# Bipolar and Related Disorders

## Bipolar Disorder
- Cycles of mania and depression
- Affects 2.6% of US population
- Affects men and women equally
- Occurs more frequently in people of higher socio-economic status
- Delusions and hallucinations may occur
- Psychosis may be present

## Bipolar II Disorder
- Recurrent major depressive disorders with hypomania
- More depressive episodes than hypomanic episodes
- Client never experiences full manic episode
- More common in women than men

## Cyclothymic Disorder
- Mood disturbance of at least 2 years
- Numerous episodes of elevated mood
- Do not meet criteria of hypomanic episode
- Depressed mood not severe enough to meet MDD

## Etiology of Bipolar Disorders

### Twin Studies
- 60-80% monozygotic, 10-20% dizygotic

### Family Studies
- 1 Parent with BPD, 28% risk of child developing BPD
- Both parents with BPD 2-3x greater risk of child

### Biochemical factors
- Norepinephrine and dopamine high during mania, low during depression
- Serotonin remains low in both states

### Neuroanatomical Factors
- MRI reveal large third ventricles and subcortical white matter and periventricular hyperintensities

## Lithium Carbonate

### Client Teaching
- Increase fluid intake - up to 2L/day
- May be swelling in extremities
- Metallic taste in mouth is normal
- Monitor blood levels regularly
- Signs and symptoms decrease longer client is on drug
- Always report side effects

### Psychopharmacology for Bipolar Disorder

#### Antimanic agents
- **Lithium Carbonate**: Affects neurotransmitters
  - Maintained by serum levels
  - Must remain between 0.9-1.4mEq/L
  - Toxic if above therapeutic range

#### Side Effects
- Fluid retention, weight gain, metallic taste, fine tremors, thirst
- Slurred speech, abdominal pain, convulsions, incontinence, coma

#### Signs of Toxicity
- Vomiting, slurred speech, blurred vision, weakness, tinnitus, poor coordination, diarrhea, poor coordination

Side effects are reversible if drug is stopped and serum levels decrease
Mood disturbance r/t physiological effects of substance

Elevated, expansive or irritable mood

Inflated self esteem

Decreased need for sleep and distractibility

Alcohol, opioids, inhalants, hypnotics, anesthetic, analgesics, anti-convulsants, cardiac medications, anti-parkinsonian agents, anti-ulcer agents, oral contraceptives, muscle relaxants, steroids, sulfonamides