

BIPOLAR DISORDER PATHOCHART

PATHOPHYSIOLOGY

Bipolar Disorder is classified as a Mood Disorder. Mood disorders are a category of mental illnesses that affect a person's emotional state over a long period of time. Emotions, or moods, may fluctuate frequently and seemingly without any reason. Clients with mood disorders are at higher risk for substance abuse and suicidal tendencies. Treatment is geared toward managing symptoms through the use of medications and psychotherapy.

ASSESSMENT FINDINGS

- Inflated self-esteem
- Decreased need for sleep
- Racing thoughts
- Easily distracted
- Increased activity
- Excess risky or pleasurable activity

DIAGNOSTICS

- One or more manic episodes
- One hypomanic and one major depressive episode
- Distinct period of abnormally elevated mood lasting more than 1 week
- More than 3 symptoms occur during this mood disturbance

NURSING PRIORITIES

- Maintain safety & prevent injury
- Assess and monitor emotional status

THERAPEUTIC MANAGEMENT

- Assess for suicidal ideations
- Set limits and boundaries
- Encourage expression
- Group or individual therapy/counseling
- Provide non-competitive activities
- Minimize environmental stimuli

MEDICATION THERAPY

- Antidepressants - SSRI's, SNRI's, MAOI's, TCA's
- Anti-manics - Haloperidol, Benzodiazepines, Lithium