



Psychiatric Medication

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Mental Health and Corrections





⌚ **Diagnosis**

⌚ **Medications**

⌚ **Who needs meds?**

⌚ **Why do we give meds?**

⌚ **Abuse?**

⌚ **Stigmas**



∞ **Detox**

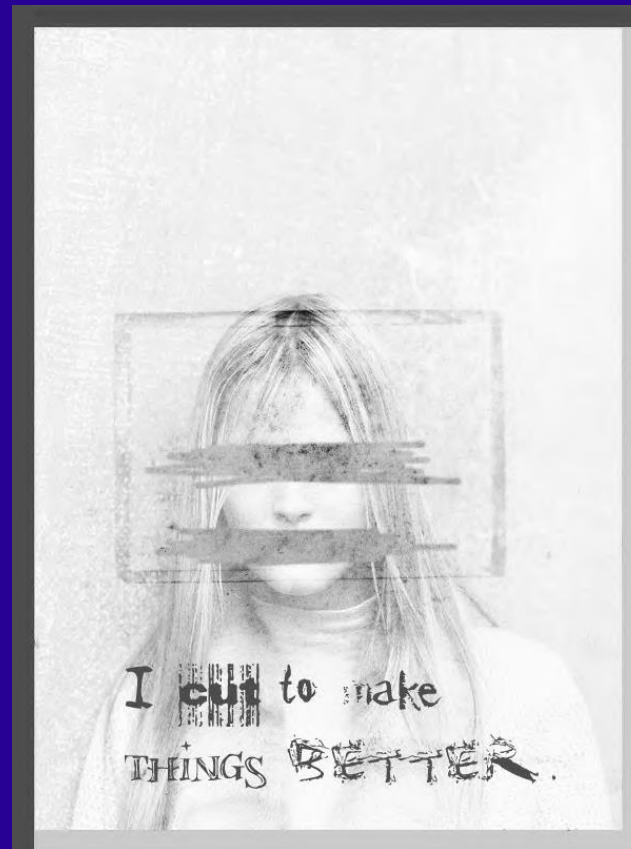
- **Alcohol**
- **Benzos**
- **Opiates**
- **Mind altering drugs- hallucinagens, spice**

∞ **Inhalants, etc.**

Depression

∞ Depression: loss of interest in daily activities, suicidal thoughts or tendencies, loss of appetite, despondency, depressed mood, feelings of extreme guilt or worthlessness, and decreased concentration.

Face of Depression



Antidepressants

∞ These medications can :

- Decrease irritability, sadness, hopelessness, guilt, suicidal thoughts
- Improve sleep patterns, appetite and energy levels
- *Improved mood and activity produced by the antidepressants can provide the energy for a suicidal person to carry out his act*



Major Types of Antidepressants

- ∞ Selective serotonin reuptake inhibitors (SSRIs)
- ∞ Tricyclic antidepressants (TCAs)
- ∞ Monoamine oxidase inhibitors (MAOIs)
- ∞ Atypical - Wellbutrin and Desyrel

SSRI

- ∩ Prozac/Prozac weekly/Sarafem
- ∩ Luvox
- ∩ Paxil/Paxil CR
- ∩ Zoloft
- ∩ Celexa/Lexapro

SSRI

∞ Usually well tolerated

∞ Side Effects:

- sleeping difficulty
- loss of appetite
- sexual dysfunction

∞ Have been used in individuals who have:

- panic disorders, OCD, bulimia nervosa, social phobias, post-traumatic stress disorder, and premenstrual dysphoria

Atypical Antidepressants

- ∞ Wellbutrin/WellbutrinSR/Wellbutrin XL/Zyban - *lowers seizure threshold*
- ∞ Desyrel
- ∞ Remeron/Remeron Sol tab
- ∞ Serzone - *liver involvement*
- ∞ Effexor/Effexor XR

Mood Disorders - Bipolar

- ∞ Bipolar Disorder: great energy and enthusiasm, grandiose ideas with poor judgment and impulsive behavior (foolish business ventures, sexual indiscretions, buying sprees), decrease need for sleep, no acknowledgement of fatigue, rapid fire speech, may be demanding, aggressive and rapid switch to severe depression

Bipolar Disorder

- ⌚ Missed diagnosis can lead to inappropriate treatment (high percentage frequently diagnosed with unipolar depression)
- ⌚ Delaying correct diagnosis is associated with increased risk of suicide attempts
- ⌚ *Inappropriate antidepressant use in bipolar disorder can induce mania or rapid cycling*



