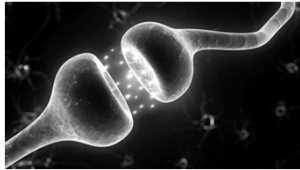
- ▣ Your patient with mania has been started on lithium.
- ▣ What patient teaching about this medication should the nurse provide before the patient is discharged?



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Anticonvulsant Drugs

- ❑ Valproate (Depakote)
- ❑ Carbamazepine (Tegretol)
- ❑ Lamotrigine (Lamictal)



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Antianxiety & Antipsychotic Use in Bipolar Treatment

- ❑ Clonazepam (Klonopin)
- ❑ Lorazepam (Ativan)
- ❑ Atypical antipsychotics
- ❑ Olanzapine (Zyprexa)
- ❑ Risperidone (Risperdal)



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Other Treatments

- ❑ Electroconvulsive therapy (ECT)
- ❑ Teamwork and safety
- ❑ Support groups
- ❑ Health teaching and health promotion



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Advanced Practice Interventions

- ☐ Psychotherapy
 - Cognitive-behavioral therapy (CBT)
 - Interpersonal and social rhythm therapy



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Evaluation

- ☐ Evaluate outcome criteria
- ☐ Reassess care plan
- ☐ Revise care plan if indicated



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Audience Response Questions

1. Which anticonvulsant medication might be prescribed for a patient with bipolar disorder?
 - A. Divalproex sodium (Depakote)
 - B. Clonazepam (Klonopin)
 - C. Olanzapine (Zyprexa)
 - D. Lithium (Lithobid)

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