

# ANTIMANIC AGENTS



**Antimanic drug**, any drug that stabilizes mood by controlling symptoms of mania, the abnormal psychological state of excitement.



- ✚ As the episode builds, the person experiences racing thoughts, extreme agitation, and incoherence, frequently replaced with delusions, hallucinations, and paranoia, and ultimately may become hostile and violent and may finally collapse.
- ✚ In some persons, periods of depression and mania alternate, giving rise to bipolar disorder.



## Mode of action

- Anti-manic agent produce many neurochemical changes in the area of brain.
- These changes may affect norepinephrine and serotonin in the part of CNS involved in emotions.
- It may decrease the nerve impulse resulting in depression or mania.



## Indication:

- ② Treatment of acute mania
- ② Prophylaxis of bipolar disorder
- ② Treatment of schizoaffective disorder
- ② Prophylaxis of unipolar mood disorder
- ② Treatment of cyclothymia
- ② Treatment of acute depression
- ② Treatment of chronic alcoholism
- ② Treatment of impulsive aggression



## Side effects:

- ❑ Drowsiness
- ❑ Dizziness
- ❑ Headache
- ❑ Dry mouth
- ❑ Thirsty
- ❑ Nausea/vomiting
- ❑ Fine hand tremors
- ❑ Hypotension
- ❑ Pulse irregularities



## Contd...

- ❑ Arrhythmias
- ❑ Polyuria
- ❑ Dehydration
- ❑ Weight gain
- ❑ Thyroid enlargement



## Contraindication:

- # Hypersensitivity to drugs
- # Renal impairment
- # Cardiovascular problems
- # Pregnancy and lactation
- # Severe dehydration
- # Sodium depletion or receiving diuretics
- # Brain damage





## Nursing Roles

- ❖ Make observe of the side effect.
- ❖ Instruct patient to drink 10-12 glasses of water everyday.
- ❖ Make intake and output chart to note the kidney functioning.
- ❖ Monitor vital signs on regular basis.
- ❖ Monitor skin turgor daily.
- ❖ Weekly weight record.



## Contd...

- ❖ Emphasize importance of maintaining adequate intake of sodium.
- ❖ Advise patient not to increase or decrease medicine unless advise.



## Valproate

- Valproic acid (depakene), sodium valproate (depacon) and divalproex sodium have been used as antiepileptic agents, and these drugs were approved for treatment of mania and are considered first line agents



## ❑ Mechanism of action

- Valproate increases levels of  $\gamma$ -amino butyric acid (gaba) in the brain, which decreases seizure activity.

## ❑ Uses

- + Manic episodes associated with bipolar disorder
- + Prophylaxis of migraine
- + Adjunct for schizophrenia
- + Tardive dyskinesia
- + Organic brain syndrome, mania



## Doses

- 15mg/kg day

## Contraindications:

- Hypersensitivity to drug
- Liver disease
- Pregnancy
- Renal disease



## ❑ Side effects

- CNS: sedation, drowsiness, dizziness, depression, coma
- GI: nausea, vomiting, dyspepsia, anorexia, cramps
- Rash, alopecia, dry skin
- Leucopenia, bruising

## ❑ Pharmacokinetics

- Metabolized by liver
- Excreted by kidney
- Plasma life life: 6-16 hour



## ❑ Nursing consideration

- Assess seizure disorder: location, duration
- Migraine: frequency, intensity, alleviating factors
- Blood studies: RBC, serum folate, serum ammonia, PT
- Blood levels: therapeutic level 50-100mcg/ml
- Respiratory dysfunction: respiratory depression, character, rate, rhythm



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