Mood Stabilizers

- ∞ Reduce the frequency and severity of mood changes, more control over emotions, cope better with the problems of living
- ∞ Improvements in anger, irritability, false sense of well being
- ∞ May also help with depression

Mood Stabilizers

- ∞ Lithium (Eskalith, Eskalith-CR, Lithobid, Lithonate, Lithotabs) - established standard treatment for bipolar disorder
- ∞ Tegretol/Tegretol XR and Valproic Acid (Depakote/Depakene)
 - originally for treatment of epilepsy
 - effective mood stabilizers
 - can monitor serum (blood) levels

Side effects

∞ Lithium

- occur regularly and at therapeutic concentrations
- fine hand tremors, weight gain, N/V, impotence and diarrhea, increase thirst and urination
- Lithium toxicity: anorexia, visual impairment, drowsiness, muscular weakness, slurred speech, coma, tremor, confusion, seizures

Lithium Toxicity

- ∞ Increase risk with multiple medications: anesthetics, NSAIDs, tetracycline and thiazide diuretics
- ∞ Increase risk when sodium intake is less than 2g/day
- ∞ Increase risk when fluids are lost due to excessive exercise, dehydration, GI illness or fluid intake is less than 6-8 glasses of water daily

Side effects

∞ Tegretol

- Dizziness, drowsiness, unsteadiness, N/V, cardiovascular effects, altered lab values: liver enzymes, dermatological effects

Valproic Acid

- N/V, indigestion, CNS depression, hyperglycemia, dermatological reactions

Bipolar Mania

∞ Zyprexa

- Approved for the treatment of acute mania
- Mixed episodes
- Combination with Lithium or Depakote

Bipolar Depression

∞ **Symbyax** – (Zyprexa and Prozac)

- Approved for treatment of depressive episodes associated with bipolar disorder
- No plasma level monitoring required
- Simple dosing, once daily in the evening
- S/A: orthostatic hypotension, weight gain, to be used cautiously in patients with seizure disorders

Schizophrenia

∞ Schizophrenia: symptoms may include hallucinations and delusions, poor judgment and reasoning, disconnected and confusing speech, apathy, aggressive, bizarre behaviors or extreme social withdrawal.

Artist: Louis Wain

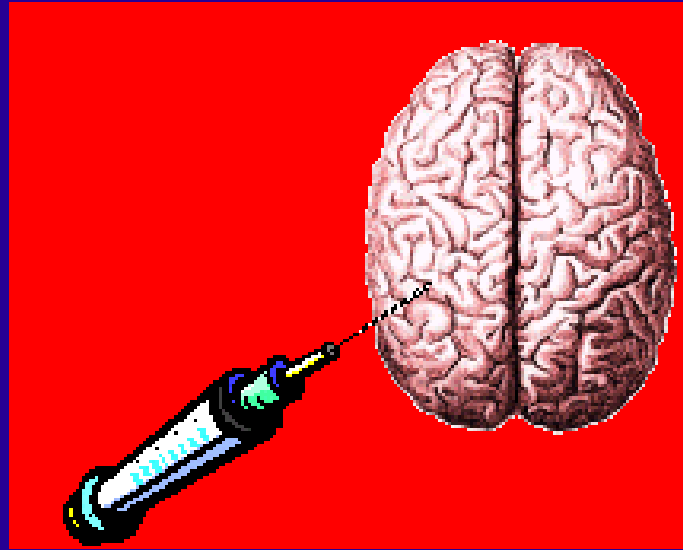


What are Bizarre Delusions Like?



- ⌚ Thought broadcasting: believing that one's thoughts can be heard through the television, computer, etc. Also refers to the belief that one can communicate to others through ESP.

What are Bizarre Delusions Like?



- ⌚ Thought insertion: believing that others are inserting ideas into the mind.

