

### Psych Drugs to Know

Drug Class with Brand/Generic Name, Mechanism of Action, Target Receptors, Metabolic Pathway, and Therapeutic Range  
S/E of Class of Psych Meds

Smoking cessation with Psych Meds

Tegretol

Zyprexa

Lithium

MAOI

TCA

Major Mood Stabilizer

Target receptor for Major Disease State

Inducer/Inhibitor actions

General Psych Meds for Anxiety

General Psych Meds for Depression

General Psych Meds for Mood Disorder

General Psych Meds for Psychosis

General Psych Meds for ADHD, Attention, or Focus

### Disease States

Disease State: Dementia-treatment and meds

Early s/s dementia

Frontal Lobe Dementia

Differentiate between Depression/Dementia

Differentiate between AIDS/ALZ

Disease State: Depression-treatment and meds

Disease State: Anxiety-treatment and meds

Disease State: Mood/Bipolar-treatment and meds

Disease State: Psychosis-treatment and meds

Disease State: ADHD, Attention, and Focus-treatment and meds

Positive and Negative Symptoms of Psychosis/Schizophrenia

Disease State: Conversion Disorder-treatment and meds

### Labs to Know from the Purple Book

Thyroid

ANC from CBC

Albumin for protein binding with psych drugs

WBC from CBC

Lithium Levels

Liver Function

Kidney

Know values, norms and implications for variations in results.

### Things to Know and/or Memorize

NMS vs SS

Lab Values from Purple Book

Immunization Schedule

BMI and meaning

Infant Reflexes

MH Screening (PDQ9, MDQ, GAD7, MMSE, Beck Inventory)

Cranial Nerves: Function and how to test

Common Medication Interactions (Drug--Drug) (Drug-Food)

Screening Tools with interpretation of the results and the intervention necessary

General Disease states with use of which class of meds

Protein in the urine with lithium

Neurotransmitters: Purpose and Influence

Receptor Antagonism Spectrum

Receptor neurotransmitter target and implication in disease management

Areas of the brain with which receptors and targets for treatment

Cranial Pathways related to Disease State and Importance

-pine VS -done

### Things to Know and/or Memorize (cont)

2 Pips and a Rip: Aripiprazole and Brexpiprazole

Use the Purple Book from ANCC because these are the resources they use to build and create the board exams.

### Specific Questions/Topics

Psych Med interacting with Flonase

Frontal Lobe Functions

Smoking r/t dose adjustment (decrease dose with cessation)

Delayed Gastric Emptying

Anorexic Patient

Antacid use with other meds

Apoptosis

### Topics Known to be on the Exam:

#### Understand

Screening Tools (MMSE, PHQ9, GAD7, MDQ) and meaning of results

BMI calculation and meaning of results

Immunizations

Childhood Developmental Stages

Cranial Nerves

Function of areas of the Brain: Frontal Lobe, Parietal, Temporal, Occipital,

Disease States: Specific Drugs with therapeutic Ranges, S/E, interactions, and contraindications

Theorists

Pathways within the brain

CYP 450 Pathways and metabolism

Drug inducer and inhibitor on CYP450

Agonist Spectrum

Effects of smoking on psych meds and action with smoking cessation

### Helpful Resources

Purple Book Ch 2-6 Policy

Purple Book Ch 10-14 Disorders

Pocket Prep App by ANCC \$39

ANCC IQ \$25

Red Book (Memorable Pharmacology) also has YouTube Vids

### Strategies for Best Answers

Narrow down to 2 possible right answers

Culture is important to be included in all nursing care.

Quality of Care is a goal in Nursing

Conflict Management is the goal in Nursing

See the root action (assessing) then match the answers to that action

Be wary of absolutes: all, nothing, everything, nothing, etc--> usually wrong

Critical Thinking is important

If undecided, the longest answer is usually the right answer

If asked to refer or consult with someone else, then it is most likely not the right answer

Safety for the patient and others is usually the right answer

If see "initially" in the stem of the question, then refer back to ADPIE process and address the same phase asked about in the question stem

Priority is usually concerning safety

Identify is the question is asking for a strategy (assess, implement, plan, measurement, outcome) then match the answer to the action requested

Pair diagnosis with right outcome if planning

Client outcomes need to be client centered, specific, positive, measurable, and have time frame

Cognitive=Thought Process

Evaluation is collecting data to support the problem towards a resolution

### Strategies for Best Answers (cont)

Always remember to assess the implementation from the ADPIE

Best Answer/Choice: usually include advocating for the patient or the nursing profession

Best Answer/Choice: usually include policy improvement for the nursing profession

Best Answer/Choice: usually include quality outcomes for the patient or the nursing profession

Best Answer/Choice: usually include cultural sensitivity and competency for the patient

