

Psychopharmacology Study Guide

ANTIDEPRESSANTS

Antidepressants Atypical (Selective (*serotonin, dopamine, norepinephrine*) Reuptake Inhibitors)

- SSRIs
 - Prozac, Celexa, Paxil, Zoloft, Luvox, Lexapro.
 - **Mnemonic:** Professors Can Produce Zillions of Little Lessons
- S(N/D)RIs:
 - Wellbutrin, Effexor, Remeron, Duloxetine.
 - **Mnemonic:** WE(i)RD!
- Side Affects for atypical antidepressants
 - Potential for change in libido, appetite and weight (up or down), sleep patterns, heart rhythms.
 - Potential for diarrhea, N/V, anxiety, dry mouth, confusion, headache (especially during dose changes for about 3 weeks)
- Goofy Side Effects Story for Atypical Antidepressants (SSRIs, SNRIs, SDRIs)
 - The atypical girl was heartbroken and depressed after her boyfriend left her. She couldn't eat, she couldn't sleep. She was so upset that she felt sick to her stomach all the time, causing horrible diarrhea. She was very confused about why her boyfriend would leave her, but he truth was, her boyfriend left because of her low libido...it seems she always "had a headache." She wanted to please her boyfriend, but every time she thought about sex she got nervous, felt dizzy and broke out into a sweat. Her hands would shake so bad that she couldn't even hold a glass of water and take a drink...talk about having a dry mouth!

Antidepressants Traditional (TCAs/QCAs - Tricyclic and Quatracyclic antidepressants)

- These end in *tyline* or *amine* except Amoxapine, Doxepine and Maprotiline. You just have to remember those 3. There are no other drugs in other groups that end with 'tyline' or 'amine' (EXCEPT diphenhydramine/Benadryl).
 - Side Affects
 - **Narrow therapeutic window and an overdose can kill you!!!**
 - If someone is suicidal, the doc will only prescribe a few days or a weeks worth of these at a time to prevent an overdose!
 - Grand mal seizure and hyperthermia (cooks the brain).
 - Potential for: decrease in libido, decrease in all blood cell production, changes in HR and rhythm, constipation, difficulty in urinating, orthostatic dizziness, weight gain, muscle twitches
 - Goofy Side Effects Story for Typical Antidepressants
 - A very traditional man became depressed when his dog B.C. ran away. He ran through the neighborhood, and worked up quite a sweat. His heart raced, and as he searched for his dog, he realized that for the first time in years he wasn't thinking about sex. This realization stopped him dead in his tracks, and his heart slowed. As he stood there, mouth dry and muscles twitching from the exertion, he saw B.C. trying to urinate on a fat lady's lawn. He ran to his dog and scooped him up, dizzy with happiness. He danced around the yard with graceful rhythm, until he stepped in a pile of dog poo. "BC", he exclaimed. "I thought you were constipated!" He flailed around the yard trying to get the poo off his shoe as the fat lady watched from her window. She was convinced the traditional man who was flailing about on the lawn was having a seizure or a stroke.
- *B.C. = blood cells (decrease in white and red blood cell production)

Psychopharmacology Study Guide

MAOIs (Monoamine oxidase inhibitors)

- Marplan, Nardil, Parnate. They sound like alien names to me and that is how I remembered them.
- Side Affects
 - **Lots of drug and food interactions!!!**
 - Avoid food and drugs containing Tryptophan or Tyramine. These substances can lead to malignant hypertension.
 - Don't eat or drink anything that you would if you were on a fancy vacation! Wine, beer, aged cheese, chicken liver, chocolate, bananas, soy sauce, meat tenderizers, salami, bologna, pickled fish or caffeine.
- Side Effects Goofiness
 - My plan is to not die at the party where they serve fancy food.
 - my plan = Marplan
 - not die = Nardil
 - party = Parnate

ANXIOLYTICS

Benzodiazepines

- Most of these end with "am".
- Librium (Chlordiazepoxide) doesn't, and is used to "liberate" alcoholics from their addiction.
- Tranxene doesn't.
- Important to remember:
 - Xanax (Alprazolam) -most habit forming
 - Valium (Diazepam) falls into this group
- Side Affects
 - Potential for dependence
 - Stopping abruptly can increase anxiety, HA, loss of appetite and in extreme cases: *seizures*
 - Do not use with alcohol
- Goofy Side Effects Story for Benzos
 - Benzo the clown, like most clowns, was very tolerant of small children. Though, truth be told, they made him extremely tired. One day, he decided to stop seeing the children completely. "I'm done with this headache" he said. But once he got home he realized he missed the kids and he stayed up all night thinking about them. The next day he skipped breakfast, which made him feel dizzy, but he didn't care. He ran so fast to see the kids that he got dizzy, fell down, hit his head and had a seizure.

