

# **Psychopharmacology**



## **Practice and Contexts**

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**Karen-leigh Edward**

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**Chris Alderman**

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**OXFORD**

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UNIVERSITY PRESS

Oxford University Press is a department of the University of Oxford.

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Published in Australia by  
Oxford University Press  
253 Normanby Road, South Melbourne, Victoria 3205, Australia

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First published 2013

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National Library of Australia Cataloguing-in-Publication data

Author: Edward, Karen-leigh.

Title: Psychopharmacology : practice and contexts / Karen-leigh Edward; Chris Alderman.

ISBN: 9780195519631 (pbk.)

Notes: Includes index.

Subjects: Psychopharmacology.

Other Authors/Contributors: Alderman, Chris.

Dewey Number: 615.78

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Edited by Joy Window  
Typeset by diacriTech, India  
Proofread by Carol Goudie  
Indexed by Julie King  
Printed by Sheck Wah Tong Printing Press Ltd

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# **Psychopharmacology**







This book is dedicated to the millions of people around the world  
whose lives are touched every day by mental illness.

Mental illness and subsequent medication regimens can be  
experienced differently by individuals as described in this poem  
providing a consumer's perspective ...



### **Medicated**

Roll up, roll up  
Join me on the medication trolley  
I've been on it for years  
I've been Largactiled with bitter syrup  
I've been Pimozided & Mellarilled & numbed  
I was so Stelazined I was like a cat on a hot tin roof  
I've been Modectated into a shuffle  
& Clozapined into a stupor  
I was Seranaced to sleep  
& Abilifyed to sleeplessness  
When I was Risperidoned I lactated like a cow  
They Cogentined me to stop the look ups but I kept looking up  
I was Lithiumed & Epilimed to even my pendulum  
I've been Imipramined, Prothiadened, Lexaproed  
Effexored & Zolofted to happiness  
I was Valiumed & Ativaned into tranquility  
Now I'm Zyprexaed & ravenous & fuzzled  
I'm Lamotrigined & balanced  
& Seroquelled  
Yes indeedy, I'm medicated & dedicated to  
The medication trolley  
Here's looking at you pill bottles.

*Sandy Jeffs 2012*





## List of Abbreviations and Acronyms

ADHD	attention deficit with hyperactivity disorder
ADR	adverse drug reaction
bd	<i>bis in die</i> (twice daily)
BPRS	Brief Psychiatric Rating Scale
CBT	cognitive behavioural therapy
CNS	central nervous system
CMI	Consumer Medicines Information
COPD	chronic obstructive pulmonary disease
COX	cyclooxygenase
CPAP	continuous positive airway pressure
CSA	central sleep apnoea
CVD	cardiovascular disease
DDD	daily defined dose
DMMR	Domiciliary Medication Management Review
DUSC	Drug Utilisation Sub-Committee
ECG	electrocardiogram
ECT	electroconvulsive therapy
ED	emergency department
FDA	Food and Drug Administration (US)
GABA	gamma aminobutyric acid
GAD	generalised anxiety disorder
GAF	Global Assessment of Functioning
GI	gastrointestinal
GP	general practitioner
HIV	human immunodeficiency virus
HMR	Home Medicines Review
HPOS	Health Professional Online Service
IH	inhalation
IM	intramuscular
IMI	intramuscular injection
MAOI	monoamine oxidase inhibitor



MBS	Medicare Benefits Scheme
MDI	metered dose inhaler
MDMA	3,4-methylenedioxy-N-methylamphetamine, 'Ecstasy'
NEB	nebulised
NP	nurse practitioner
NSAID	non-steroidal anti-inflammatory drug
NIMC	National Inpatient Medication Chart
NMDA	N-methyl-D-aspartic acid
OCD	obsessive-compulsive disorder
OSA	obstructive sleep apnoea
PANSS	Positive and Negative Syndrome Scale
PBAC	Pharmaceutical Benefits Advisory Committee
PBS	Pharmaceutical Benefits Scheme
PHARMAC	Pharmaceutical Management Agency (New Zealand)
PPE	personal protective equipment
prn	<i>pro re nata</i> (as needed)
PO	<i>per oral</i> (by mouth)
POM	patient's own medicines
PTSD	post-traumatic stress disorder
QUM	Quality Use of Medicines
RPBS	Repatriation Pharmaceutical Benefits Scheme
RMMR	Residential Medication Management Review
SAPS	Scale for the Assessment of Positive Symptoms
SANS	Scale for the Assessment of Negative Symptoms
SNRI	serotonin/noradrenaline reuptake inhibitor
SSRI	selective serotonin reuptake inhibitor
SL	sublingual
TCA	tricyclic antidepressant
TGA	Australian Therapeutic Goods Administration
THC	delta-9 tetra hydro-cannabinol
TP	topical

## Preface

Thank you for choosing this book ...

