

# depression

## Pathophysiology

- low levels of neurotransmitters
  - ↳ dopamine
  - ↳ serotonin
  - ↳ norepinephrine

## RISK FACTORS

- Stressful life event
- Chronic illness
- Family hx
- Females
- Substance abuse

## Clinical Manifestations

- severely depressed mood 5/9 symp x 2 weeks diagnosis
- loss of enjoyment in activities (anhedonia)
- low energy
- weight loss
- slow speech, response time & decreased movement
- insomnia / hypersomnia
- fatigue
- feelings worthlessness / guilt
- difficulty concentrating
- suicidal thoughts

## Diagnostic Tests

- look above
- PHA-2 assessment

## Nursing Intervention

- therapy
- assessment of suicidality & lethality of plan + do they have the means to do this
- 1:1 observation
- safe room take out anything that could potentially be used to hurt themselves

## Complications

- suicide
- self harm
- serotonin syndrome
  - ↳ sweaty + hot
  - ↳ rigid muscles + restlessness + agitation
  - ↳ increased HR

## Treatment

- ect
  - ↳ medication resistant & psychotic
- transcranial magnetic stimulation
- vagal nerve stimulation
- light therapy
- Antidepressants
  - SSRI
  - SNRI
  - TCN
  - MAOI

## Teaching

### Antidepressant teaching

1. ↑ Risk of suicide
2. slow onset / slow taper off
3. never mix SSRI/SNRI/TCN w/ MAOI antidepressant
4. all psychiatric drugs
  - ↓ BP
  - ↑ weight (weight changes)