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Antidepressants and Antianxiety Agents

Patient name: _____ Admission: _____

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- I. The client/caregiver can define purpose and action of antidepressant medication.**
- A. These drugs prevent or relieve the symptoms of depression.
 - B. Many of these drugs also are used to treat social anxiety disorders, obsessive compulsive disorders, panic disorders, chronic pain, some eating disorders, premenstrual dysphoric disorder, and posttraumatic stress disorders.
 - C. Antidepressants work by two methods. One method is to inhibit the uptake of serotonin. Another method is the tricyclic which increases the amount of norepinephrine and serotonin by blocking their reuptake.
 - D. Tricyclic antidepressants should not be given with monoamine oxidase inhibitor.
 - E. Antidepressants can be prescribed for short-term or continual use.
- II. The client/caregiver can describe the desired outcome when using these medications.**
- A. Relief of symptoms of depression and decrease in anxiety levels without adverse effects.

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- III. The client/caregiver can list important teaching tips and possible adverse reactions.**
- A. These drugs may impair mental and/or physical abilities such as driving or using heavy equipment.
 - B. Advise client not to use alcohol or over-the-counter medications without checking with physician first.
 - C. Advise physician if client becomes pregnant or is planning a pregnancy.
 - D. These medications should be kept out of the reach of children.
 - E. Encourage client/caregiver to contact physician if symptoms do not improve.
 - F. Report any suspicion or thoughts of suicide at once.
 - G. Side effects can range from dry mouth, hives, and constipation to urinary retention and dizziness or drowsiness.

REFERENCES

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- Deglin, J. H., & Vallerand, A. H. (2001). *Davis's drug guide for nurses*. Philadelphia: F. A. Davis Company.
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