

## Anxiolytics and Anti-Depressants and Psychiatry Nursing Management

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#### Short Communication

Volume 3 Issue 2

**Received Date:** June 28, 2018

**Published Date:** July 11, 2018

### Abstract

There are various drugs in psychiatry which are given to clients for various disorders among them are the anxiolytics and anti-depressants which are indicated for the particular disorder and have various side effects as well, so there is a significant role of psychiatric nurse with the clients receiving these drugs.

### Anxiolytics

These drugs are used to treat anxiety and stress. Some of drugs are given below (Table 1):

Generic Name	Class	Indication	Side Effects	Max. Adult Dosage
Alprazolam	Benzodiazepine (Anti-anxiety and Hypnotic)	Panic disorder and GAD (Generalized anxiety disorder)	Dizziness, Drowsiness, Nausea, Headache, Sexual problems, Weakness, Confusion and Liver problems	4mg
Hydroxyzine	Sedative antihistaminic	Anxiety and Insomnia	Drowsiness, Dry mouth, Stuffy nose, Constipation, Blurred vision, Tachycardia, Dizziness, Dysuria, Skin rash, Memory difficulty, Confusion, Disorientation, Increased Intra-Ocular pressure	600mg
Lorazepam	Benzodiazepine (Anti-anxiety and Anti-convulsant)	Anxiety disorder and Insomnia	Dizziness, Drowsiness, Nausea, Headache, Sexual problems, Weakness, Confusion and Liver problem	10mg
Bupirone	Azapirone (Serotonin 5-HT <sub>1A</sub> partial agonist)	Anxiety disorder	Dizziness, Nausea, Headache, Diarrhea, Nervousness, Confusion, Numbness or Tingling	60mg
Chlor-diazepoxide	Benzodiazepine (Anti-anxiety)	Anxiety disorder and Alcohol withdrawal	Dizziness, Drowsiness, Nausea, Headache, Sexual-problems, Weakness, Confusion and Liver problems	100mg

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Clonazepam	Benzodiazepine (Anti-convulsant)	Panic-disorder and Seizure	Dizziness, Drowsiness, Nausea, Headache, Sexual problems, Weakness, Confusion and Liver problems	4mg
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Table 1: Drugs used as anxiolytics.

### Nursing Management

- Maintain patients safety, the patient receiving these drugs should be kept under monitor for at least 3 hours.
- Continuously check for the vital signs.
- Maintain the adequate hydration for the client.
- The patient may have risk of injury due to the central nervous system effects, so provide safety measures like adequate lighting, raised side rails for the patient.
- Do not mix the drug without drug, in order to avoid drug to drug interaction.
- Check for renal and hepatic functioning.
- Monitor for any drug adverse reaction if any.

### Anti-Depressants

These drugs are used to treat depression (Table 2).

Generic Name	Class	Indication	Side Effects	Max. Adult Dosage
Amitriptyline	Tricyclic anti-depressant	Depression	Dizziness, Blurred vision, Dry mouth, Drowsiness, Constipation, Weight gain, Excess sweating, Tachycardia, Sexual dysfunction, Skin sensitivity, Liver problems, Disorientation, Confusion, Numbness in hands and feet, Dysuria and Abnormal heartbeat	300mg
Desipramine	Tricyclic antidepressant	Depression	Dizziness, Blurred vision, Dry mouth, Drowsiness, Constipation, Weight gain, Excess sweating, Tachycardia, Sexual dysfunction, Skin Sensitivity, Liver problems, Disorientation, Confusion, Numbness in hands and feet, Dysuria and Abnormal heartbeat	300mg
Trazodone	Serotonin 2 antagonist/reuptake Inhibitor	Depression	Nausea, Dry mouth, Dizziness, Drowsiness, Fatigue, Constipation, Blurred vision, Irregular heartbeat, Dysuria	600mg
Fluoxetine	Selective Serotonin Reuptake Inhibitor	Depression, Obsessive compulsive disorder, Panic disorder, Bulimia	Nervousness, Nausea, Insomnia, Headache, Diarrhea, Change in appetite, Sweating, Sexual dysfunction, Shakiness, Drowsiness, Skin rash, Seizure, Increased risk of suicidal thinking	80mg
Fluvoxamine	Selective Serotonin Reuptake Inhibitor	Obsessive compulsive Disorder	Nervousness, Nausea, Insomnia, Headache, Diarrhea, Change in appetite, Sweating, Sexual dysfunction, Shakiness, Drowsiness, Skin rash, Seizure, Increased risk of suicidal thinking	300mg
Imipramine	Tricyclic antidepressant	Depression	Dizziness, Blurred vision, Dry mouth, Drowsiness, Constipation, Weight gain, Excess sweating, Tachycardia, Sexual	300mg

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			dysfunction, Skin sensitivity, Liver problems, Disorientation, Confusion, Numbness in hands and feet, Dysuria	
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Table 2: Drugs used as antidepressants

### Nursing Management

- Provide safety measures like raised side rails for the patient receiving anti-depressants.
- Continuously monitor the patient for adverse drug effects like hypotension.
- Monitor the patients response towards drug whether the drug is being effective or not.
- Provide help to the patient like in voiding, taking meals.
- Continuously monitor for the vital signs.

