Cheatography

Bipolar and Related Disorders

by [deleted] via cheatography.com/29701/cs/9774/

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

Hypomania
Milder degree of symptoms
Not as severe; no hospitalization
No psychotic features

Well: 53% of time
Depressed: 32% of time
Manic: 9% of time
Cycling: 6% of time

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

Bipolar I Disorder

Recurrent disorder where person has 1+ manic episodes with depressive episodes

More manic than depressive episodes

Mania is usually time-limited

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

Treatment for Bipolar Disorders

Medication, education, support

Antimanic Agents
ie. Lithium

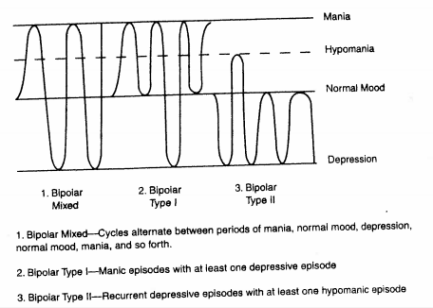
Anticonvulsant Agents
Carbamazepine
Clonazepam
Valporic acid
Lamotrigine
Effective for clients who are cycling
Manage mania/hypomania

Antidepressant augmented with antipsychotics
Risperidone
Olanzapine

Psychotherapy
Individual/group/family therapy
6-8 sessions reduce rate of relapse by 50%

ECT
Used with lithium to treat mania

Cycling Bipolar Disorder



Substance-Induced Bipolar Disorder

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

Sponsored by **CrosswordCheats.com**
Learn to solve cryptic crosswords!
http://crosswordcheats.com