

Nsg 552 Wilkes University EXAM 2 2023 QUESTIONS AND ANSWERS WITH COMPLETE SOLUTIONS|A GRADE

Acute anxiety - ✓✓ First line for acute panic may be short term benzo use. short acting benzos cause rebound anxiety and are the most abused

Benzodiazepines - ✓✓ Withdrawal can be dangerous, even deadly. Stopping abruptly is not advised. Symptoms of agitation, tension, irritability, and sz. may occur

anxiety disorders - ✓✓ psychological disorders characterized by distressing, persistent anxiety or maladaptive behaviors that reduce anxiety

anxiety disorders treatment - ✓✓ -non-activating antidepressants are a good place to start. for this disorder

first line treatment anxiety disorders - ✓✓ SSRI- Fluoxetine (Prozac), sertraline (Zoloft), and paroxetine (Paxil)

TCAs often effective but with riskier SE

may interfere with psychotherapy in TX of AD - ✓✓ Benzodiazepines- short acting Alprazolam are most abusable

Rapid onset BZD - ✓✓ used for acute panic disorder

BZD with long half- life (20-80 hours) - ✓✓ Diazepam (avoid in elderly)

BEERS criteria - ✓✓ A list of medications that are generally considered inappropriate when given to elderly people

BEERS criteria - ✓✓ Identifies High Risk Meds to Generate Wide List of Meds That Should be Avoided

The "Beers Criteria for Potentially Inappropriate Medication Use in Older Adults", commonly called the Beers List, are guidelines for healthcare professionals to help improve the safety of prescribing medications for older adults.

concomitant with pharmacological tx in AD - ✓✓ Psychotherapy

First line for specific phobias like clowns, blood, animals - ✓✓ Psychotherapy medications not all that helpful for specific phobias

OCD treatment - ✓✓ □ SSRI and CBT

BZD in treatment of OCD - ✓✓ □ Xanax, Valium, Klonipin

Trauma and Dissociative Disorders - ✓✓ □ Consider and treat and comorbid disorders as well

Trauma and Dissociative Disorders first line pharmacology - ✓✓ □ Antidepressants
Psychotherapy are treatment of choice

Dissociative disorders - ✓✓ □ the degree of insight the patient has is crucial to the outcome of psychotherapy

DID- Dissociative identity disorder - ✓✓ □ may consider multi pronged approach to treatment but strongly linked to childhood trauma so treating underlying PTSD s/s is often helpful

DID - ✓✓ □ discourage use of BZD

DID - ✓✓ □ beta blockers and alpha blockers useful for reducing sympathetic nervous system activation

Prazosin - ✓✓ □ alpha 1 blocker helpful for nightmares and flashbacks

anorexia nervosa - ✓✓ □ An eating disorder characterized by an obstinate and willful refusal to eat, a distorted body image, and an intense fear of being fat

Meds for anorexia - ✓✓ □ Prozac

Anafranil

Pariactin

Thorazine

Zyprexa

Used in anorexia nervosa - ✓✓ □ atypical antipsychotics

binge eating disorder - ✓✓ □ significant binge-eating episodes, followed by distress, disgust, or guilt, but without the compensatory purging, fasting, or excessive exercise that marks bulimia nervosa

treatment of binge eating disorder - ✓✓ □ Antidepressants and other medication, cognitive behavioral and interpersonal therapy.

psychosomatic goal - ✓✓ □ reduce discomfort, improve depression, improve anxieties or obsessive thoughts

SSRI indications - ✓✓☐ Major depression, OCD, GAD, panic disorder, social anxiety disorder and premenstrual dysphoric disorder

SSRI side effects - ✓✓☐ *BAD SSRI*

B - Body weight increase;

A - Anxiety/Agitation;

D - Dizziness; Dry mouth

S - Serotonin syndrome;

S - Stimulated CNS;

R - Reproductive/Sexual dysfunction

I - Insomnia;

antidepressants used in eating disorders - ✓✓☐ SSRIs (high doses), TCAs

TCAs - ✓✓☐ tricyclic antidepressants

TCA side effects - ✓✓☐ 3Cs - cardiotoxicity, coma, convulsions

antihistamine - weight gain, sedation

anti adrenergic - orthostasis, reflex tachy, arrhythmias, wide QRS/QT/PR

anti-muscarinic - dry mouth, constipation, urinary

retention, blurred vision, tachycardia, narrow angle glaucoma

serotonergic side effects - erectile/ejaculatory dysfunction in males, anorgasmia in females

lethal in overdose

weight gain

seizures

meds to treat Binge Eating Disorders - ✓✓☐ Vyvanse (lisdexamfetamine)

pharmacology indications for anorexia nervosa - ✓✓☐ No medications are approved to treat anorexia because none has been found to work very well. However, antidepressants or other psychiatric medications can help treat other mental health disorders you may also have, such as depression or anxiety.

pharmacotherapy indications for bulimia nervosa - ✓✓☐ The only antidepressant specifically approved by the Food and Drug Administration to treat bulimia is fluoxetine (Prozac), a type of selective serotonin reuptake inhibitor (SSRI), which may help even if you're not depressed.

