

NUR 2459 Mental and Behavioral Health Nursing

Rasmussen Mental Health Exam 2 Study Guide

SSRI's

ANSWER:

Citalopram (Celexa)

Escitalopram (Lexapro)

Fluoxetine (Prozac)

Fluvoxamine (Luvox)

Paroxetine (Paxil)

Sertraline (Zoloft)

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Potential side effects of SSRI's

ANSWER:

- Headache, which usually dissipates in a few days
- Nausea, which usually dissipates in a few days
- Sleeplessness and/or drowsiness during day, which usually dissipates in a few weeks
- Tremors and/or dizziness

- Sexual problems: reduces sexual drive, problems having and enjoying sex
- Agitation, feeling jittery and nervous; rare serotonin syndrome; rare activation of suicidal ideation

TCA's

ANSWER:

**Imipramine (Tofranil)

Amitriptyline (Elavil)

Clomipramine (Anafranil)

Desipramine (Norpramin)

Doxepin (Sinequan)

Maprotiline (Ludiomil)

Nortriptyline (Pamelor)

Protriptyline (Vivactil)

Trimipramine (Surmontil)

Amoxapine (Asendin)

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Potential side effects of TCA's

ANSWER:

***Anticholinergic effects (be careful in older adults, start LOW and go SLOW)

- Dry mouth

- Constipation
- Bladder problems (hard to empty bladder, weak urine stream, men with enlarged prostate may be more affected)
- Sexual problems include reduced sex drive, problems having and enjoying sex
- Blurred vision, which usually dissipates quickly
- Drowsiness

MAOI's

ANSWER:

**Phenelzine (Nardil)

Isocarboxazid (Marplan)

Tranlycypromine (Parnate)

Potential side effects of MAOI's

ANSWER:

- Hypotension
- Sedation, weakness, fatigue

- Insomnia
- Changes in cardiac rhythm
- Muscle cramps
- Anorgasmia or sexual impotence
- Urinary hesitancy or constipation
- Weight gain

MAOI's & tyramine

ANSWER:

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MAOI's inhibit the breakdown of tyramine in the liver.

Increased levels of tyramine can lead to high blood pressure, HYPERTENSIVE CRISIS, and eventually cerebrovascular accident and death.

Therefore people taking MAOIs must restrict their intake of tyramine so that their blood pressure does not rise to dangerous levels.

Tyramine foods include:

ANSWER: