Introduction to Psychiatric Medications

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RBHA CIT Training
Learning Objectives

• Become familiar with various classes of *psychotropic* medication and their uses
• Learn about side effects of these medication
• Learn reasons why consumers stop taking their medications
• Learn ways to apply this information to your work on the CIT in the field
Psychotropic Medications

• What does *psychotropic* mean?
• Broad term that is used to describe medications that affect
  – Mood
  – Mental Status
  – Behavior
• Psychotropic medications work by treating symptoms, *they do not cure the illness*
Classes of Psychotropic Meds

- Antipsychotic medication
- Antidepressant medication
- Anti-anxiety medication
- Anti-mania medications or “mood stabilizers”
- Medications for substance use disorders
- ADHD
Psychosis – Clinical Presentation

• Brain disorder
  – Abnormal condition of the mind
  – Psychosis is a Greek word
    • Psych = mind   Osis = abnormal condition

• Possible causes
  – Psychiatric illness
  – Substance abuse
  – Chronic medical illnesses
  – Medications

Footnotes or References
Psychotic Experiences

• Hallucinations
  – Visual
  – Auditory
  – Olfactory
  – Sensory
• Delusions and paranoia
• Thought disorders
• Speech disorders
• Lack of insight
Antipsychotic Medications

• Treatment of psychotic disorders such as *Schizophrenia* or psychotic symptoms associated with other illnesses

• Work by helping to reduce or eliminate symptoms
  – *Hallucinations* — *Paranoia*
  – *Agitation*
  – *Delusional thinking*

• May also be used to treat some *mood disorders, developmental disorders* or *anxiety*
Antipsychotic Medications

• Common “older” medications
  – Chlorpromazine (Thorazine)
  – Perphenazine (Trilafon)
  – Haloperidol (Haldol)
  – Thiothixene (Navane)
  – Trifluoperazine (Stelazine)
  – Fluphenazine (Prolixin)
Major Side Effects

- EPS – extrapyramidal symptoms
  - Tardive Dyskenesia
- Sleepiness and lethargy
- Insomnia and agitation
- Dulling of the mind
- Nausea, vomiting, diarrhea, constipation, and heartburn
- Weight gain
- Dry mouth and blurred vision
- Sexual dysfunction
Newer Antipsychotic Medications

- New Generation or Atypical
- Developed in the 1990s or 2000s in response to the side effects of previous antipsychotic meds

Different Side Effects + High Price Tag = Different Reasons For Non-Adherence
Antipsychotic Medications

“Newer” Branded Atypical Antipsychotics

Seroquel XR®  
Saphris ®  
Fanapt®  
Latuda ®  
Invega®  
Abilify®
Side effects are fewer but costs are higher

Cost per tablet:

- **Seroquel XR 300mg** $17.41
- **Fanapt 10mg** 13.93
- **Saphris 10mg** 10.98
- **Latuda 80mg** 20.12
- **Abilify 10mg** 25.25
- **Invega 6mg** 21.71
Other Atypical Antipsychotics that are now generic

• Risperidone (Risperdal)
• Quetiapine (Seroquel immediate release)
• Olanzapine (Zyprexa)
• Ziprasidone (Geodon)

While these drugs are cheaper than the branded products, they are still expensive for someone with no prescription insurance.
Newer or Atypical Antipsychotics have their own issues

- Metabolic changes
- Significant weight gain
- Hormonal changes
- Dosing complexities
Depression – Clinical Picture

• Physical Symptoms
  – Fatigue, pain, sleep and appetite changes, psychomotor retardation or agitation

• Emotional Symptoms
  – Inability to find pleasure in usual things
  – Hopelessness, guilt, depressed mood
  – Suicidal ideation

• Cognitive Symptoms
  – Decreased ability to concentrate
  – Indecisiveness

Footnotes or References
Classes of Psychotropic Meds

- Antidepressant medication

- Examples: Prozac, Paxil, Zoloft, Wellbutrin, Pristiq, Lexapro, Effexor, Celexa, Elavil, Tofranil
Side Effects

- Sexual dysfunction
- Nausea
- Headache
- Nervousness
- Insomnia or sedation
- Runny nose
- Cardiac arrhythmias
- Weight gain
- Caution use with other medications
Antidepressants

• Also used to treat anxiety, OCD and in conjunction with other meds for bipolar disorder
• Usually take 2 – 6 weeks for maximum effect
Generalized Anxiety Disorder (GAD) Symptoms

- **Nervous**
  - Tenseness, insomnia, restlessness, dizziness, poor concentration, and headaches

- **Pulmonary**
  - Suffocation, chest or throat constriction, SOB, dry mouth and yawning

- **Cardiovascular**
  - Flushing, rapid pulse, palpitations and feels like “the big one”