Neuroleptics

∞ Benefits:

- Help the patient to organize, clear and reduce racing thoughts, reduce irritability
- Calming effects to help during the day or sleep at night
- May also help in depression in combination with other medications



Neuroleptics

∞ Older agents (typical) 1950-1960

- Effective for positive symptoms, inexpensive
- Higher incidence of side effects: EPS and TD
- Examples: **Haldol, (Haldol Decanoate)**
Prolixin, (Prolixin Decanoate), Thorazine
and Stelazine

Neuroleptics

∞ Newer agents (Atypical) 1980-1990s

- **Clozaril**: reduces positive and negative symptoms
- *Risk of life threatening S/A*: agranulocytosis, respiratory arrest, seizures, pancreatitis
- Moderate weight gain, metabolic disturbances, orthostatic hypotension

Neuroleptics – Atypicals

∞ Second generation – 1990s-2001

- **Risperdal, (Risperdal M-tab) (Risperdal Consta) Zyprexa, (Zyprexa Zydis), Seroquel, Geodon**
- Effective for + and – symptoms
- Evidence of cognition improvement
- S/A: low rates of EPS, TD, few anticholinergic effects
- Emergence: pronounced weight gain, diabetes, QT prolongation, prolactin elevation

Neuroleptics: Atypicals

∞ Third Generation: 2003

- **Ambilify**
- Reduces + and – symptoms
- Evidence of cognition improvement
- S/A: low rates of EPS, TD. Few anticholinergic effects, low risk of weight gain/metabolic/endocrine disturbances

Neuroleptic: Side effects

∞ Muscular : extrapyramidal effects (EPS)

- **Akathisia:** frequent movements, pacing, inability to sit still, inner restlessness
- **Dystonia:** involuntary muscle spasms of the tongue, face, neck that pull the body into odd postures
- **Parkinsonism:** hand or arm shaking at rest, stiff posture, shuffling gait, unexpressive face
- **Tardive Dyskinesia:** protrusion of tongue, lip smacking, chewing movements, rocking



Anticholinergics

- ∞ Used to control reactions/side effects of the neuroleptics
- ∞ Examples: Cogentin, Artane, Benadryl



Anxiolytics/Antianxiety

- ∞ Useful in the treatment of general anxiety disorder
- ∞ Benzodiazepines: best used for a short time because they can become addicting
- ∞ May also cause rebound anxiety when they are stopped

Benzodiazepines

- ∩ Xanax, Xanax XR
- ∩ Librium - alcohol withdrawal
- ∩ Klonopin
- ∩ Tranxene
- ∩ Valium - alcohol withdrawal, muscle spasms
- ∩ Ativan

Anxiolytics

- ⌚ Buspar: no sedation, no dependence, may take 3 or more weeks to work, used in the treatment of anxiety
- ⌚ Vistaril/Atarax: sedation - used preoperative and postoperative, itching

Hypnotics/Sleep agents

- ∞ Prosom
- ∞ Dalmane - (hangover effect)
- ∞ Restoril
- ∞ Halicon
- ∞ Benadryl
- ∞ Ambien
- ∞ Unisom
- ∞ Sonata
- ∞ Chloral Hydrate

Stimulants

- ∞ Used in the treatment of ADHD, Conduct Disorders
- ∞ Examples: Ritalin, Ritalin SR, Ritalin LA, Metadate ER, Metadate CD, Methylin ER, Dexedrine, Concerta, Cylert, Adderall, Adderall XR

Stimulants

- ∞ Adderall XR, Ritalin LA, Metadate CD capsules may be sprinkled on to applesauce for administration; beads must not be crushed or chewed
- ∞ Ritalin SR, Ritalin LA, Metadate ER, Metadate CD, Methylin ER, Concerta:
 - swallow whole: release slowly in the body
 - Concerta: extended-release tablet - usually taken once a day (morning)

Side Effects of Stimulants

- ∩ Appetite suppression
- ∩ Sleep disturbances
- ∩ Cylert – potential for serious side effects affecting the liver
- ∩ Stimulants are potentially abusable – however one study has shown that the most commonly abused substance in adol/adults with ADHD is marijuana
- ∩ *Drug holidays*

Compliance Issues

- ∞ If medications are stopped, see a gradual return of the symptoms of the illness
- ∞ May experience side effects that the body will become adjusted to as the patient continues with the drug
- ∞ Many patients stop taking their meds because they feel better
- ∞ May take 4-6 weeks to see full response



Compliance Issues

- ∩ Stigma
- ∩ Dose and frequency
- ∩ Insight
- ∩ Finance
- ∩ Social Support
- ∩ Homelessness



Implications for First Responders

- Check with family, friends, caregivers – about all medications and their compliance.
Knowing the type of medication will help you know the illness and its associated symptoms
- Increase risk of unpredictable behavior if off medications
- Always consider possibility of medical emergency – assess level of consciousness and respiratory condition, consider EMS if unsure.