Nonbenzodiazepines

- There are 2 that end with "am"s (Triazolam/Halcion and Temazepam/Restoril) and it is OK to learn them with the benzodiazepines since there really isn't much difference.
- I think that the brand names are easier to remember:
 - Restoril, Halcion, Buspar, and Desyrel
 - **Mnemonic:** *Anxious on buses? Bring bunnies because nobunnys(nonbenzodiazepines) will restore (Restoril) the desire (Desyrel) to hallucinate (Halcyon) on buses (Buspar).*

Atypical Anxiolytics

- Sonata, Ambien, Lunestra
- Think of a woman who takes Ambien and falls asleep to Frank Sinatra (Sonata) while the Lunar moon (Lunestra) shines through the window.

Psychopharmacology Study Guide

Other Anxiolytics

- This is just a weird combination of drugs.
- There are 3 beta blockers: Atenolol, Inderal, and Catapres.
- Then Atarax/Vistaril and Benadryl (most often used for allergic reactions).
- **Mnemonic:** *All Inquisitive Cats Attack Birds*

ANTIPSYCHOTICS

Atypical antipsychotics

- There are 6 of these and this mnemonic may help you remember them.
 - All (Abilify)
 - Good (Geodon)
 - Zoos (Zyprexa)
 - Save (Seroquel)
 - Rare (Risperdal)
 - Cats (Clozaril)
- Side effects: Weight gain and diabetes (also see end of traditional antipsychotics as these two groups share those S/As)

Rare cats
get fat.
Too much sugar
makes them huger.

Traditional antipsychotics

- There are a lot of these so there is a little song to help!
- (Sing it to the tune of “The William Tell Overture” also known as the theme song from “The Lone Ranger”)

*Loxitane, Trilafon, and Thorazine,
Serentil, Mellaril, and Stelazine,
If you're poor and have psychosis try them all
And Moban and Haloperidol!*

- These drugs are cheaper than the atypicals but are not used much because the S/As are more pronounced.
- Both antipsychotic groups share these side effects
- Side effects: think muscle control problems such as tremors, rigidity, contraction, dystonia, loss of facial expression, stooped posture, shuffling gait-pseudo parkinsonism, Tardive Dyskenesia (irreversible); also neuroleptic malignant syndrome where your temperature goes way up and your brain cooks to death.
- Goofy Side Effects Story for Traditional Antipsychotics
 - Bob was a single guy who could not control his muscle-building obsession. He really wanted a girlfriend, so he decided to try some other hobbies in hopes of meeting someone with skin problems just like his. His dream girl wasn't the typical type. He liked them big and he liked them diabetic! So, he went to a few speed-dating meetings, but they only made him restless, even when they played shuffle board. His favorite activities were poker (he has a great poker face), and limbo (his stopped posture made him a natural). After weeks of speed-dating, he finally met a girl at the Tardive, a dive bar near his house. The sad part of this tale is that she had neuroleptic malignant syndrome and died on their wedding night. Bob eventually wrote a screen play about the romance and is now back to contracting his muscles.

Psychopharmacology Study Guide

MOOD STABILIZERS/ANTICONVULSANTS

Traditional

- Lithium products: (this is easy since they all have 'lith' in them!)
 - Eskalith, Eskalith CR, Lithane, Lithobid, Lithium Citrate
- Side effects: Weight gain, drowsiness, weakness, nausea, fatigue, hand tremor, increase in thirst and urination, hypothyroidism, enlarged thyroid
- Lithium can be toxic and has a narrow therapeutic window. (0.6 – 1.2mmol Li+/liter and over 1.5mmol Li+/liter can kill you)
- Signs of Li+ toxicity are: N/V, drowsiness, slurred speech, blurred vision, confusion, muscle twitching, irregular heart beat, SEIZURES, coma
- Goofy Side Effects for Lithium
 - The fairy princess Lithium was the fairest, most delicate princess in all the land. One day she dared to argue with her future mother-in-law, the great Queen Eskalith. In retaliation, the queen cursed the princess, causing her to have an uncontrollable weakness for ice cream. In just a few weeks she gained a ton of weight. As a result, she just lied around all day feeling constantly tired. One day, her fiance Prince Thyroid came for a visit and saw her in this enlarged state. It made him nauseous to look at her. His hand tremored as he reached out to take her hand. He didn't really want to touch her, so he gave her a glass of water for her thirst instead.

Atypical

- Not so easy since there are a lot of them! However! Here is ANOTHER little song to help you remember them: (To be sung to the tune of "Jingle Bells")

*Depakote, Depakene, Keppra all the way,
Moods unstable? Having fits?
These drugs will make your day!*

*Tegretol, Lamictal, Neurontin, Gabatril,
Trileptal and Topamax,
They're all Atypical!*

ANTI-OBSESSIVE/COMPULSIVE MEDS

- There are just 2 of them!!!
 - Luvox: which I am sure you remember from the SSRI's!
 - Anafranil: which is less expensive!

PSYCHOSTIMULANTS

- Think of drugs to treat ADHD:
 - Ritalin/Concerta-methylphenidate
 - Dexedrine/Adderall-Dextroamphetamine
 - Strattera: non stimulant SNRI
 - Provigil/Modafinil

Deglin, Judith Hopfer, and April Hazard Vallerand. *Davis's Drug Guide for Nurses, with Resource Kit CD-ROM (Davis's Drug Guide for Nurses)*. Philadelphia: F A Davis Co, 2009. Print.

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