Anxiolytics and Anti-Depressants and Psychiatry Nursing Management

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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):

<table>
<thead>
<tr>
<th>Generic Name</th>
<th>Class</th>
<th>Indication</th>
<th>Side Effects</th>
<th>Max. Adult Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alprazolam</td>
<td>Benzodiazepine (Anti-anxiety and Hypnotic)</td>
<td>Panic disorder and GAD (Generalized anxiety disorder)</td>
<td>Dizziness, Drowsiness, Nausea, Headache, Sexual problems, Weakness, Confusion and Liver problems</td>
<td>4mg</td>
</tr>
<tr>
<td>Hydroxyzine</td>
<td>Sedative antihistaminic</td>
<td>Anxiety and Insomnia</td>
<td>Drowsiness, Dry mouth, Stuffy nose, Constipation, Blurred vision, Tachycardia, Dizziness, Dysuria, Skin rash, Memory difficulty, Confusion, Disorientation, Increased Intra-Ocular pressure</td>
<td>600mg</td>
</tr>
<tr>
<td>Lorazepam</td>
<td>Benzodiazepine (Anti-anxiety and Anti-convulsant)</td>
<td>Anxiety disorder and Insomnia</td>
<td>Dizziness, Drowsiness, Nausea, Headache, Sexual problems, Weakness, Confusion and Liver problem</td>
<td>10mg</td>
</tr>
<tr>
<td>Buspirone</td>
<td>Azapirone (Serotonin 5-HT1A partial agonist)</td>
<td>Anxiety disorder</td>
<td>Dizziness, Nausea, Headache, Diarrhea, Nervousness, Confusion, Numbness or Tingling</td>
<td>60mg</td>
</tr>
<tr>
<td>Chlor-diazepoxide</td>
<td>Benzodiazepine (Anti-anxiety)</td>
<td>Anxiety disorder and Alcohol withdrawal</td>
<td>Dizziness, Drowsiness, Nausea, Headache, Sexual-problems, Weakness, Confusion and Liver problems</td>
<td>100mg</td>
</tr>
</tbody>
</table>
Clonazepam  | Benzodiazepine (Anti-convulsant)  | Panic-disorder and Seizure  | Dizziness, Drowsiness, Nausea, Headache, Sexual problems, Weakness, Confusion and Liver problems  | 4mg

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).

<table>
<thead>
<tr>
<th>Generic Name</th>
<th>Class</th>
<th>Indication</th>
<th>Side Effects</th>
<th>Max. Adult Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amitriptyline</td>
<td>Tricyclic anti-depressant</td>
<td>Depression</td>
<td>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</td>
<td>300mg</td>
</tr>
<tr>
<td>Desipramine</td>
<td>Tricyclic antidepressant</td>
<td>Depression</td>
<td>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</td>
<td>300mg</td>
</tr>
<tr>
<td>Trazodone</td>
<td>Serotonin 2 antagonist/reuptake Inhibitor</td>
<td>Depression</td>
<td>Nausea, Dry mouth, Dizziness, Drowsiness, Fatigue, Constipation, Blurred vision, Irregular heartbeat, Dysuria</td>
<td>600mg</td>
</tr>
<tr>
<td>Fluoxetine</td>
<td>Selective Serotonin Reuptake Inhibitor</td>
<td>Depression, Obsessive compulsive disorder, Panic disorder, Bulimia</td>
<td>Nervousness, Nausea, Insomnia, Headache, Diarrhea, Change in appetite, Sweating, Sexual dysfunction, Shakiness, Drowsiness, Skin rash, Seizure, Increased risk of suicidal thinking</td>
<td>80mg</td>
</tr>
<tr>
<td>Fluvoxamine</td>
<td>Selective Serotonin Reuptake Inhibitor</td>
<td>Obsessive compulsive Disorder</td>
<td>Nervousness, Nausea, Insomnia, Headache, Diarrhea, Change in appetite, Sweating, Sexual dysfunction, Shakiness, Drowsiness, Skin rash, Seizure, Increased risk of suicidal thinking</td>
<td>300mg</td>
</tr>
<tr>
<td>Imipramine</td>
<td>Tricyclic antidepressant</td>
<td>Depression</td>
<td>Dizziness, Blurred vision, Dry mouth, Drowsiness, Constipation, Weight gain, Excess sweating, Tachycardia, Sexual</td>
<td>300mg</td>
</tr>
</tbody>
</table>
Table 2: Drugs used as antidepressants

<table>
<thead>
<tr>
<th>Drug</th>
<th>Side Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lithium</td>
<td>Dysfunction, Skin sensitivity, Liver problems</td>
</tr>
<tr>
<td></td>
<td>Disorientation, Confusion, Numbness in hands and feet, Dysuria</td>
</tr>
</tbody>
</table>

**Nursing Management**

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