

## Antianxiety Drugs

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## IMPLICATIONS

- Treatment of anxiety and...
- Treatment of severe stress or ...
- Short-term use is recommended...
- Long-term use may result ...



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Lydia has recently lost her 3-year-old son to cancer. She is trying to plan the child's funeral. Lydia is experiencing severe stress and grief. She is upset with herself for becoming emotional easily. She is preparing to go to the undertaker and decides to ask her physician for a medication to assist with her severe stress. Which of the following medications would be appropriate for Lydia at this time in her life?

- A. Diazepam 5 mg BID
- B. Paroxetine 20 mg every day
- C. Bupropion 5 mg BID
- D. Buspirone 5 mg BID



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## STATISTICS

- ▣ One-third of the risk of ...
- ▣ More prevalent in females...
- ▣ More commonly reported in...
- ▣ Tends to be overdiagnosed in...



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## ANTI-ANXIETY DRUGS

- ▣ Benzodiazepines
- ▣ Buspirone (Buspar)
- ▣ SSRIs
- ▣ Venlafaxine (Effexor)
- ▣ Other antidepressants
- ▣ Selected anticonvulsants
- ▣ Propranolol (Inderal)



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## BENZODIAZEPINES

- ▣ Side effects
  - Drowsiness, fatigue
  - Slow reflexes, confusion
- ▣ Abuse potential
- ▣ Physical dependence
- ▣ Tolerance
- ▣ Withdrawal syndrome
- ▣ Drug-drug interactions



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## CASE STUDY

- ▣ Lydia is feeling somewhat better after taking the diazepam. She is reporting to her girlfriend that she is feeling confused at times with drowsiness and an increased reaction time. Lydia requests of her friend to drive her to her appointment to see her psychiatrist for her follow-up appointment.
- ▣ What may be causing her to feel confused at times, drowsy, with an increased reaction time?

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## BENZODIAZEPINES: PATIENT TEACHING

- ▣ Not for minor stresses
- ▣ Over-the-counter drugs might...
- ▣ Kava-kava and valerian cause...
- ▣ Avoid driving until...
- ▣ Do not exceed...
- ▣ Avoid alcohol and...
- ▣ Do not stop...

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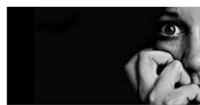
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## BUSPIRONE

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8



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# Antimanic Drugs

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## IMPLICATIONS OF ANTIMANIC DRUGS



- ☐ Treatment of manic in patients...
- ☐ Stabilizes mood resulting in...

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## STATISTICS

Average age of onset is 18 years.



Family history ...

Females are more likely ...

More than 90% of persons with a single...

Bipolar disorder is more common in ...

There is a lifetime risk for suicide...



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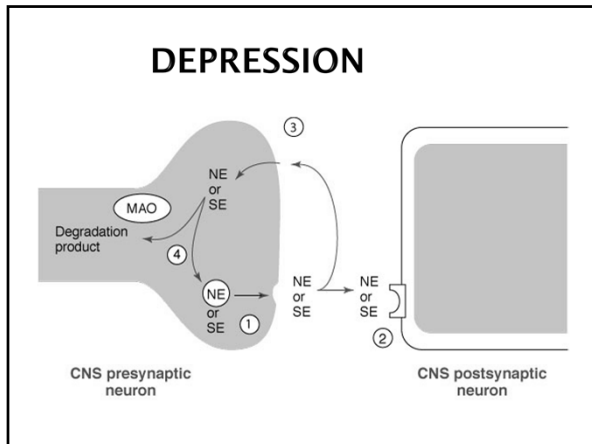
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## LITHIUM PHARMACOKINETICS

- ▣ Absorption: GI tract
- ▣ Excretion: kidneys
- ▣ Plasma half-life: 24 hours
- ▣ Narrow therapeutic index
  - 0.6 to 1.2 mEq/L

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## PATIENT GUIDELINES: LITHIUM

- ▣ Take at same time daily.
- ▣ Mild side effects are transient.
- ▣ Report ....
- ▣ Maintain salt intake and a balanced diet.
- ▣ Illness with fever, excessive sweating ...
- ▣ Lithium level: morning blood draw...

Lithium
Li
3

Li  
6.94

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## COMMON SIDE EFFECTS

- ▣ Therapeutic serum level of lithium is ...
- ▣ Common side effects



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## TOXIC EFFECTS

- ▣ Toxic serum level of lithium is greater than...
- ▣ S/Sx:
- ▣ Acute Toxicity:



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## NURSING INTERVENTIONS: LITHIUM THERAPY

Advise to elevate legs to...

Advise to maintain consistent...

Advise to avoid conception.

Discuss not driving until...

Stress importance of lithium levels.



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**NURSING INTERVENTIONS: LITHIUM THERAPY (Cont.)**

Prepare for side effects...

Discuss side effects that are transient.

Identify side effects that require...

Discuss what to do for a missed dose.

Suggest taking lithium with...

Suggest drinking...

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**IMPORTANT RELATIONSHIPS**

- ☐ Diuretics → ↑ Retention of Li
- ☐ NSAIDs → ↑ Retention of Li
- ☐ Renal disease → ↑ Half-life
  - ↓ Doses required
- ☐ ↑ Dietary Na → ↓ Li levels
- ☐ ↓ Dietary Na → ↑ Li levels
- ☐ ↓ Na via sweating, diarrhea → ↑ Li levels

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**ANTICONVULSANTS**

- ☐ Divalproex sodium – Depakote
- ☐ Carbamazepine – Tegretol
- ☐ Lamotrigine – Lamictal
- ☐ Oxcarbazepine – Trileptal
- ☐ Gabapentin – Neurontin
- ☐ Topiramate – Topamax

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## ANTIPSYCHOTICS

- ▣ Olanzapine – Zyprexa
- ▣ Risperidone – Risperdal
- ▣ Quetiapine – Seroquel
- ▣ Ziprasidone – Geodon
- ▣ Clozapine – Clozaril
- ▣ Aripiprazole – Abilify

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