

Bipolar Disorder



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Subjects

- The definition of Bipolar Disorder
- Signs and symptoms of Bipolar Disorder
- Who is at risk ?
- Diagnosis of Bipolar Disorder
- Treatments
- Questions



Definition of Bipolar Disorder

- Bipolar disorder is characterized by mood swings from profound depression to extreme euphoria (mania), with intervening periods of normalcy.
- The deep mood swings of bipolar disorder may last for weeks or months, causing great disturbances in the lives of those affected, and those of family and friends, too




Signs and symptoms of Bipolar

Bipolar Disorder

Yvonne

MANIC	DEPRESSIVE
<ul style="list-style-type: none">• ONSET BEFORE AGE 30• MOOD:<ul style="list-style-type: none">ELEVATEDEXPANSIVEIRRITABLE• SPEECH:<ul style="list-style-type: none">LOUD-RAPIDPUNNINGRHYMINGCLANGINGVULGAR• ? WT. LOSS• GRANDIOSE• DELUSIONS• DISTRACTED• HYPERACTIVE• ↓ NEED FOR SLEEP• INAPPROPRIATE• FLIGHT OF IDEAS• BEGINS SUDDENLY• ESCALATES OVER SEVERAL DAYS	<ul style="list-style-type: none">• PREVIOUS MANIC EPISODES• MOOD:<ul style="list-style-type: none">DYSPHORICDEPRESSIVEDESPAIRING• ↓ INTEREST IN PLEASURE• NEGATIVE VIEWS• FATIGUE• ↓ APPETITE• CONSTIPATION• INSOMNIA• ↓ LIBIDO• SUICIDAL PREOCCUPATION• MAY BE AGITATED OR HAVE MOVEMENT RETARDATION



Video

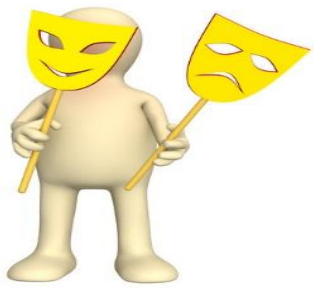
https://www.youtube.com/watch?v=hRjDaHTS_HI



Who is at risk for Bipolar Disorder?

- More than 10 million Americans have bipolar disorder. Bipolar disorder affects men and women equally, as well as all races, ethnic groups, and socioeconomic classes





Diagnosis for Bipolar

- The diagnosis of bipolar disorder includes signs and symptoms that listed above and includes the course of the illness and family history if possible (Murphy, 2006).
- Labs may be consider due to some non psychiatric illnesses, such as [thyroid](#) disease, [lupus](#), [HIV](#) and other infections, and [syphilis](#), may have signs and symptoms that mimic those of bipolar disorder.

Treatments

- The classes of drugs used to treat manic episodes are:
 - Mood stabilizers like Lithium
 - Anticonvulsants (act as mood stabilizers) like Depakote and Lamictal
 - Benzodiazepines (to decrease anxiety and agitation), like Ativan, Klonopin and Valium
 - Antipsychotics (if the client has psychotic symptoms), for example, Zyprexa, Risperidone and Abilify



Psychotherapy

- It is a valuable tool to help clients with bipolar by:
 - **Cognitive-Behavioral Therapy**: identify and change patterns of negative thinking
 - **Interpersonal Therapy**: is to reduce stress and chaos to help stabilize your moods.
 - **Psycho education**: help to understand of BD, problem-solving skills and effective communication skill.
 - **Family Focused Therapy**: help to educate the patient and the family members about the disorder and how to cope with it.



Group Therapy

- The therapy or support group is composed of people who all experience the same chronic mental illness.
- The group discusses topics relevant to managing and coping with the disorder.
 - Eg. Side effects of med, or how to respond to family members



Treatments

- ✓ The desired treatment outcomes for clients with bipolar disorder are to:
 - ✓ Manage the symptoms of the mood episode
 - ✓ Stabilize the mood to prevent cycling between depression and mania
 - ✓ Improve the clients self-care ability, function, and quality of life



Questions

- **Question:** What is the median age of onset for bipolar disorder?
- - a. 18 years old
 - b. 20 years old
 - c. 25 years old
 - d. 32 years old

Questions

- **Question:** Which of the following is *not* a typical symptom of mania?
- - a. Increased energy
 - b. Heightened sex drive
 - c. Suicidal thoughts
 - d. Extreme irritability



Questions

- **Question:** Which of the following is *not* a good strategy for managing bipolar disorder?
- **a.** Keeping a mood chart of when you feel depressed and manic
- **b.** Stopping your medication when you feel better
- **c.** Maintaining a regular schedule of eating and sleeping at about the same times every day
- **d.** Joining a bipolar-disorder support group



Questions

- **Question:** Which of the following is most likely to contribute to bipolar disorder?
 - a. Advancing age
 - b. Lack of willpower
 - c. Genetics
 - d. Extreme fatigue



Questions

- **Question:** Which of these statements about bipolar disorder is *not* true?
 - a. It's caused by a biochemical imbalance that alters one's moods
 - b. It is a curable disorder
 - c. Episodes of mania or depression can be triggered by a negative life event
 - d. Episodes can occur without any obvious trigger



Bipolar Disorder

Sometimes the best medication is

Support



Understanding!



References

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- <http://www.bing.com/images/search?view=detailV2&ccid=1Qoo4aAP&id=FC6AC3D7E5170620B86C12CEB52DABB5A1DC26DB&thid=OIP.1Qoo4aAPFd9VSN--EEPtTgExDM&q=suupport+for+bipolar+disorder&simid=608000382256024506&selectedIndex=8&ajaxhist=0>