Almost all people who experience mental illness will at some stage of their lives use medication. The effects of mental disorder can be profound, affecting almost all aspects of a person's life: relationships, employment, and even the private moments that individuals spend with themselves in their own thoughts. In this context, medication can be a source of hope for people, providing the opportunity to reduce or even eliminate the symptoms of mental disorder that interrupt personal thoughts, goals and dreams. Even so, it is important to recognise that psychotropic medications also have considerable potential to cause drug-related harm, and as such it is very important that practitioners have an appropriate understanding of treatment monitoring and risk minimisation strategies. The vital role of nurses and other health professionals in helping people manage mental health conditions holistically was an important consideration in the approach to the development of this textbook.

This work resulted from an idea of a publishing manager and an experienced nurse clinician, both of whom had seen that an opportunity existed to serve the needs of those who seek a deeper understanding of the biological treatment of people with mental illness. From this was born a partnership between two clinicians and academics who strongly believe that the context of care is a fundamental consideration when framing a more complete understanding of the principles governing the selection, implementation and monitoring of medication therapy for people living with mental illnesses. The book combines two specialised and complementary perspectives on psychotropic pharmacotherapy – that of an experienced mental health nursing clinician with a background in academic sciences, and that of a specialist clinical pharmacist with decades of diverse experience in the field of psychiatric pharmacy and a background in medication safety research. This textbook brings together the many years of the authors' experience and interprets available evidence to introduce the complex considerations needed in the care of people who are to be prescribed and administered psychotropic medications. The book is oriented around the various groups of mental disorders, allowing the reader to

assimilate information related to medication in the context of the mental health disorders that people experience. Each chapter begins with the information needed to build knowledge that can be applied later in thoughtful analysis of the numerous case vignettes throughout the book. The book is designed to allow readers to develop insight into the great variability in the ways in which individuals experience mental health disorders, and the equally variable fashion in which each person has the potential to experience both benefit and harm as a result of drug treatment. In this way, the reader can establish a linked understanding of the medications.

The blended perspectives provided in this text are intended to allow a holistic basis for nurses and other health providers looking to achieve insight and understanding into the way in which medications can assist in the treatment of mental disorders, and the strategies that can be used to reduce the likelihood of iatrogenic harm related to the use of psychotropic drugs.

We wish you well in your journey in learning and practice in health care.

Karen-leigh Edward

Chris Alderman

Jan 2013

## Acknowledgments

The authors would like to acknowledge the staff at Oxford University Press for their commitment and support in the development of the book. In particular, thank you to Debra James and her team for professional leadership, support and commitment in the publication of this book.

The author and the publisher wish to thank the following copyright holders for reproduction of their material.

American Geriatric Society for Table 11.2 'An abridged version of the AGS Beers Criteria for Potentially Inappropriate Medication Use in Older Adults', adbridged from Beers M. H., Ouslander J. G., Rollinger I., Reuben D. B., Brooks J. & Beck J. C. (1991). 'Explicit criteria for determining inappropriate medication use in nursing home residents' *Archives of Internal Medicine* 151(9): 1825; American Psychiatric Association for Table 9.1 'Diagnoses associated with class of substances'; Australian Commission on Safety and Quality in Healthcare for Figure 5.1 'The National Inpatient Medication Chart (NIMC)' and Table 5.3 'Recommended terms'; Figure 1.2 'The medicines management pathway cycle' is reproduced with permission from Journal of Pharmacy Practice and Research, 2004: 34, p. 294; The Annals of Pharmacotherapy for Table 1.3 'Professional roles in medicines management and psychotropic Pharmacotherapy', (d) the Harvey Whitney Books Company.

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