

MODULE IV: Medications

Introduction

To the instructor

Medications for mental illness were introduced in the early 1950s with the antipsychotics medication chlorpromazine, known as Thorazine®.

The number and kinds of medications used to treat psychiatric illness is constantly changing as our understanding of these illnesses increases and new treatments become available. **This module is not intended to be a comprehensive review of all of these drugs.** Rather the goal is to equip the ombudsman with enough knowledge and skill to be able to discuss medication and observe practices in a way that supports illness self-management and recovery. As is our usual practice with these modules, the lecture strives to zero in on what the ombudsman needs to know. Supplemental materials provide additional information that is good to know and fun to know.

Goals

Increase personal comfort and confidence in abilities to work effectively with residents with multiple, chronic health problems (both mental and physical) living in adult homes.

Increase ability to advocate effectively *for* and *with* residents with multiple, chronic health problems (both mental and physical) living in adult homes at both the individual and systems levels.

Objectives At the end of this module, the ombudsman should be able to:

Name the most commonly prescribed psychoactive medications.

Describe the purpose of the most commonly prescribed psychoactive medications and/or know where to find this information.

Describe in general why some medications might be chosen over others.

Create a list of questions that are important for an individual to ask about his or her medications.

Describe medication practices to look out for in facilities.

Methods

Lecture (power point) 20 -30 minutes

Problem-solving exercise 20- 30 minutes

Materials needed

LCD projector (or other A/V medium for lecture)

Flip chart

Format

The instructor begins with a brief overview of the purpose of this training and defines the goals and objectives of module IV. The instructor then begins the lecture.

At the end of the lecture, ask the large group to form smaller groups of 4 - 5 individuals for a problem-solving exercise. Depending on the size of the large group, the small groups may be working on the same or different scenarios. The groups will have 20 minutes to answer the questions. The large group then discusses the scenarios.

Homework

NIMH Quiz on anxiety (distribute answers at next session).

Read NAMI fact sheet on tardive dyskinesia.

Read the NIMH fact sheets on schizophrenia, post traumatic stress disorder and borderline personality disorder and anxiety.