Binge Eating Disorder Treatment - ✓✓☐ -responds more rapidly to treatment than other eating disorders

-self-help groups

-learn to eat only when hungry

-identify personal needs
-find healthful ways to express its emotions

Binge Eating Disorder Treatment - ✓✓☐CBT

Contraindicated in eating disorders due to eating disorders having elevated risk of sz - ✓✓☐Bupropion- "poor man's cocaine" hallmark of toxicity is sz.

Bupropion contraindications - ✓✓☐increases risk of seizures, anorexia, bulimia. avoid with any condition that increases seizure-- abrupt etoh withdrawal, head injuries.

antidepressants in binge eating disorders - ✓✓☐SSRI are first line if you are going to choose an antidepressant to treat as they are often very co-morbid with depression and anxiety disorders

If a patient has both eating disorder and comorbid depression or anxiety, treatment should follow indications for the comorbidity- ex.
if they have OCD comorbid with anorexia nervosa then what (?) would be indicated for the OCD should be your choice - ✓✓☐SSRI

Insomnia treatment - ✓✓☐nonpharmacologic treatments for insomnia include sleep hygiene, stimulus control, relaxation, sleep restriction, and cognitive behavioral therapy. Stimulus control focuses on eliminating stimulating bedroom activities and getting into bed only when sleepy.

benzodiazepine hypnotics (tx of insomnia) - ✓✓☐Diazepam, Midazolam, Zolazepam, Triazolam, flurazepam, temazepam
Potentiates the inhibitory action of GABA (inhibitory neurotransmitter that reduces feelings of fear and anxiety). Activation of the receptor causes an influx of Cl- ion movement into the neuron and hyperpolarization and inhibition of membrane depolarization

Benzodiazepine hypnotics affect - ✓✓☐REM sleep, tolerance, risk of abuse, rebound insomnia

Non-BZD hypnotics for insomnia - ✓✓☐Zolpidem (Ambien)
Zaleplon (Sonata)
Eszopiclone (Lunesta)

non-benzo and OTC for insomnia - ✓✓☐tolerance to sedative effects can develop

half life meds for insomnia in elderly - ✓✓☐pay particular attention,

Ambien contraindications - ✓✓☐hypersensitivity

zaleplon N considerations (Sonata) - ✓✓☐used in short-term insomnia treatment; Zaleplon (Sonata) does not prolong sleep time or decrease awakenings; elderly patients generally benefit the most; because of rapid onset, patients should take immediately before bedtime; avoid alcohol while using this med; may be habit-forming; "sleep driving" may occur; Rx; C-IV; Preg Cat C

Eszopiclone Contraindications (Lunesta) - ✓✓☐-Hypersensitivity reaction

-Pregnancy

-Lactation

-Depression

-Impaired hepatic function

-Impaired respiratory function

-Elderly with hepatic impairment or debilitating conditions

*Not recommended for children

Ramelteon side effects (melatonin) - ✓✓☐fatigue and dizziness

Headache

Long term use can increase prolactin = sex dysfunction

Narcolepsy treatment - ✓✓☐Modafinil (Provigil)

Cataplexy (narcolepsy) - ✓✓☐loss of muscle control & sudden REM sleep during waking hours
emotionally triggered

GHB sodium oxybate - ✓✓☐CIII

What is GHB - ✓✓☐Sodium oxybate, sold under the brand name Xyrem among others, is a medication used to treat two symptoms of narcolepsy: sudden muscle weakness and excessive daytime sleepiness.

Treatment of restless leg syndrome - ✓✓☐*Mild/intermittent sx*s*:

- Supplementation iron when serum ferritin < 75

- use supportive measures (leg massage, heating pads, exercise)

- avoid aggravating factors (sleep deprivation, meds)

*Persistent/moderate severe sx*s*:

First line: Dopamine agonists (pramipexole) (antiparkinson therapy)

Alternate: Alpha-2-delta calcium channel ligands (gabapentin enacarbil)

What is pramipexole? - ✓✓☐Dopamine receptor agonist

Ropinerole (Requip) - ✓✓☐dopamine agonist (PD)