Mental Health Ombudsman Training Manual

Advocacy and the Adult Home Resident

Module IV

Psychoactive Medications

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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

**Typicals**

- Haldol®
- Prolixin®
- Thorazine®

**Atypicals**

- Clozaril®
- Risperdol®
- Zyprexa®
Anti-Psychotics

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

Risks
- Akinesia
- 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 Extrapyramidal 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®
- Zypréxa®
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!