|  |
| --- |
| **Instructions for Pathophysiology Preparation Sheets for N343** |
| **General Instructions:**  You will need to complete a pathophysiology preparation for the four most common conditions seen in the inpatient psychiatric setting. The pathophysiologies will need to be uploaded to TurnItIn.com and hard copies submitted to your clinical instructor the morning of your first clinic day. The four conditions are schizophrenia, major depressive disorder, substance use disorder and bipolar disorder. For bipolar disorder, you will only need to describe the manifestations of the two states of the “upper pole” which are called mania and hypomania. Be sure to address the **differences** between mania and hypomania. The “lower pole” is major depressive disorder which is addressed in another pathophysiology. |
| **A. Define the diagnosis:** think about how you would describe this condition in lay terms to **tell your patient.** Do not describe what you would tell another healthcare professional or your instructor…. this is for your patient. |
| **B.** **Etiology/Risk Factors*:*** discuss the current theory addressing risk factors or what causes the disorder. There are always two parts to etiology/risk factors in psychiatric conditions: biologic and environment factors.  You may use the textbook but also use sources outside the book so you can present a well-rounded discussion.  **Biology** is the genetic component. This section is for the genetic rates of the disorder and specific genes implicated in the condition.  **Environmental** etiology is basically the stress part of the equation or the psychological school of thought that explains how the condition develops. Different schools of psychiatric theory describe how these stressors can trigger mental illness in a susceptible individual. Examples of some psychological theories you will find in your textbook are psychoanalytical, cognitive, behavioral, humanistic, sociocultural, diathesis-stress model, etc. These could be described in the psychological or environmental factors section of the textbook chapter.  Read and summarize all factors related to the cause of the disorder for the etiology. |
| **C. Pathophysiology (biochemical factors):** describe the neurotransmitter alterations occurring in the disorder. This can be found under the biochemical or neurobiological section of the textbook chapter. In addition to neurotransmitter alterations, you may find hormonal alterations and inflammatory mechanisms at play. Brain structural abnormalities would go under this subheading as well. Do not describe signs and symptoms here. Again, include research you have done outside the book in addition to what you have learned from the book.  If you are confused about whether something belongs in the etiology versus the pathophysiology section, don’t spend too much time on that thought. There is some overlap between the two so just be sure the information is present. No need to put it both places, just chose one and go with it.  You will need the class textbook along with outside research to do the pathos.  ***FOR SUBSTANCE USE DISORDER PATHOPHYSIOLOGY***, you must describe at least **5** brain structures involved in the **brain reward system**. You will need to go outside the book to find a full description of brain reward system.  Suggested site: [Khan Academy Reward Pathway](https://www.khanacademy.org/test-prep/mcat/processing-the-environment/drug-dependence/v/reward-pathway-in-the-brain) The psychological and sociocultural factors should be discussed in the etiology. |
| **D. Laboratory and diagnostic tests.** What kind of labs would you expect to see to rule out other factors that might mimic the disorder (ex: H/H to r/o anemia in depression)? Other examples might include body systems damaged caused by the disorder (ex: LFT’s in alcohol abuse). What types of tests for exposure to infectious diseases (ex: Tb, COVID)? Would there be monitoring of therapeutic drug levels used for treatment of the disorder?  There are no specific diagnostic tests for psychiatric conditions at this time. Thus, list the name of the book used to diagnose all mental illnesses…this is part of the diagnostic process in psych…a person is diagnosed according to the criteria used in this book. Do not put the signs and symptoms in this box (that comes later). Also think about illicit drug screening. In most cases, toxicology and pregnancy tests are done. |
| **E. Anticipated Ineffective Behaviors**. List the sign and symptoms in this section.  For **substance use disorder**, you will need to research outside the book and look in the lecture slides for some of the information. Research and list the signs/symptoms of three states: a) intoxication, b) withdrawal, and c) overdose and for each of the following drug classes:  1) Alcohol (intoxication, withdrawal, overdose)  In addition to intoxication, withdrawal, and overdose, include signs and symptoms of **Alcohol Withdrawal Delirium** and **Wernicke-Korsakoff Syndrome**  2) CNS depressants (intoxication, withdrawal, overdose)  3) CNS stimulants (intoxication, withdrawal, overdose) 4) Opiates (intoxication, withdrawal, overdose)  5) Hallucinogens (intoxication, withdrawal, overdose)  Separate out LSD and PCP |
| **F. Patient and Family Teaching/Health Teaching and Health Promotion.** Discuss important information the client and family need to know in order to better understand and cope with the disease process. Research and include community-based support groups for the conditions. |
| **G. Top 3 Nursing Diagnoses.** You only need the diagnosis since the “related to” and “manifested by” are personal to your individual client. |
| **H. Communication guidelines.** Prepare yourself to communicate with clients by identifying important communication techniques for each disorder. If you do not find this in the book, research on the internet or look in the lecture slides. |
| **I. Drug section: Use the “Psychotropic Medication Table” (located on the N343.com website under the clinic forms tab) and the textbook for all drug information.** List the drug classes as you find them on the Psychotropic Medication Table with two corresponding examples from each class (unless there is only one in the class). For example under Major Depressive Disorder the classes include SSRI, SNRI, SARI, etc., so you would list each class and give two drugs from the class with the side effects listed on the table. You will notice in the NaSSA class of antidepressants, there is only one drug. Then you would list that one drug.  These resources list side effects in a way that makes more sense of the most important information you need to know about these drugs. Use your outside drug book only if necessary.  For **antipsychotic drugs**, there are 3 types of side effects that need to be included:  1). Rare and toxic side effects (highlighted at the top of the page)  2.) Class side effects (highlighted at the top of the page)  3.) Side effects specific to each drug, these side effects are in the top row of table in the medication guide that list each drug (ACh, Sedation, EPS, etc.)  Example –  Class: Atypical Antipsychotic  Drug: Abilify ([aripiprazole)](http://34000110.r.msn.com/?ld=d3Ho7rHQ-yhhrCa1xi8wPsJzVUCUzPnFLj_y-z2qeIDALoOCrLfaeXl1el0zYvvg1P8sCiRd702nJxWK4fNyxtiZpO1mAX4BTypsqofsSJEQp5W7Ho8_GK2JhP1vpvFkFnqHlsKyk9PN65tRtpILdbFmGrauM&u=www.abilify.com%2fsearch.aspx%3fCEID%3d9826%26utm_source%3dbing%26utm_medium%3dcpc%26utm_campaign%3ddecisionmdd2015%26utm_term%3dabilify%26utm_content%3ddabilifymisspell_textad_Home_text)  1) List class SE (common to all in class)  2) List the rare and toxic side effects (common to all in class)  3) Specific side effects: look inside the table in the clinic syllabus and you would note like this: very low EPS, low sedation, low OH, low weight gain, low diabetes  Sometimes, the drugs are not separated out by drug class but by treatment category in the bipolar section and much of the addiction treatment sections. Note, for bipolar disorder, lithium is in its own “class” and the other medications listed are anticonvulsants. Thus, you need to have lithium plus two anticonvulsants.  In the treatment for substance use disorder, separate all by drug class and describe one or two from each class. For example, all drugs under alcohol addiction recovery are in their own class so all should be listed. For opiate addiction recovery, several are in their own class as well. Please look up the class. Include Suboxone as this is the most common one used. |
| **Lastly, include references at the bottom.** |