

Chapter 14

Depressive Disorders

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc.

Major Depressive Disorder

- Persistently depressed mood...
- - Symptom include:

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc. 2

Depressive Disorders Classified

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

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc. 3

Epidemiology

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

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc. 4

Etiology

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

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc. 5

Etiology (Cont.)

- Psychological factors
 - Cognitive theory
 - Learned helplessness

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc. 6

Nursing Process

- Assessment
 - 1
 - 2
 - 3

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc. 7

Nursing Process (Cont.)

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

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc. 8

Nursing Process (Cont.)

- Age considerations
 - Children and adolescents
 - Older adults
- Self assessment
- Feeling what the patient is feeling

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc. 9

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?"

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc. 10

Nursing Process (Cont.)

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

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc. 11

Nursing Process (Cont.)

- Outcomes identification
- Recovery model
 - 1
 - 2
 - 3

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc. 12

Nursing Process (Cont.)

- Planning
- Geared toward
 - 1
 - 2
 - 3

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc. 13

Nursing Process (Cont.)

- Implementation
- Three phases
 - Acute phase
 - Continuation phase
 - Maintenance phase

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc. 14

Nursing Process (Cont.)

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

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc. 15

Psychopharmacology

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

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc. 16

Psychopharmacology (Cont.)

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

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc. 17

Psychopharmacology (Cont.)

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

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc. 18

Case Study

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

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc.

19

Other Treatments for Depression

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

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc.

20

Advanced Practice Interventions

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

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc.

21

Nursing Process (Cont.)

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

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc.

22

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

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc.

23

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

Copyright © 2014, 2010, 2006 by Saunders, an imprint of Elsevier Inc.

24