- **Gastrointestinal**
  - Nausea, bloating, diarrhea or constipation, difficulty swallowing and over/under eating
Anti-Anxiety Medications (Anxiolitics)

- Used to treat a wide spectrum of disorders including generalized anxiety, PTSD, phobias, severe agitation
- Frequently used in combination with other medications.
- Examples include the newer antidepressants as well as older, potentially addictive medications (benzodiazepines) like Xanax, Libruim, Valium, Ativan, and Klonopin
Adverse effects of Benzodiazepine Anxiolitics

- Drowsiness/fatigue
- Dizziness/confusion
- Blurred vision
- Double vision
- Syncope
- Increased effect with alcohol or opiates

- Daytime sedation
- Reduced psychomotor function
- **High Abuse Potential**

Patient Education is essential
Anti-mania or Mood Stabilizers

- Used to treat *Bipolar Disorder* or what used to be called Manic Depression
- Cause is unknown
- Recurrent mood disorder
- High mortality rate due to suicide
- High rate of substance use disorder ➤60 – 70%
- Types and Classifications
  - Bipolar I, Bipolar II and Cyclothymia
Clinical Presentation (Mania)

- Euphoria, flight of ideas, rapid speech, grandiosity, irritability and increased energy
- Impaired judgment
- Sexual acting out/Spending sprees
- Substance Abuse
- Impaired social/occupational functioning
- May have psychotic features
- Change in sleep patterns
Hypomania

- Less severe
- Usually doesn’t impair social or occupational functioning
- Many consumers like feeling hypomanic
  - Great sense of well being
  - Confidence
  - Creative
  - Productive
Dysphoria (Mixed) Mania

- Manic and Depressive features
  - Agitation
  - Insomnia
  - Depression
  - Suicidal Ideation
  - Substance abuse
  - Psychosis
Anti-manic or Mood stabilizers

- Commonly used medications
  - Depakote
    - First line of treatment
  - Tegretol
    - Second line of treatment
  - Lithium
  - Lamictal
- All require monitoring of lab levels to prevent toxicity
- Other labs should be done (CBCs, LFTs, Electrolytes, etc.
- Many of the newer antipsychotics are used to treat mania
Medications Used in the treatment of Substance Abuse Disorders

• They can help to reduce cravings for alcohol and other drugs

• Examples
  – Topamax
  – Naltrexone
  – Camprol
  – Methadone
  – Suboxone

Footnotes or References
Classes of Psychotropic Meds

- ADHD
Attention Deficit Disorder

• More common in children and adolescents but can affect adults
• Stimulant drugs are used to improve focus and concentration
• HIGH risk for abuse
• Examples
  – Ritalin - Adderal
  – Concerta - Strattera*

* Only non-stimulant medication approved
So, if all these medications help...

Why do people stop taking them???
Drugs don't work in patients who don't take them.

— C. Everett Koop, M.D.
Medication Adherence

- Person may not recognize their illness, and the potential benefits of medication
- When a person feels better, they begin to feel the meds are no longer needed
- Incomplete treatment
  - Meds provide only partial benefit
- Side effects, side effects, side effects
- Costs – these meds are expensive
Medication Adherence

• Studies show that only 60% of people who have diabetes, heart disease or hypertension are medication adherent
• Rates of adherence are similar for psychotropic medications
• Partial adherence is even more common, and does have a positive effect on symptom control
Long Acting Injections

Some medications are available as long-acting injections. Use of long-acting injections can improve adherence and patient outcomes.

- Prolinxin (Fluphenazine) Decanoate*
- Haldol (Haloperidol) Decanoate*
- Risperdal Consta
- Zyprexa Relprevv
- Invega Sustenna
- Abilify Maintena

*generic
Role of CIT Officer

- Recognition of non-adherence
- Ask the consumer if they are taking meds
- Ask if they’ve been taking it as prescribed
- Ask to see their pill bottles (if appropriate)
  - Check the label for drug name
  - Date filled and #s filled
  - Compare # of pills in the bottle and see if it all adds up
Then what???

- Keep your med list handy and look it up
- This can give you clues about the diagnosis and possible symptoms you can expect

Smith Pharmacy
Newport News, Virginia

Linda Jones

ZOLOFT – 50 mg daily by mouth

Dr. Bill Merry #569-554
# - 30 Refills – 2

Filled 08-08-2007 Exp. 08/08
In summary...

• There are many medications used to treat mental illness
• There is no way for you to know them all and why someone is taking them
• Knowing this info will give you clues as to what is going on in a crisis
• You are not expected to diagnose mental illness
And..

- Your goals as a CIT responder are to
  - Identify behaviors
  - Gather useful information
  - Encourage dialogue
  - Maintain the safety of everyone involved
Any questions???

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