

Mood Disorder

Mood disorder: A mood disorder is a condition whereby the prevailing emotional mood is distorted or inappropriate to the circumstance.

Or

Normal persons experience a wide range of mood with a sense of control. The patients with mood disorders are characterized by a loss of this sense of control. So mood disorder include those conditions in which the primary disturbance lies in mood either in the form of depression or elation.

Classification of mood disorder:

1. Depression or unipolar:

- Major depression
- Major depression with psychiatric symptoms (psychotic depression)
- Dysthymia
- Postpartum depression

2. Bipolar disorder: This type of mood disorder described by alternating periods of mania and depression (and in some cases rapid cycling, mixed states, and psychotic symptoms). It includes-

- Bipolar I
- Bipolar II
- Cyclothymia.

Depressive disorder

Depression: Depression is a mood disorder characterized by depressed mood, loss of interest and enjoyment, reduced energy leading to fatigability and diminished activity.

Cardinal/ Central features of depressive disorder:

- Depressive mood
- Negative
- Lack of enjoyment
- Reduced energy
- Slowness

Clinical features of depressive disorder:

1. Appearance:-

- Dress and grooming neglected.
- Reduce rate of blinking.
- Head inclined forward.
- Gestural movement are reduced.

2. Mood:-

- Misery
- Sadness
- Diurnal variation of mood.

3. Depressive condition:-

- Negative thoughts about self
- Worthlessness
- Guilt

4. Psychomotor changes:-

- Retardation
- Agitation
- Anxiety
- Irritability

5. Biological changes:-

- Sleep disturbance
- Loss of appetite
- Constipation
- Loss of libido
- Amenorrhea

6. Other changes:-

- Depersonalization
- Obsessional symptoms.
- Panic attack
- Dissociative
- Poor memory

Classification of antidepressant drugs:-

1. Tricyclic antidepressants (TCA)

- Amitriptyline
- Nortriptyline
- Imipramine
- Clomipramine

2. Selective Serotonin re-uptake inhibitors (SSRI)

- Fluoxetine
- Paroxetine
- Sertaline
- Citalopram
- Vilazodone
- Escitalopram

3. SSNRI:-

- Venlafaxine
- Duloxetine

4. Monoamine oxidase inhibitors (MAOI):-

- Phenelzine
- Isocarboxazid
- Tranylcypromine

5. Others antidepressants:-

- Miansarine
- Mirtazapine

Neurotransmitter responsible for depression:-

Deficiency of-

- Norepinephrine
- Serotonin
- Dopamine

Side effects of antidepressants:-

1. Central Nervous System:

- Drowsiness
- Sedation
- Delusion
- Hallucinations
- Extra pyramidal symptoms

2. Autonomic Nervous System:

- Dry mouth
- Urinary retention
- Constipation
- Dilated pupils

3. Cardiovascular system:

- Postural hypotension
- Tachycardia
- Cardiac arrhythmias

4. Gastrointestinal system:

- Nausea
- Vomiting
- Loss of appetite
- Jaundice

5. Endocrine system:

- Galactorrhea (milk secretion)
- Gynecomastia
- Hyperglycemia
- Hypoglycemia

6. Allergic rashes in some patients.

Nursing management of depressive disorder:-

1. Promote sleep and food intake give the prescribed drugs in time.
2. Assess if there is any suicidal tendency. The patient's safety is a nursing priority.
3. Diminish feelings of loneliness. Improve interaction with the patient.
4. Encourage expression of emotion, denial, hopelessness, helplessness, guilt etc.
5. Provide the patient opportunity to cry and ventilate his anger.
6. Keep strict records of sleeping patters. Discourage sleep during the day to promote more restful sleep at night.

7. Health education:-

- ✓ Depression is far more common than we might think.
- ✓ Depression can occur without any obvious external cause, due to biochemical imbalance.
- ✓ Sometimes the process of getting better takes time and must wait.
- ✓ Take our medicines carefully and regularly. Never take less or more than the prescribed dose. Never skip a dose.
- ✓ There may be some side effects due to the antidepressants. Don't worry about them.
- ✓ Some medicines can make us sleep initially and it is good for us to sleep well.
- ✓ Avoid driving or performing any activity which might need a lot of concentration after taking these drugs.
- ✓ Avoid taking alcohol when we are on medication.
- ✓ Do not stop treatment without the doctor's advice.

8. Advice to family members:-

- ✓ Understand that the patient's problems are due to depression, a disease like any other physical disease and needs active treatment.
- ✓ Give adequate support and encouragement so that patients may feel more secure and recovery will be faster.
- ✓ Watch for any suicidal ideas or gestures and inform our doctor immediately.
- ✓ Accept him as he is, and give him care and hope.