

Advocacy and the Adult Home Resident

Module IV Psychoactive Medications





Increase comfort and confidence

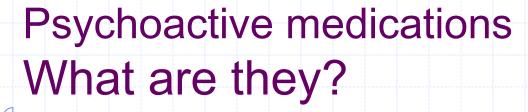
Increase ability to advocate

Objectives

- Names and purpose of medications
- Advantages of some medications
- Questions to ask
- Practices to look for

Directions to give facility





- 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[®]



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 ®



- 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[®]



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

- Risks
 - Akithesia
 - 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[®]

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!