



Mental Health Ombudsman Training Manual

Advocacy and the Adult Home Resident

Module IV Psychoactive Medications



Goals

- ◆ Increase comfort and confidence
- ◆ Increase ability to advocate



Objectives

- ◆ Names and purpose of medications
- ◆ Advantages of some medications
- ◆ Questions to ask
- ◆ Practices to look for
- ◆ Directions to give facility



Psychoactive medications

What are they?

- ◆ Drugs designed to stabilize or improve
 - Mood
 - Thought
 - Behavior



Psychoactive medications

What are common types?

- ◆ Anti-anxiety
- ◆ Anti-depressants
- ◆ Anti-psychotics
- ◆ Mood stabilizers
- ◆ Sedative-hypnotics



Anti-Anxiety

◆ Target

- Difficulty falling asleep
- Prolonged states of anxiety
- Panic attacks
- OCD



Anti-Anxiety

◆ Common Benzodiazepines

- Valium[®]
- Xanax[®]
- Ativan[®]
- Klonopin[®]

◆ SSRI's



Valium-type drugs

◆ Side effects

- Sedation

◆ Risks

- Dependence
- Over sedation
- Unsteadiness
- Memory loss



Anti-Depressants

◆ Target

- Low mood
- Loss of pleasure
- Sleep disturbances
- Appetite problems
- Low energy

◆ Common types

- Tri-cyclic
- SSRI
- MAO-I
- Stimulants



Anti-Depressants

◆ SSRIs

- Prozac[®]
- Zoloft[®]
- Paxil[®]
- Celexa[®]



SSRIs

◆ Side effects

- Headache
- Jitteriness
- Insomnia
- Nausea
- Sexual dysfunction

◆ Risks

- Drug-drug interactions
- Serotonin syndrome



Anti-Psychotics

◆ Target

- Hallucinations
- Delusions
- Disorganized thinking
- Negative symptoms



Anti-Psychotics

◆ Typical

- Haldol[®]
- Prolixin[®]
- Thorazine[®]

◆ Atypical

- Clozaril[®]
- Risperdol[®]
- Zyprexa[®]



Anti-Psychotics

◆ Side effects

- Sedation
- Restlessness
- Stiffness
- Dry mouth
- Blurred vision
- Weight gain

◆ Risks

- Akathisia
- Neuroleptic malignant syndrome (NMS)
- Tardive dyskinesia (TD)



Typical vs. atypical antipsychotics

- ◆ They're really different
- ◆ They're really expensive
- ◆ They're really better
 - For negative symptoms of schizophrenia
 - For reduced risk of Extrapiramidal side effects (EPS)
 - For reduced risk of Tardive dyskinesia (TD)



Mood Stabilizers

◆ Target

- rapid speech
- sleeplessness
- euphoria
- grandiosity

◆ Preventing relapses



Mood Stabilizers

◆ Common types

- Lithium
- Anticonvulsants
 - ◆ Depakoate[®]
- Zyprexa[®]



Mood stabilizers

◆ Side effects

- Tremor
- Weight gain
- Diarrhea

◆ Risks

- ◆ Lithium toxicity
- ◆ Gait instability
- ◆ Delirium



Medications: Adherence

◆ Reasons for non-adherence

- I feel funny
- They make me look funny
- I'm sick of people asking me
- I'm sick of being sick
- I want to see if I can do it on my own
- I have too many side effects
- I can't sit still
- They make me stiff
- They make me gain weight



Medications: Adherence

- ◆ What helps a person stay on medication?
 - Being heard
 - Being a partner in care
 - Likening mental illness to other medical problems
 - Support and information



Medications

◆ Questions to ask

- What is the name?
- How do I take it?
- How will it help?
- What are the advantages?
- How long will it take to work?
- What are the side effects?
- What do I do if I get side effects?
- When do I stop taking it?



Medication Practices: Facility

- Is the medication cart secure?
 - In the hall
 - Locked or unlocked
- Is there respect for individual privacy?
- Do any patients administer their own medications?
- Is self administration encouraged?



Medication Practices: Facility

- Does the medication giver seem to know
 - what the medication is for?
 - what side effects to look for?
- Does the medication giver take time to
 - tell the person the name of the drug?
 - ask the person about side effects?
 - ask the person if the drug is helping?
 - answer questions?
 - watch the person take the drug?



Let's solve some problems
and find out!